

# Medicines Sick Day Guidance

When you are unwell with any of the following:

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

Then **STOP** taking the medicines highlighted in this guidance.

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

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

This card was created from the Polypharmacy: Manage Medicines app  
(<http://managemeds.scot.nhs.uk>)



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**SGLT2 inhibitors** – used to treat Type 2 Diabetes. Names end in “flozin”.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**ACE inhibitors.** Names end in ‘pril’.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Diuretics.** Often called ‘water tablets’, e.g. furosemide, Bendroflumethiazide.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Other medicines to stop taking**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Metformin.** A diabetes medicine.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**ARBs.** Treat heart failure and high blood pressure. Medicine names ending in ‘sartan’.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**NSAIDs.** Anti-inflammatory painkillers. E.g. ibuprofen, diclofenac, naproxen.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_