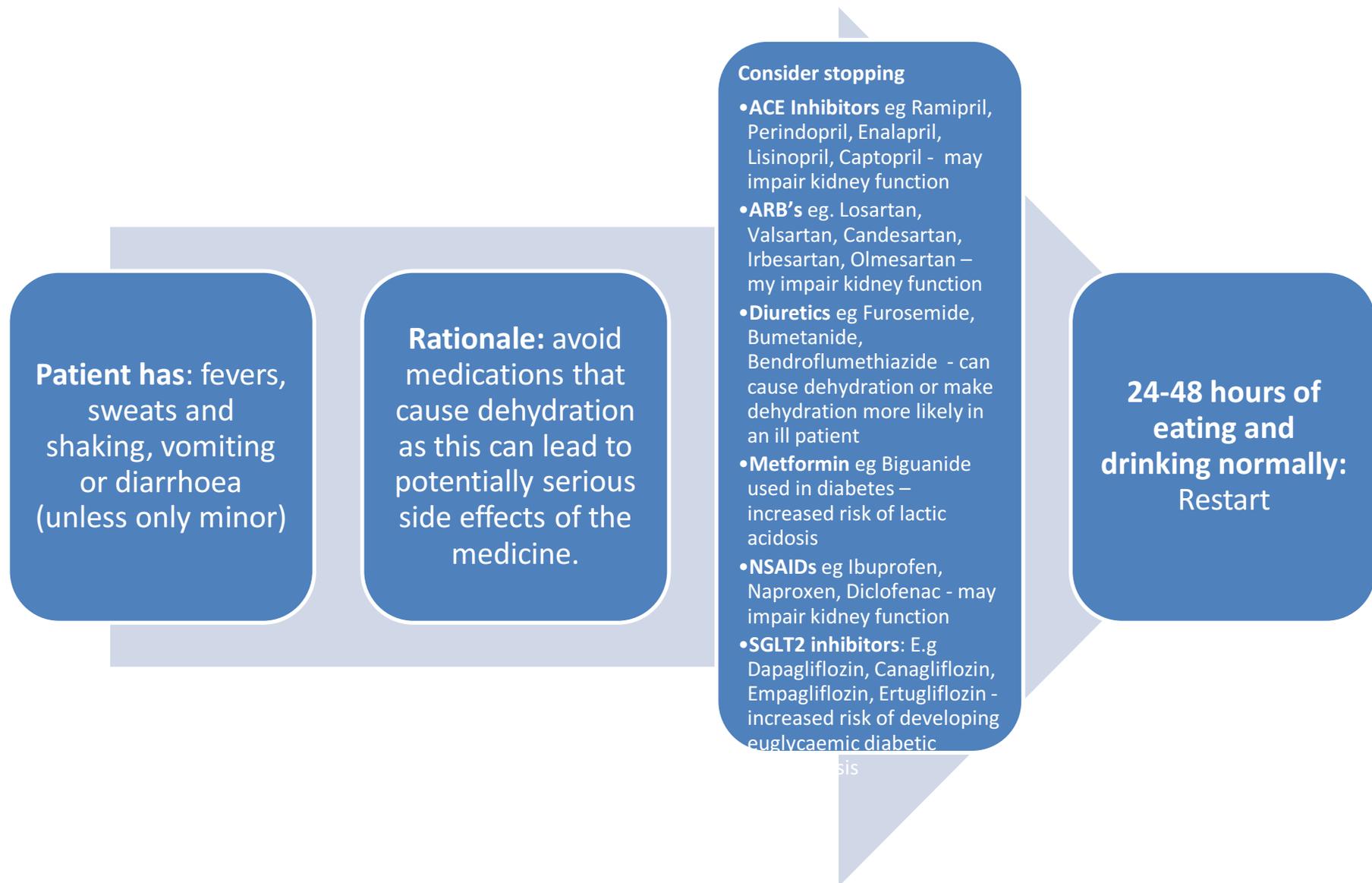


SICK DAY RULES in Frail Patients (See CFS)



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Drugs that should be suspended during an illness –SICK DAY RULES

If a patient is unwell with any of the following: fevers, sweats and shaking, vomiting or diarrhoea (unless only minor):

Then consider temporarily stopping the medicines listed below.

Restart after 24-48 hours of eating and drinking normally.

Common Medicines to STOP on Sick Days

- ACE Inhibitors eg Ramipril, Perindopril, Enalapril, Lisinopril, Captopril
- ARB's eg. Losartan, Valsartan, Candesartan, Irbesartan, Olmesartan
- Diuretics eg Furosemide, Bumetanide, Bendroflumethiazide
- Metformin eg Biguanide used in diabetes
- NSAIDs eg Ibuprofen, Naproxen, Diclofenac
- SGLT2 inhibitors: E.g Dapagliflozin, Canagliflozin, Empagliflozin, Ertugliflozin

What is the problem?

Some medicines should be avoided when patients have an illness that makes them dehydrated. This is because they can either increase the risk of dehydration or because dehydration can lead to potentially serious side effects of the medicine.

Why these medicines?

The list of medicines above is not exhaustive but they are highlighted because:

- Diuretics can cause dehydration or make dehydration more likely in an ill patient
- ACE inhibitors, ARBs and NSAIDs in a dehydrated patient, may impair kidneyfunction which could lead to kidney failure
- Metformin: dehydration can increase the risk of lactic acidosis, a serious and potentially life-threatening side effect of metformin.
- SGLT2 inhibitors: If taken during an acute illness that can lead to dehydration, there is an increased risk of developing euglycaemic diabetic ketoacidosis

For more detailed information visit <https://www.thinkkidneys.nhs.uk/aki/resources/primary-care/>

<https://www.thinkkidneys.nhs.uk/aki/resources/primary-care/> Dr Sara Humphrey, Tracey Gaston, Rachel Binks April 2020