

# 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 the 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

## Medicine to stop on sick days

ACE inhibitors: medicine names ending in 'pril'

ARBS: medicine names ending in 'sartan'

NSAIDS: anti-inflammatory pain killers

Diuretics: sometimes called 'water pills'

Metformin: a medicine for diabetes