

## Medicine Sick Day Rules

When you are unwell with any of the following:

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

**Then STOP taking the medicines ticked on the other side of this card by your healthcare professional**

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

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

Version 2, 2018



## Medicines to stop on sick days

- ACE inhibitors:** medicine names ending in “pril”
- ARBs:** medicine names ending in “sartan”
- Diuretics:** eg, furosemide, bendroflumethiazide
- Metformin:** a medicine for diabetes
- NSAIDs:** eg, ibuprofen, diclofenac, naproxen

### Other medicines to stop taking

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Initially produced by NHS Highland