



Aspen Medical Practice

## Medicines Sick Day Rules

When you are unwell with any of the following:

- Vomiting or diarrhoea (unless only minor)
- Fever, sweating and shaking (unless only minor)
- Struggling to eat and drink

### STOP THESE MEDICINE ON YOUR SICK DAYS

- **SGLT2 INHIBITORS** – Medicine for Diabetes – end with “gliflozin” – Empagliflozin (Jardiance), Dapagliflozin (Forxiga), Canagliflozin (Invokana)
- **SULPHONYLUREAS** – Medicine for diabetes – Gliclazide, Glibenclamide
- **ACE INHIBITORS** – Medicines that ends with “pril” – Ramipril, Lininopril, Perindopril, Fosinopril
- **DIURETICS** – Frusemide, bendroflumethiazide (if you have heart failure, please make sure you check with your GP first)
- **METFORMIN** - Medicine for Diabetes
- **ARB** – Medicines that end with “sartan” – Losartan, Candesartan
- **NSAIDS** – Anti-inflammatory medicines – Ibuprofen. Naproxen, Diclofenac

**Restart these medicines when you are feeling better – 24 to 48 hours after eating and drinking normally**

### During sick days

1. DO NOT STOP YOUR INSULIN (even if you are not eating or drinking) – insulin requirements actually go up during sick days
2. Monitor your blood sugar levels regularly
3. Monitor your blood ketones if you are a Type 1 Diabetic
4. Keep hydrated
5. **Seek advice from your GP or diabetes nurse if you are unsure re what to do**