

Medicine Sick Day Rules

When you are unwell with any of the following:

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

Then **STOP** taking the following medicines

(restart when you are well after 24-48 hours of eating and drinking normally)

- **ACE inhibitors** (name ends in “pril”)
- **ARB** (name ends in “sartan”)
- **Diuretic “water tablet”** eg. Furosemide, indapamide, bendroflumethiazide, spironolactone
- **Metformin**
- Diabetic drugs ending in “**gliflozin**”
- **NSAIDs** eg. ibuprofen, diclofenac, naproxen



The Village Medical Centre

TheVillageMedicalCentre.org.uk