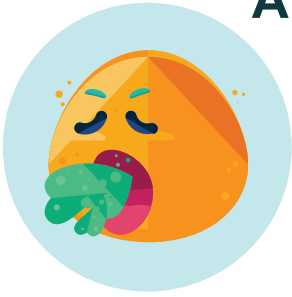


At home **sick day** advice:

Are you sick?



You are sick or unwell when you:

- Cannot eat or are "off your food"
- Vomit/throw-up or have diarrhoea/watery bowels, over 2 times in a day
- Are sweating or shaking due to a fever/high body temperature.

The days you are sick - stop taking these pills:



- **Diabetes** - gliclazide, glipizide, empagliflozin, metformin
- **Blood pressure or heart condition** - pills ending in "pril or "sartan" like: ramipril, quinapril, perindopril, lisinopril, enalapril or losartan, candesartan, valsartan, Entresto
- **Diuretics or "water tablets"** - furosemide, chlorthalidone, indapamide, spironolactone, bendroflumethiazide, bumetanide
- **Anti-inflammatory painkillers** - ibuprofen, voltaren, celecoxib, naproxen.

Unsure of your medication names or need blister pack advice?
Call a nurse, doctor or pharmacist for help.

Remember:



- Avoid dehydration. Sip water, at least 100mls every 1-2 hours

If you have diabetes - measure your blood sugars at least 3-5 times a day. If 3 or more blood sugars in a row are higher than 20 or lower than 4, call your nurse or doctor for advice.

Have you recovered?



You have recovered when your **eating and drinking** returns to **normal** or nearly **normal**, this is when you:

- restart your **medications** and take your pills as **normal**.

If you have been **sick** and **not eating or drinking** for **2 or more days**, call your nurse or doctor

If you are **very sick** or unwell, call **111** and ask for an ambulance