

Patient Name:

MEDICINE SICK DAY RULES

When you are unwell with any of the following:

- Vomiting or diarrhoea (unless only minor)
- Sweating, dizziness, shaking or confusion

Then STOP taking the medicines ticked below by your healthcare professional and contact your doctor, nurse or pharmacist. Restart when you are well (after 24 to 48 hours of eating and drinking normally)

MEDICINES TO STOP ON SICK DAYS

- S**ulphonylureas: gliclazide, glimepiride
- A**CE inhibitors: medicine names ending in 'pril'
- D**iuretics: eg, furosemide, bendroflumethiazide
- M**etformin: a medicine for diabetes
- A**RBs: medicine names ending in 'sartan'
- N**SAIDs: eg, ibuprofen, diclofenac, naproxen
- S**GLT2 inhibitors: medicine names ending in 'gliflozin'

If you are going for major surgery or have a period of planned prolonged fasting your doctor may advise you to stop taking your SGLT2i in advance of this. Restarting once normal diet and fluid intake has been established.

OTHER MEDICINES TO STOP TAKING

- _____
- _____
- _____
- _____

Healthcare Professional: