**Medicine Sick Day Rules**

If you are unwell with any of the following:

* fevers, sweats and shaking,
* vomiting or diarrhoea (unless only minor):

**Then stop taking the medicines listed below.**

**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.**

**Common Medicines to STOP on Sick Days**

 **ARB’s: Medicines ending in “sartan”:**

eg. Losartan, Valsartan, Candesartan, Irbesartan, Olmesartan, combined drug Sacubitril/Valsartan

 **ACE Inhibitors: Medicines ending in “pril”:**

eg. Ramipril, Perindopril, Enalapril, Lisinopril, Captopril

**NSAIDs: Anti-inflammatory pain killers**

eg. Ibuprofen, Naproxen, Diclofenac, aspirin, meloxicam, celecoxib

 **Diuretics : Sometimes called water pills**

 eg. Furosemide, Spironolactone, Indapamide, Bendroflumethiazide, Eplerenone

**Certain types of Diabetes drugs:**

eg. Metformin and any that end in “gliflozin” eg Canagliflozin, dapagliflozin, empagliflozin, ertugliflozin