

# Sick Day Rules

**It is important to note that Sick Day Rules require initiation from your Doctor, Nurse or Healthcare Practitioner.**



## **When you are experiencing the following**

- Vomiting or diarrhoea (unless only minor)
- Fevers, sweats and shaking (unless only minor)

It is easy to become dehydrated when you are ill. Dehydration may stress your body and may cause certain medications to cause problems

**Pause taking the medicines your Healthcare Professional has ticked on the reverse of this card.**

It is very important that you restart your medicine once you have recovered from your illness. This would normally be after 24 to 48 hours of eating and drinking normally. When you restart your medicine, just take them as normal. Do not take extra for the doses you have missed.

**Please remember to keep yourself hydrated and try to weigh yourself daily.**

**Please contact your Heart Failure Team if:**

- You find that you experience weight loss or gain of 1.5kg over two days
- Your blood pressure is unusually low for you
- You have been ill for more than 2 days
- You are in any doubt or have concerns

## Medicines to Pause on Sick Days

- ACE Inhibitors & ARBs:** Medicine names ending in “pril” or ARB ends in “sartan”
- MRA:** e.g., Spironolactone, Eplerenone
- Diuretics:** e.g., Furosemide, Bumetanide, Torsemide, Bendroflumethiazide, Metolazone
- SGLT2 Inhibitors:** Medicine names ending in “gliflozin”
- ARNI:** e.g., Sacubitril Valsartan (Entresto)

*Many thanks to*

**Professor Paul Kalra** Consultant Cardiologist

**Dr Rani Khatib** Consultant Pharmacist in Cardiology

**Carys Barton** Heart Failure Specialist Nurse

For assisting with the authorship of this valuable patient resource.

## Other Medications to Stop Taking

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**Help us make heart failure clearer for everyone**

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*HEART FAILURE  
TOGETHER*