

# Medicine Sick Day Rules



Somerset

When you are unwell with any of the following:

- Vomiting or diarrhoea (unless only minor)
- Dehydration e.g., from fever and sweats



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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## Some of the medicines to stop on sick days

ACE or ARBs: e.g. lisinopril, perindopril, ramipril or losartan, candesartan, valsartan

NSAIDs: e.g. ibuprofen, diclofenac, naproxen

Diuretics: e.g. furosemide, spironolactone, indapamide, bendroflumethiazide

Certain medicines for diabetes: e.g. metformin or 'flozins: .....

Other medicines: .....

