



Details to be Completed by Healthcare Professional

Patient Name: _____
 Date Completed: _____
 Patient's Pharmacy: _____
 Name of HCP: _____
 Profession: _____
 Registration No: _____

	Type of Medicine & Reason for Use	Prescribed Medicine	Trade Name
S	Sulfonylureas (blood sugar control)		
A	ACE Inhibitors (blood pressure control)		
D	Diuretics (water tablet to control fluid)		
M	Metformin (blood sugar control)		
A	Angiotensin Receptor Blockers (ARB) or Aliskiren (blood pressure control)		
N	Non-steroidal anti-inflammatory drugs (NSAIDs) [reduce pain and inflammation]		
S	SGLT2 Inhibitors (manage diabetes, kidney and heart function)		
Other			
Name of Combination Products or Diuretics:		Patient Guidance:	



Medication Sick Day Guidance




THIS DOCUMENT IS TO BE:

- Reviewed monthly by pharmacist or whenever there are any changes to the medications.
- Brought to GP appointments and outpatient clinic visits for review by healthcare professionals.

OVER THE COUNTER MEDICATIONS
 Check with your pharmacist before taking any over the counter medicines if you are feeling unwell.

BLISTER PACKS
 If your medicines are in blister packs, ask your pharmacist to help you identify which medicines to hold.

INSULIN
 If you are using insulin, check with your doctor what you should do if you are feeling unwell.



This leaflet is about what you should do about taking certain medicines that are prescribed for you if you become unwell and dehydrated.

This information is called *Sick Day Guidance*.

Dehydration is the loss of fluid from your body due to illness such as vomiting, diarrhoea and fever (high temperature, sweats, shaking). Generally, more than two episodes of vomiting or diarrhoea can lead to dehydration. In this case you should follow the advice in this leaflet.

Signs of Mild to Moderate Dehydration

- Unusual sleepiness or tiredness
- Dizziness or light headedness
- Passing less urine
- Dry, sticky mouth
- Dry, cool skin
- Headache

Signs of Severe Dehydration

- Passing little or no urine
- Confusion +/- irritability
- Low blood pressure
- Very dry/cool skin
- Rapid breathing
- Extreme thirst
- Sunken eyes
- Dry mouth
- Headache

What should you do with your medicines when you are unwell/dehydrated?


- **Hold or temporarily stop** any medicines listed on the reverse side of this page. This is to prevent side effects of the medicines or kidney problems. Your healthcare professional will explain which medicines are to be held.
- Do not stop any other medicines unless specifically advised to by your doctor.
- If you have diabetes, check your blood sugars regularly.
- If you are using insulin, you may need to adjust the dose. If your blood sugars are too high or too low, contact your doctor.
- **Restart** the medicines again when you are feeling better (usually after 24-48 hours of eating and drinking normally). When you restart your medicines, take them as prescribed for you. Do not take any missed doses.

Patient Notes

When to contact a doctor?

Signs of Severe Dehydration Include:

- Extreme thirst, dry mouth, headache, sunken eyes, dry/cool skin, confusion +/- irritability, low blood pressure, rapid breathing, passing very little urine.
- Not passing urine for more than 12 hours.
- Vomiting or unable to eat or drink.
- Ongoing diarrhoea (more than 24 hours).
- Raised blood sugars if you have diabetes.
- If you do not feel better after 3 days, or, if you become very unwell at any time, contact your doctor for advice.



Contact your doctor if you experience any of the above