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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”** |