

# Kidney Sick Day Rules



If you have the following **for more than 24 hours**:

**Vomiting or diarrhoea (unless only minor)**

**OR**

**Fevers, shakes and sweats**

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