

Medicine Sick Day Rules

When you are unwell with any of the following:

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

Then STOP taking 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.

Notes:
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Medicine to Stop on Sick Days

ACE inhibitors: medicines names ending in 'pril'

ARBs: medicines names ending in 'sartan'

NSAIDs: anti-inflammatory pain killers

Diuretics: sometimes called water pills

Metformin: a diabetes medicine

Spironolactone: a BP & heart medicine

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