

## MEDICINES AND DEHYDRATION: SICK DAY RULES

### Offer the following information at the time of giving the card:

- Some medicines shouldn't be taken when you have an illness that makes you 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
- The medicine you are taking that falls into this category is [tell patient which medicine]
- Illnesses that can cause dehydration are vomiting, diarrhoea and fever
- This advice does not apply to minor sickness or diarrhoea, which means a single episode
- If your medicines are in a blister pack you must take it to the chemists so the chemist can show you which ones you need to stop
- If you have heart failure, you may stop these medicines for a maximum of 48 hours but after that you need to contact your GP or heart failure team for further advice
- If your heart failure condition has been unstable recently then please contact the heart failure team for advice (0161 206 1321).

### The list of medicines on the card is not exhaustive but they are highlighted because:

- **Diuretics** can cause dehydration or make dehydration more likely in an ill patient
- **ACE inhibitors, angiotensin II receptor blockers and NSAIDs** may impair kidney function in a dehydrated patient, which could lead to kidney failure
- **Metformin** dehydration increases the risk of lactic acidosis, a serious and potentially life-threatening side effect of metformin.

For more information, please visit [www.clahrc-gm.nihr.ac.uk/salford-sick-day-rules](http://www.clahrc-gm.nihr.ac.uk/salford-sick-day-rules)