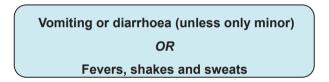
## **Kidney Sick Day Rules**



If you have the following for more than 24 hours:



Then **STOP** taking the tablets listed overleaf until you feel well again and have been eating and drinking normally for 24 hours

If symptoms persist for more than 48 hours, please contact your GP, nurse, pharmacist or NHS 24 (call free on 111)

## Medicines to stop on sick days

ACE inhibitors or similar medicines ending in 'pril' or 'sartan' used for high blood pressure and heart failure :

Lisinopril, Perindopril, Ramipril, Enalapril, Losartan, Candesartan, Valsartan, Irbesartan

Anti-inflammatory pain killers:

Ibuprofen, Naproxen, Diclofenac

Water tablets (also called diuretics):

Furosemide, Spironolactone, Bumetanide, Indapamide, Bendroflumethiazide

If in any doubt, please contact your GP, nurse, pharmacist or NHS 24 (Call free on 111)

Remember to **RESTART** your tablets when you are feeling well and have been eating and drinking normally for 24 hours