

I XXXXX am on the following medications that put me at risk of acute kidney injury/lactic acidosis or diabetic ketoacidosis (DKA) if I am dehydrated:

Please cut out the alert card and place in your wallet

“Medicine Sick Day Guidance” Alert Card	Medicines that need advice if you are ill:	
<p>When you are unwell with any of the following:</p> <p>Vomiting and diarrhoea (unless very minor) Fever, sweats and shaking</p> <p>Contact a medical professional, this may be your doctor, pharmacist or nurse.</p> <p>If advised, STOP taking the medicines highlighted overleaf.</p> <p>Restart when you are well (usually 24-48 hours of eating + drinking normally)</p>	<ul style="list-style-type: none"> • ACE inhibitors • ARBs • Diuretics • NSAID • Metformin • SGLT2 inhibitors 	<p>Medicines ending in “pril” e.g. Lisinopril, perindopril, ramipril</p> <p>Medicines ending in ‘sartan’ e.g. Candesartan, losartan</p> <p>Sometimes called “Water pills” e.g. Furosemide, spironolactone, bendroflumethiazide, indapamide</p> <p>Anti-inflammatory pain killers e.g. ibuprofen, naproxen</p> <p>Medicines ending in “gliflozin” e.g. dapagliflozin, empagliflozin</p>