

Reminder cards

The medicine sick day rules are summarised on a reminder card shown below, and are available from pharmacies, GP practices and hospitals.



NHS SCOTLAND

Medicine Sick Day Rules

When you are unwell with any of the following:

- Vomiting or diarrhoea (unless only minor)
- Fevers, sweats and shaking

Then **STOP** taking the medicines listed overleaf

Restart when you are well (after 24-48 hours of eating and drinking normally)

If you are in any doubt, contact your pharmacist, GP or nurse

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Need more information?

Please contact your pharmacist, doctor or nurse.

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Medicines and Dehydration

Patient Information



This leaflet is about what actions to take if you develop an illness that causes dehydration. These actions are called 'medicine sick day rules'.

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Who is the leaflet for?

This leaflet is for people who take the following long-term medicines. Your pharmacist, doctor or nurse can tick your medicine(s) on this list:

- ACE inhibitors: a medicine for high blood pressure and heart conditions**
Examples: names ending in 'pril' such as lisinopril, perindopril, ramipril
- ARBs: a medicine for high blood pressure and heart conditions**
Examples: names ending in 'sartan' such as losartan, candesartan, valsartan
- NSAIDs: anti-inflammatory pain killers**
Examples: ibuprofen, naproxen, diclofenac
- Diuretics: sometimes called 'water pills' for excess fluid and high blood pressure**
Examples: furosemide, bendroflumethiazide, indapamide, spironolactone
- Metformin: a medicine for diabetes.**

Which illnesses cause dehydration?

Dehydration is the loss of fluid from your body. Vomiting, diarrhoea and fever (high temperature, sweats, shaking) can make you dehydrated. If you are sick once or have diarrhoea once, then you are unlikely to become dehydrated. Having two or more episodes of vomiting or diarrhoea can lead to dehydration: in these cases, you should follow the advice on this leaflet.



What is the problem?

Taking certain medicines when you are dehydrated can result in you developing a more serious illness. These are:

- **ACE inhibitors, ARBs and NSAIDs:** if you are dehydrated, these medicines can stop your kidneys working properly.
- **Diuretics:** these medicines can make dehydration more likely.
- **Metformin:** dehydration can make it more likely that you will develop a serious side effect called lactic acidosis.

What actions should I take?

If you develop a dehydrating illness, you should **temporarily** stop taking the medicines listed on this leaflet. It is very important that you re-start your medicine(s) once you have recovered from the illness. This would normally be after 24 to 48 hours of eating and drinking normally. When you re-start your medicines, just take them as normal: do not take extra for the doses you have missed.