Diabetes Medication  Sick Day Rules

- When you are unwell with repeated vomiting or diarrhoea, or fever with sweats and shaking ... STOP taking the medicines listed overleaf
- Contact your GP, pharmacist or named nurse
- You may need to carry out blood glucose and ketone checks and have a blood test in the lab organised by your GP
- Restart these medications when eating and drinking normally after 24-48 hours or as advised by your GP
- If on insulin seek medical advice regarding dose adjustment if uncertain - but never stop insulin

Diabetes Medicine to Stop Temporarily

- **Metformin**
- **SGLT2 inhibitors**: names ending in ‘flozin’ e.g. canagliflozin, dapagliflozin, empagliflozin
- **GLP1 analogues** (injectable): names ending in ‘tide’ e.g. liraglutide, dulaglutide, lixisenatide
- **ACE inhibitors**: names ending in ‘pril’ e.g. ramipril, lisinopril, perindopril
- **ARBs**: names ending in ‘sartan’ e.g. candesartan, losartan, irbesartan
- **NSAIDs**: anti-inflammatory pain killers e.g. ibuprofen, naproxen, diclofenac
- **Diuretics**: ‘water pills’ – e.g. frusemide, bendrofluazide, indapamide, bumetanide