

## MEDICINES AND DEHYDRATION PATIENT INFORMATION

### Why have I been given this leaflet?

This leaflet is about what actions to take if you develop an illness that causes dehydration (your body becomes short of fluid). These actions are called “medicine sick day rules”.

### Who is this leaflet for?

This leaflet is for people taking the following medicine(s) (please circle the medicines):

#### Medicines for high blood pressure and heart conditions e.g.

captopril, enalapril, ramipril, lisinopril, perindopril  
candesartan, losartan, valsartan, irbesartan

#### Anti-inflammatory painkillers e.g.

ibuprofen, naproxen, diclofenac

#### Diuretics (water tablets) e.g.

spironolactone

furosemide, bendroflumethiazide, indapamide,

#### Diabetes e.g.

metformin

### Which illnesses can cause dehydration?

If your body becomes short of fluid your kidneys might stop working as well as they should. The most common reasons for becoming dehydrated are: vomiting, diarrhoea, high temperature or fever, not being able to drink normally.

### What should I do with my medicines?

If you:

- are not able to drink a normal amount of fluid
- have 2 or more episodes of vomiting or diarrhoea
- develop a fever

**You should temporarily stop taking the medicine(s) named above.** This is to help protect your kidneys.

Once you are better and can drink normally you **should re-start your medicine(s)**. For most people this is within 48 hours. When you re-start your medicine(s) just take them as normal, do not take any extra doses.

### If you remain unwell for longer than 48 hours, contact your doctor

### Is there anything else I should do when I am dehydrated?

- You **can** take paracetamol for pain relief or for a high temperature.
- **Avoid** anti-inflammatory pain-killers e.g. ibuprofen, diclofenac and naproxen.
- **Drink** plenty of fluids (**unless you have been advised to restrict fluid intake**)

Seek advice from your pharmacist, doctor or nurse if you have any questions about your medicine(s) and its use or call NHS 111 or visit the NHS Choices website [www.nhs.uk](http://www.nhs.uk).