



DR J B DAVIES
DR S A HUSSAIN
DR B W TODD
DR A E LOCKE
DR C C HAWKINS
DR S E BATCHELOR

Medicines and Dehydration “Medicine Sick Day Guidance”

Dehydration is due to a loss of fluid from your body. Vomiting, diarrhoea and fever (high temperature, sweats, shaking) can make you dehydrated. If you are sick once or have diarrhoea once, then you are unlikely to become dehydrated. Having two or more episodes of vomiting or diarrhoea or having a prolonged fever can lead to dehydration.

Taking certain medicines when you are dehydrated can result in you developing a more serious illness.

Medicines that make dehydration more likely are:

Diuretics Sometimes called “water pills” eg Furosemide, spironolactone,
bendroflumethiazide

Medicines that can stop your kidneys working if you are dehydrated are:

ACE inhibitors Medicine names ending in “pril” eg Lisinopril, perindopril, ramipril
ARBs Medicine names ending in “sartan” eg Losartan, candesartan, valsartan
NSAIDs Anti-inflammatory pain killers eg Ibuprofen, diclofenac, naproxen

Medicines that make you more likely to have a side effect called lactic acidosis if dehydrated are:

Metformin A medicine for diabetes
SGLT2’s Medicine names ending in “gliflozin” eg Canagliflozin, Dapagliflozin, Empagliflozin

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If you develop a dehydrating illness, then it is important that you discuss your condition with a medical professional. This may be your GP, Nurse or Pharmacist. You may be advised to discontinue taking medications which lower your blood pressure for a short time and a blood test will be arranged to check your kidney function. Remember to keep drinking small amounts of fluid regularly on your sick days too. If you are only passing small amounts of urine you may need admission to hospital and you should alert your GP to this. Please do not delay calling your GP or the out of hours service if your urine output decreases to only small volumes.

18 KIRKWAY, BROADSTONE, DORSET, BH18
8EE
TEL: 01202 697307

Email: harvey.practice@nhs.net

81 MERLEY LANE, MERLEY, WIMBORNE,
DORSET, BH21 3BB
TEL: 01202 841288

website: www.theharveypractice.co.uk



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Please print out the alert card below and place in your wallet

<p>“Medicine Sick Day Guidance” Alert Card</p> <p>When you are unwell with any of the following: Vomiting and diarrhoea (unless very minor) Fevers, sweats and shaking</p> <p>Contact a medical professional, this may be your GP, Nurse or Pharmacist.</p> <p>If advised, STOP taking the medicines highlighted overleaf.</p> <p>Restart when you are well (usually 24-48 hours of eating and drinking normally)</p>	<p>Medicines that need medical advice if you are ill:</p> <p><input type="checkbox"/> ACE inhibitors Medicines ending in “pril” eg. Lisinopril, perindopril, ramipril</p> <p><input type="checkbox"/> ARBs Medicines ending in “sartan” eg. Losartan, candesartan, valsartan</p> <p><input type="checkbox"/> NSAIDs Anti-inflammatory pain killers eg. Ibuprofen, naproxen, diclofenac</p> <p><input type="checkbox"/> Diuretics Sometimes called “Water pills” eg. Furosemide, spironolactone, bendroflumethiazide, Indapamide</p> <p><input type="checkbox"/> Diabetes Metformin and “gliflozin’s”</p>
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