

Medicine Sick Day Rules: Advice for Health Care Professionals

October 2017



The Sick Day Rules should be considered in patients at risk of Acute Kidney Injury (AKI) when unwell with fever, sweats and shaking, vomiting or diarrhoea (unless only minor).

When patients are suffering from an illness that can make them dehydrated, they should be advised to temporarily stop certain medication which can exacerbate the risk of dehydration or dehydration could lead to potentially serious side effects of the medicine.

Although not exhaustive, the list below highlights common medicines to **STOP on Sick Days**:

- Diuretics which can cause dehydration or make dehydration more likely in an ill patient
- ACE inhibitors, ARBs and NSAIDs in a dehydrated patient, may impair kidney function which could lead to kidney failure
- Metformin: dehydration can increase the risk of lactic acidosis, a serious and potentially life-threatening side effect of metformin.

Restart medication after 24-48 hours of eating and drinking normally.

For more detailed information visit:

<https://www.thinkkidneys.nhs.uk/aki/resources/primary-care/>

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For further information, please contact the Medicines Management Team on
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