**Medicine Sick Day Rules**

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 ticked on the other side of this card by your healthcare professional**

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

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**Medicines to stop on sick days**

- **ACE inhibitors**: medicine names ending in "pril"
- **ARBs**: medicine names ending in “sartan”
- **Diuretics**: eg, furosemide, bendroflumethiazide
- **Metformin**: a medicine for diabetes
- **NSAIDs**: eg, ibuprofen, diclofenac, naproxen

**Other medicines to stop taking**

- **SGLT2 inhibitors**: a medicine for diabetes, with name ending in flozin