

Your Medication Plan for Sick Days

(for Patients and Families)

When you are ill and are not able to drink enough fluids (especially if you have vomiting or diarrhea), some medicines could worsen your kidney function or cause side effects such as low blood pressure.

Also, eating much less than normal can affect certain medications taken for diabetes. Eating less or having diarrhea can affect how warfarin works.

Following this plan should help to keep you from getting sicker and coming to hospital. This plan tells you which medications to stop on sick days. Keep it in a visible place to remind you or your family what to do.

Call your doctor's office and tell them that you will need to speak to the doctor for further advice. If your doctor's office is closed, you can call your local Pharmacy or HealthLinkBC at 8-1-1 any time 24/7, but follow-up with your doctor as soon as possible.

If you become sick and CANNOT DRINK enough fluid, you should STOP the following medications until your fluid intake returns close to normal, or as your doctor instructs you:

- Blood pressure pills: _____
- Water pills (diuretics): _____
- Anti-inflammatory medicines (e.g. ibuprofen [Advil], naproxen): _____
Acetaminophen [Tylenol] is okay.
- Other: _____

If you have DIABETES and EATING MUCH LESS than normal (e.g. less than 20 grams carbohydrates a day, or less than one 200mL juice box), some medications could cause you to have low blood sugar symptoms (hypoglycemia). You should:

- Stop the following pills: _____
- Restart these pills when you are eating normally, or as your doctor instructs you.
- In general, if you skip a large meal, you should skip a dose of this medication.
- Check your blood sugar more often.
- If you take insulin, it will need adjustment. Get a written plan from your doctor that is based on your blood sugar.

If you are taking WARFARIN and have any of the following problems: EATING LESS than half of what you would normally eat; or have 3 or more diarrhea / watery stools; or are eating less than usual and having any diarrhea stool:

- Skip your warfarin dose that day.
- Continue taking the same dose of warfarin the next day and onwards.
- Get your INR checked within 3 to 4 days.