Medicine Sick Day Rules

When you are unwell with any of the following:
• Vomiting or diarrhoea (unless only minor)
• Fevers, sweats and shaking (unless only minor)

Then STOP taking the medicines ticked on the other side of this card by your healthcare professional

Restart when you are well (after 24-48 hours of eating and drinking normally)

If you are in any doubt, contact your pharmacist, doctor or nurse
Medicines to stop on sick days

- ACE inhibitors: medicine names ending in “pril”
- ARBs: medicine names ending in “sartan”
- Diuretics: eg, furosemide, bendroflumethiazide
- Metformin: a medicine for diabetes
- NSAIDs: eg, ibuprofen, diclofenac, naproxen

Other medicines to stop taking

- 
- 
- 
- 

Initially produced by NHS Highland