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| **“Medicine Sick Day Guidance” Alert Card** | **Medicines that need medical advice if you are ill:** | |
| When you are unwell with any of the following:  Vomiting and diarrhoea (unless very minor)  Fevers, sweats and shaking    Contact a medical professional, this may be your GP, Nurse or Pharmacist.    If advised, STOP taking the medicines highlighted overleaf.    Restart when you are well  (usually 24-48 hours of eating and drinking normally) | **ACE inhibitors**      **ARBs**      **NSAIDs**      **Diuretics**        **Diabetes** | **Medicines ending in “pril”**  eg. Lisinopril, perindopril, ramipril    **Medicines ending in “sartan”**  eg. Losartan, candesartan, valsartan    **Anti-inflammatory pain killers**  eg. Ibuprofen, naproxen, diclofenac    **Sometimes called “Water pills”**  eg. Furosemide, spironolactone, bendroflumethiazide, Indapamide    **Metformin and “gliflozin’s”** |