

## Medicines to stop taking on sick days

Are you feeling sick with symptoms like vomiting or diarrhea? If so, your body is at risk of becoming dehydrated. Some medicines can worsen this side effect and temporarily worsen your kidney function when you are sick.

If you are sick and unable to drink enough fluids to keep hydrated, STOP taking the following medicines:

<ul style="list-style-type: none"> <li>▪ Blood pressure pills</li> </ul>	Medicines ending in “pril” OR “sartan” For example: enalapril, fosinopril, lisinopril, perindopril, quinapril, ramipril For example: candesartan, irbesartan, losartan, telmisartan, valsartan
<ul style="list-style-type: none"> <li>▪ Diuretics</li> </ul>	Sometimes called “water pills” For example: furosemide, hydrochlorothiazide, metolazone, spironolactone
<ul style="list-style-type: none"> <li>▪ Metformin</li> </ul>	A diabetes medicine
<ul style="list-style-type: none"> <li>▪ Other diabetes pills</li> </ul>	Medicines ending in “ide” AND/OR “flozin” For example: gliclazide, glimepiride, glyburide For example: canagliflozin, dapagliflozin, empagliflozin
<ul style="list-style-type: none"> <li>▪ Non-steroidal anti-inflammatory drugs</li> </ul>	These medicines should not be taken if you have kidney disease but if you are using them they <b>MUST BE STOPPED</b> . For example: Aspirin/ASA/acetylsalicylic acid ( <u>except</u> ASA 81 mg or a baby Aspirin), celecoxib (Celebrex®), diclofenac (Arthotec®), ibuprofen (Motrin®, Advil®), indomethacin, naproxen (Aleve®)

Be careful not to take any non-steroidal anti-inflammatory drugs (which are commonly found in pain medicines (e.g. Advil) and cold remedies).

If you are diabetic check your blood sugar levels more often when you are sick. If they run too low or too high contact a healthcare professional such as your pharmacist or doctor.

Restart the medicines when you are well (after eating and drinking normally for 24-48 hours).

If you are unsure about the safety of your medicines, please contact your Kidney (Renal) Health Clinic.