

SICK-DAY RULES

for Patients with Diabetes and High Blood Pressure

WHEN SHOULD I USE SICK DAY RULES?

Fever or infection
Vomiting or diarrhoea
Not eating or drinking normally
Dehydration



MEDICINES TO STOP TEMPORARILY

Diabetes

SGLT2 inhibitors (Dapagliflozin, Empagliflozin),
Canagliflozin)

Metformin



DO NO STOP INSULIN

Blood Pressure / Heart/ Kidneys

ACE inhibitors (Ramipril, Lisinopril)

ARBs (Losartan, Candesartan)

Diuretics (Furosemide, Bendroflumethidide)

NSAIDs (Ibuprofen, Naproxen)



HOW LONG SHOULD I STOP THEM?

Stop only while you are unwell

Restart after **24-48** hours once:

- Eating and drinking normally
- Vomiting/diarrhoea has stopped



GET URGENT HELP IF:

- Cannot keep fluids down
- Blood sugars very high or very low



Brunswick Health Centre - Patient Information Leaflet