

STOPPING MEDICINES

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Ten percent of hospital admissions are caused by medicines. We all need to work together to make sure that you only take the medicines that are likely to help you. Medicines that make you feel unwell, or don't do their job, should usually be stopped. You should make sure that we do a medication review with you at least every year. You can often do this with a telephone appointment with your doctor, nurse or practice pharmacist. (Yes, we have one, she's called Ambreen). (Watch out for a reminder for a medication review on your prescription.) Encourage your doctor, nurse or pharmacist to write the reason for taking each medicine on your prescription.

Some of you are taking 5 or more medicines. Taking so many medicines can be confusing. Perhaps we can help you to decide which of your medicines you would prefer to stop? Perhaps your normal (community) pharmacist can put your medicines in a box to help you remember when to take them.

Taking extra medicines over the counter can be dangerous. For example, if you are on one of the commonly used medications for anxiety or depression such as fluoxetine, citalopram or sertraline; you should not use anti-inflammatory tablets such as ibuprofen or naproxen without a medicine to protect your stomach. (All of these medicines increase your chances of bleeding from your stomach or gut.) Herbal remedies are sometimes more dangerous than prescribed medicines and can work against your other medicines. If in doubt: ask.

Many medicines should not be stopped suddenly. We can support you in stopping the medicines that you don't want to take, gradually.

You **also** really need to know which medicines to stop when you are poorly.

Sick day rules - if you have had *vomiting*, *diarrhoea* or *fever* for 24 hours or more:

Stop the following medicines **until** you have been eating and drinking normally for 24-48 hours.

ACE inhibitors:

Medicines ending in "...pril" eg lisinopril, perindopril, ramipril

ARBs:

Medicines ending in "...sartan" eg losartan, candesartan, valsartan

NSAIDs:

Anti-inflammatory painkillers, eg Ibuprofen, naproxen, diclofenac



Diuretics:

Sometimes called water pills eg furosemide, spironolactone, bendroflumethiazide, indapamide

Metformin:

A medicine most commonly used in diabetes.

Otherwise you can make your kidneys (and yourself) very poorly (a problem called acute kidney injury)