

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

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

Then **STOP** taking the medicines listed below 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: _____

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

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