Box 1

Medicine sick day rules

When you are unwell with any of the following:

- Vomiting or diarrhoea
- Fevers, sweats or shaking

Then stop the drugs listed below. Restart these drugs when you are well (after 24-48 hours eating and drinking normally)

Medications to stop temporarily

- ACE inhibitors: (drug names ending in 'pril')
- ARBs: (drug names ending in 'sartan')
- NSAIDs: anti-inflammatory painkillers; e.g. ibuprofen, diclofenac, naproxen
- Diuretics: e.g. bendroflumethiazide, furosemide, spironolactone
- Metformin