

SICK DAY RULES

Oldfield Family Practice



WHAT IS THE PROBLEM?

When you are ill, with diarrhoea, vomiting or a high fever you can become dehydrated.

When you are dehydrated, taking certain medications can lead to a more serious illness.



WHAT SHOULD I DO?

To prevent this from happening certain medications should be temporarily stopped.

These can be restarted again once you have recovered. You should take them as normal and not take any extra for the doses you have missed.

WHICH MEDICATIONS SHOULD I STOP?

NSAIDs:

An anti-inflammatory pain killer
Examples- [ibuprofen](#), [naproxen](#)

ARBs:

A medicine for high blood pressure and heart conditions
Examples- [candesartan](#), [losartan](#)

Metformin:

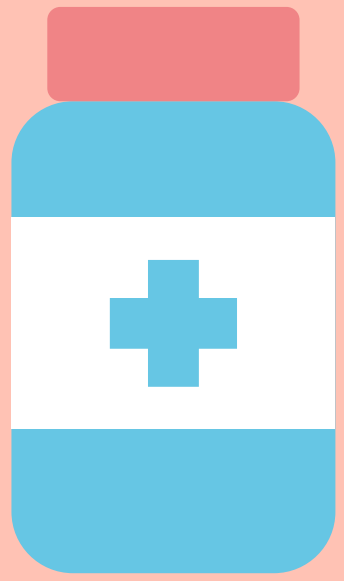
A medicine for diabetes

ACE Inhibitors:

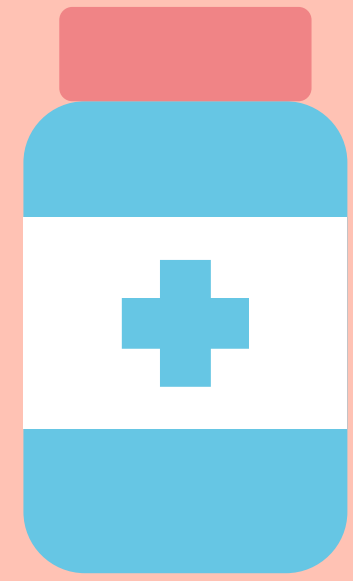
A medicine for high blood pressure and heart conditions
Examples- [ramipril](#), [lisinopril](#)

Diuretics:

Medicine for high blood pressure and heart conditions
Examples- [furosemide](#), [spironolactone](#), [indapamide](#)



**SHOULD I STOP MY
MEDICATIONS?**



**ARE YOU ILL WITH
DIARRHOEA,
VOMITING OR A
FEVER**

NO

YES

**HAVE YOU HAD A FEVER OR TWO
OR MORE EPISODES OF
DIARRHOEA AND VOMITING**

NO

YES

**CONTINUE TAKING
MEDICATIONS AS
NORMAL**

**STOP TAKING
MEDICATIONS UNTIL
RECOVERED**