

THE ATRIUM HEALTH CENTRE
PATIENT POLICY

Title: Medicines and Dehydration; ‘Medicine Sick Day Guidance’
Review Date: May 2022 **Version:** 1.0

Introduction:

Dehydration is due to a loss of fluid from your body. Vomiting, diarrhoea and fever (high temperature, sweats, shaking) can make you dehydrated. If you are sick once or have diarrhoea once, then you are unlikely to become dehydrated. Having two or more episodes of vomiting or diarrhoea or having a prolonged fever can lead to dehydration.

Taking certain medicines when you are dehydrated can result in you developing a more serious illness.

Policy Details:

Medicines that make dehydration more likely are:

Diuretics (sometimes called “water pills”); e.g. Furosemide, spironolactone, Bendroflumethiazide

Medicines that can stop your kidneys working if you are dehydrated are:

ACE inhibitors	Medicine names ending in “pril”	e.g. Lisinopril, perindopril, ramipril
ARBs	Medicine names ending in “sartan”	e.g. Losartan, candesartan, valsartan
NSAIDs	Anti-inflammatory pain killers	e.g. Ibuprofen, diclofenac, naproxen

Medicines that make you more likely to have a side effect called lactic acidosis if dehydrated are:

Metformin	A medicine for diabetes	
SGLT2’s	Medicine names ending in “gliflozin”	e.g. Canagliflozin, Dapagliflozin, Empagliflozin

“Medicine Sick Day Guidance”

If you develop a dehydrating illness, then it is important that you discuss your condition with a medical professional. This may be your GP, Nurse or Pharmacist. You may be advised to discontinue taking medications which lower your blood pressure for a short time and a blood test will be arranged to check your kidney function.

Remember to keep drinking small amounts of fluid regularly on your sick days too. If you are only passing small amounts of urine you may need admission to hospital, and you should alert your GP to this. Please do not delay calling your GP or the out of hours service if your urine output decreases to only small volumes.

Please cut out the alert card below and place in your purse/wallet;

“Medicine Sick Day Guidance” Alert Card	Medicines that need medical advice if you are ill:										
<p>I,....., am on the following medications that put me at risk of dehydration: <i>Insert name of medication and dose here;</i></p> <p>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.</p> <p>If advised, STOP taking the medicines highlighted opposite. Restart when you are well (usually 24-48 hours of eating and drinking normally)</p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 30%;"><input type="checkbox"/> ACE inhibitors</td> <td>Medicines ending in “pril” e.g. Lisinopril, Perindopril, Ramipril</td> </tr> <tr> <td><input type="checkbox"/> ARBs</td> <td>Medicines ending in “sartan” e.g. Losartan, Candesartan, Valsartan</td> </tr> <tr> <td><input type="checkbox"/> NSAIDs</td> <td>Anti-inflammatory pain killers e.g. Ibuprofen, Naproxen, Diclofenac</td> </tr> <tr> <td><input type="checkbox"/> Diuretics</td> <td>Sometimes called “Water pills” e.g. Furosemide, Spironolactone, Bendroflumethiazide, Indapamide</td> </tr> <tr> <td><input type="checkbox"/> Diabetes</td> <td>Metformin and “gliflozin’s”</td> </tr> </table>	<input type="checkbox"/> ACE inhibitors	Medicines ending in “pril” e.g. Lisinopril, Perindopril, Ramipril	<input type="checkbox"/> ARBs	Medicines ending in “sartan” e.g. Losartan, Candesartan, Valsartan	<input type="checkbox"/> NSAIDs	Anti-inflammatory pain killers e.g. Ibuprofen, Naproxen, Diclofenac	<input type="checkbox"/> Diuretics	Sometimes called “Water pills” e.g. Furosemide, Spironolactone, Bendroflumethiazide, Indapamide	<input type="checkbox"/> Diabetes	Metformin and “gliflozin’s”
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