



## Appendix B: Sick Day Rules Guidance: Information for healthcare professionals and patients

The *Sick Day Rules* guidance is a useful resource for patients, carers and health professionals as it promotes better management of long-term conditions through safer, more effective and person-centred use of medicines. The cards highlight the potential harms which could be caused if patients continue to take certain medicines whilst suffering from illnesses where dehydration can occur.

The Scottish Patient Safety Programme (SPSP) has produced a [briefing for professionals](#) and one for [patients](#). The briefing leaflet for professionals provides some examples of what advice to give to patients to ensure that they understand the importance of stopping certain medicines when sick. An example of the *Sick Day Rules* Card is displayed below, copies of these can be downloaded from the [SPSP website](#).



### 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



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### 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**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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