

VICTORIA ROAD SURGERY

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Dear Patient

Re: Medicines and Dehydration “Medicine Sick Day Guidance”

We are writing to you concerning the above. With the medication that you take there are certain rules you need to know should you become ill and dehydrated and in this letter the rules are set out in a very easy way to follow.

Should you become dehydrated from vomiting, diarrhoea or fever (high temperature, sweats, shaking). If you are sick or have diarrhoea **once**, then you are unlikely to become dehydrated. Having **two or more** episodes of vomiting or diarrhoea or having a **prolonged** fever can lead to dehydration. Taking certain medicines when you are dehydrated can result in you developing a more serious illness.

Medicines that make dehydration more likely are:

Diuretics Sometimes called “water pills” eg Furosemide, spironolactone, bendroflumethiazide

Medicines that can stop your kidneys working if you are dehydrated are:

ACE inhibitors	Medicine names ending in “pril”	eg Lisinopril, perindopril, ramipril
ARBs	Medicine names ending in “sartan”	eg Losartan, candesartan, valsartan
DRIs	Medicine working on the kidneys	eg Aliskiren
NSAIDs	Anti-inflammatory pain killers	eg Ibuprofen, diclofenac, naproxen

Medicines that make you more likely to have a side effect called lactic acidosis if dehydrated are:

Metformin A medicine for diabetes

Medicines that make you more likely to have a side effect called diabetic ketoacidosis (DKA) if dehydrated are:

SGLT2’s Medicine names ending in “gliflozin” eg Canagliflozin, Dapagliflozin, Empagliflozin

“Medicine Sick Day Guidance”

If you develop a dehydrating illness, then it is important that you discuss your condition with a medical professional. This may be your GP, Nurse or Pharmacist. You may be advised to discontinue taking medications which lower your blood pressure for a short time and a blood test will be arranged to check your kidney function. Remember to keep drinking small amounts of fluid regularly on your sick days too. If you are only passing small amounts of urine you may need admission to hospital and you should alert your GP or Out of hours service to this.

“Medicine Sick Day Guidance” Alert Card

When you are unwell with any of the following:
Vomiting and diarrhoea (unless very minor)
Fevers, sweats and shaking

Contact a medical professional, this may be your
GP, Nurse or Pharmacist.

If advised, STOP taking the medicines highlighted
overleaf.

Restart when you are well
(usually 24-48 hours of eating + drinking normally)

Medicines that need medical advice if you are ill:

- | | |
|--|---|
| <input type="checkbox"/> ACE inhibitors | Medicines ending in “pril”
eg. Lisinopril, perindopril, ramipril |
| <input type="checkbox"/> ARBs | Medicines ending in “sartan”
eg. Candesartan, losartan, valsartan |
| <input type="checkbox"/> Diuretics | Sometimes called “Water pills”
eg. Furosemide, spironolactone,
bendroflumethiazide, indapamide |
| <input type="checkbox"/> DRI s | Aliskiren |
| <input type="checkbox"/> NSAID | Anti-inflammatory pain killers
eg. Ibuprofen, naproxen, diclofenac |
| <input type="checkbox"/> Metformin | |
| <input type="checkbox"/> SGLT2 inhibitors | Medicines ending in “gliflozin”
Eg. Canagliflozin, dapagliflozin |

Should you have any questions or concerns about the information being sent to you today, please do not hesitate to contact the surgery and speak to our Nurses or Health and Wellbeing Coach who will endeavour to assist you.

Yours faithfully

Victoria Road Surgery

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