

Salford Royal **NHS**

NHS Foundation Trust

**NHS**

*Salford Clinical Commissioning Group*

## Medicine sick day guidance

When you are unwell with any of the following:

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

Then **STOP** taking the medicines listed overleaf

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

If you are in any doubt, contact your pharmacist, GP or nurse

## Medicines to stop on sick days

- ACE inhibitors:** medicine names ending in "pril"  
*eg. lisinopril, perindopril, ramipril*
- ARBs:** medicine names ending in "sartan"  
*eg. losartan, candesartan, valsartan*
- NSAIDs:** anti-inflammatory pain killers  
*eg. ibuprofen, diclofenac, naproxen*
- Diuretics:** sometimes called "water pills"  
*eg. furosemide, spironolactone, indapamide, bendroflumethiazide*
- Metformin:** a medicine for diabetes

*Originally developed by NHS Highland*