



## Sick Day Rules: What You Need to Know About Certain Medications When You're Unwell

If you become unwell with any illness that causes *fever, vomiting, diarrhoea, or loss of appetite*, some of your regular medications may need to be temporarily stopped. This is to reduce the risk of dehydration and prevent complications such as kidney injury or low blood sugar.

### What Is a Sick Day?

- Fever, Sweating or chills
- Vomiting or diarrhoea
- Reduced fluid or food intake
- Significant illness like flu or severe infections

### Stop Taking These Medications on a Sick Day:

| Medication Type                             | Common Names                          | Why Stop?   |
|---|---------------------------------------|---|
| <b>ACE Inhibitors</b>                       | e.g. Ramipril, Lisinopril, Enalapril  | Can affect kidney function during illness                       |
| <b>ARBs (Angiotensin Receptor Blockers)</b> | e.g. Losartan, Candesartan, Valsartan | Same as ACE inhibitors – kidney risk increases                  |
| <b>Diuretics ("Water Tablets")</b>          | e.g. Furosemide, Bendroflumethiazide  | Can cause dehydration and low blood pressure                    |
| <b>NSAIDs (Anti-inflammatory)</b>           | e.g. Ibuprofen, Naproxen              | May increase kidney stress and risk of dehydration              |
| <b>Metformin</b>                            | Used for diabetes                     | Can raise risk of lactic acidosis if dehydrated or unwell       |
| <b>SGLT2 Inhibitors</b>                     | e.g. Dapagliflozin, Empagliflozin     | Increases risk of <i>diabetic ketoacidosis (DKA)</i> in illness |

**Important:** Do *not* double up on missed doses when you restart. Resume your usual dose once you're eating and drinking normally again, typically after 24–48 hours of recovery.

### What should I do instead?

- **Stay hydrated:** Aim to drink plenty of fluids, even small sips if you're feeling sick.
- **Contact your healthcare provider:** If symptoms last longer than 48 hours, or if you're unsure which meds to stop or resume.

**When to seek help urgently:** Call your GP, pharmacist, or 111 if:

- You are unable to keep fluids down or are passing very little urine
- You feel dizzy or faint or you have signs of diabetic ketoacidosis (DKA): e.g. nausea, vomiting, tummy pain, fast breathing, fruity-smelling breath