RURAL ROTHER PRIMARY CARE NETWORK

Sick Day Guidance

Why is sick day guidance important?

When you have high temperature (fever), or you have multiple episodes of sickness (vomiting) or diarrhoea, **and** you are not able to keep food and fluids down, then your body can become short of fluids (dehydrated) and your kidney function can become worse. Certain medicines can stop the kidneys from working as they normally do and cause harm to the kidneys.

You are at a higher risk of damage to the kidneys if you are:

- older in age
- already have some damage to your kidneys (chronic kidney disease- CKD)
- on 1 or more of the medicines listed below

You can help protect your kidneys by temporarily stopping certain medicines when you are unwell with diarrhoea and vomiting.

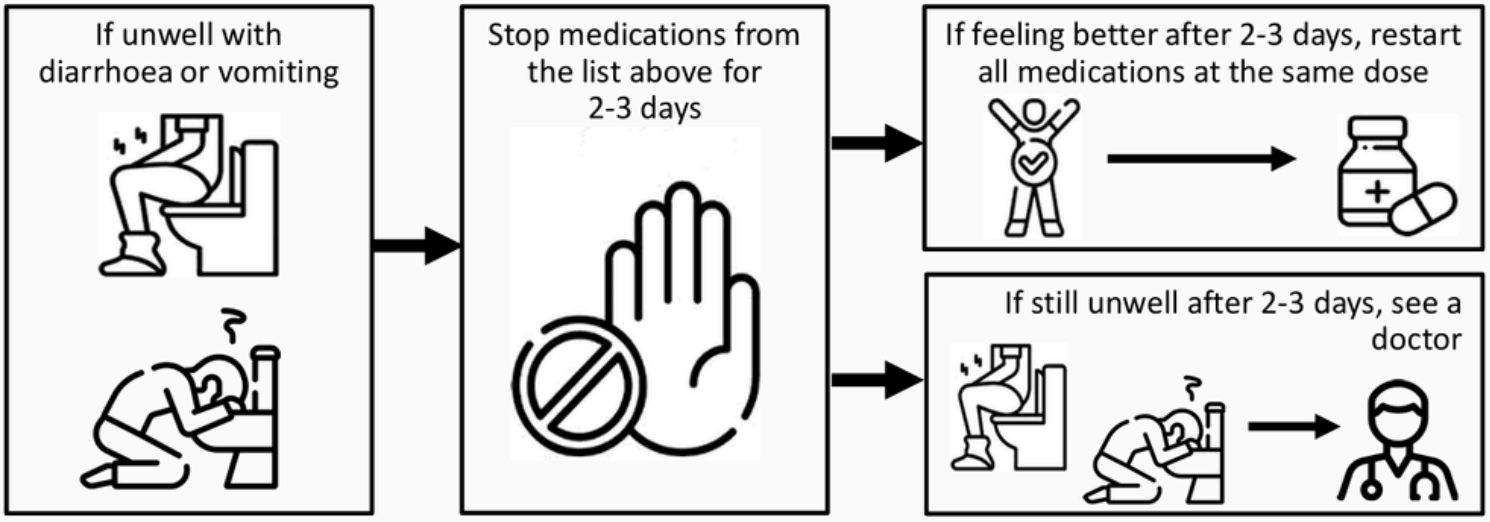
What medicines should be temporarily stopped?

You should talk to your doctor, pharmacist, nurse, or specialist team if you take any of the medicines listed below. Ask them to complete your sick day guidance medicines list. This should be reviewed every time your medicines change.

Medicines	Examples	My sick day guidance medicines list
SGLT-2 inhibitors	Medicines to lower your blood sugar levels, protect your kidneys and heart, ending with 'gliflozin' like dapagliflozin, empagliflozin, canagliflozin	
Angiotensin-converting enzyme inhibitors (ACEIs)	Blood pressure pills with names ending with 'pril' like ramipril, lisinopril, perindopril, enalapril	
Diuretics* (tablets that can make you pee more)	Names ending with 'ide' or 'one' like bendroflumethiazide, furosemide, bumetanide, or spironolactone, eplerenone	
Metformin	Metformin, metformin SR, Glucophage SR, Sukkarto	
Angiotensin receptor blockers (ARBs)	Blood pressure pills with names ending in 'sartan' like losartan, candesartan, valsartan, irbesartan	
Non-steroidal anti-inflammatory drugs (NSAIDs)	Pain killers like ibuprofen, naproxen, diclofenac tablets	

*If you are given diuretics to help with heart failure (your heart cannot pump blood efficiently) please check with your specialist team before stopping these medicines.

What should I do when I am sick?



If you have diabetes, do not stop taking your insulin. Speak to your doctor or diabetes team if you should stop other diabetes medicines. You should monitor your blood sugar levels and your ketone levels more frequently.

You can take paracetamol for pain relief or for high temperature. Do not take anti-inflammatory medicines (pain killers) like ibuprofen, which can damage your kidneys further. These are found in over-the-counter cough and cold products, so you should check with the pharmacist before buying them.

If you are going into hospital for treatment, tell the staff looking after you about these medicines and show them this leaflet. This is especially important if you are having an operation or some types of scan as your medicines may need to be stopped before your procedure.

Created by: Rachel Shee for Rural Rother PCN
Adapted from Sick Day Medication Guidance for Chronic Kidney Disease by London Kidney Network and Medicines and Dehydration – Sick day Rules Guideline by Nottingham Area Prescribing Committee