



Medication Sick Day Guidance

When you are unwell with:

- two or more episodes of vomiting or diarrhoea
- fever, sweats or shaking (unless mild)

You should temporarily stop taking the medicines ticked overleaf as previously agreed with your healthcare professional.

Restart your medicines once you are well, usually after 24–48 hours of eating and drinking normally.





Medicines to stop on sick days

(as agreed with your healthcare professional):

- SGLT-2 inhibitors, ending “flozin”
- ACE inhibitors, ending “pril”
- Diuretics, e.g. bendroflumethiazide, furosemide
- Metformin
- ARB, ending “sartan”
- NSAIDs, e.g. ibuprofen, diclofenac, naproxen

Other medicines to stop:

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