

AKI SICK DAY RULES CARDS FOR PATIENTS

Vomiting or having diarrhoea or fever (high temperature) can be risky for people take some medications. These cards list the medicines that you should stop taking for a couple of days when you are ill. Looking at the card and following the simple advice on it can help protect your kidneys.

Please ask your pharmacist, GP or nurse if you have any questions and to see if you need a card.

Please visit www.thinkkidneys.nhs.uk, the NHS campaign to improve care of people at risk of, or with, acute kidney injury (AKI) for further information.

Wallet sized card: (GP practices can print out as the deem fit)



The card features a background of various colored capsules (red, blue, yellow, white). At the top left is the Barnsley Hospital Quality in Care logo, and at the top right is the Barnsley Hospital NHS Foundation Trust logo. The main heading is "Medicine sick day guidance". Below this, it lists symptoms: "When you are unwell with any of the following:" followed by a bulleted list: "• Vomiting or diarrhoea (unless only minor)" and "• Fevers, sweats and shaking". It then instructs: "Then STOP taking the medicines listed overleaf" and "Restart when you are well (after 24-48 hours of eating and drinking normally)". Finally, it says: "If you are in any doubt, contact your pharmacist, GP or nurse".

Medicine sick day guidance

When you are unwell with any of the following:

- Vomiting or diarrhoea (unless only minor)
- Fevers, sweats and shaking

Then **STOP** taking the medicines listed overleaf

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

If you are in any doubt, contact your pharmacist, GP or nurse



The card features a background of various colored capsules (red, blue, yellow, white). The heading is "Medicines to stop on sick days". It lists several categories of medicines with examples: ACE inhibitors (ending in "pril", e.g. lisinopril, perindopril, ramipril), ARBs (ending in "sartan", e.g. losartan, candesartan, valsartan), NSAIDs (anti-inflammatory pain killers, e.g. ibuprofen, diclofenac, naproxen), Diuretics (sometimes called "water pills", e.g. furosemide, spironolactone, indapamide, bendroflumethiazide), and Metformin (a medicine for diabetes). At the bottom right, it says "Originally developed by NHS Highland".

Medicines to stop on sick days

ACE inhibitors: medicine names ending in "pril"
eg. *lisinopril, perindopril, ramipril*

ARBs: medicine names ending in "sartan"
eg. *losartan, candesartan, valsartan*

NSAIDs: anti-inflammatory pain killers
eg. *ibuprofen, diclofenac, naproxen*

Diuretics: sometimes called "water pills"
eg. *furosemide, spironolactone, indapamide, bendroflumethiazide*

Metformin: a medicine for diabetes

Originally developed by NHS Highland

Full Page Sick Day Rules:



 

Medicine sick day guidance

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- Fevers, sweats and shaking

Then **STOP** taking the medicines listed overleaf

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

If you are in any doubt, contact your pharmacist, GP or nurse



Medicines to stop on sick days

ACE inhibitors:	medicine names ending in "pril" <i>eg. lisinopril, perindopril, ramipril</i>
ARBs:	medicine names ending in "sartan" <i>eg. losartan, candesartan, valsartan</i>
NSAIDs:	anti-inflammatory pain killers <i>eg. ibuprofen, diclofenac, naproxen</i>
Diuretics:	sometimes called "water pills" <i>eg. furosemide, spironolactone, indapamide, bendroflumethiazide</i>
Metformin:	a medicine for diabetes

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