

Sick Day Medicine List – Instructions for Patients

When you are unwell and sick with **excessive** vomiting or diarrhoea, or you have **fevers**, sweats, and shaking, if you become dehydrated some medicines could cause your kidneys to not work properly, or may give you side effects. If you become sick and are unable to drink enough fluid to keep hydrated you should STOP the following medicines:

STOP these medicines until you are better for 48 hours. Also contact your general practice for guidance.

Blood pressure tablets	
Water tablets	
Diabetes tablets	
Pain killers	
Non-steroidal anti-inflammatory medicines (NSAID)	
Arthritis medicines	
Others	

When you have had **no** vomiting ('the spews') and/or diarrhoea ('the runs') or fevers, sweats, and shaking for more than 48 hours (2 days) it is safe to restart your tablets. It is important that you also contact your family doctor or nurse to tell them you have been sick.

If you are not better after 24 hours it is very important that you seek medical attention.

If you have any problems, you can call: _____

Name of health person who filled in the table: _____ Date _____

Please be careful not to take NSAIDs which are in some pain medicines and cold remedies. Please check with your pharmacist before using over-the-counter medicines.

If you have diabetes and check your own blood glucose (sugar) levels, please increase the number of times you do this when you are sick. If they run too high or too low, contact your doctor or nurse. If you take insulin you may need to adjust the doses depending on the type of diabetes you have. Make sure you have a clear plan of what to do until you are better. If you have type 1 diabetes put into practice your sick day management plan.

Things you can do to stop becoming dehydrated

- Drink enough fluid each day to make up for fluid losses so that you are not thirsty. Passing clear (near colourless) urine (wee) is a good sign that you're well hydrated. Choose water, broth, diluted juice / cordial, diluted sports drinks, or rehydration products that contain salts such as sodium and potassium.
- You may need to drink more fluids if you notice these signs of dehydration:
 - Being thirsty
 - Going to the toilet less than usual
 - Having dark-coloured urine or pee
 - Feeling very tired
 - Feeling dizzy

Avoid certain foods

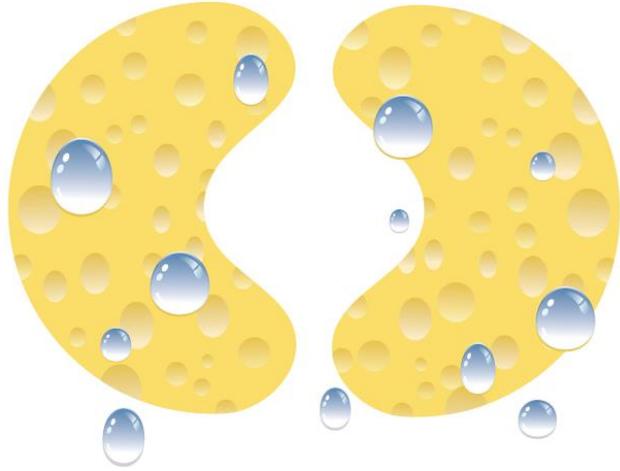
- Some foods and drinks may make diarrhoea worse since they can cause more bloating, gas, or loose bowel movements. While you have diarrhoea, avoid:
 - Sugary drinks such as soft drinks (fizzy drinks), fruit juice and flavoured milk,
 - Caffeine found in coffee, tea, cola, Mountain Dew, and energy drinks (i.e. Mother, V, Red Bull, Monster)
 - High amounts of sugar found in cakes, biscuits, and lollies.
 - High amounts of fruit sugar found in apple juice, honey, dates, figs, and prunes.
 - Sugar alcohols such as sorbitol and mannitol found in sugar-free chocolate, gum, and mints.
 - Fried or fatty foods such as oil, butter, French fries, doughnuts, or other fried foods.
 - High fat dairy products like whole milk, cheese, and cream.
 - High fibre foods like high fibre cereals (i.e. Weetbix), beans, lentils, berries, peas, and broccoli.

Choose foods that are easier to tolerate

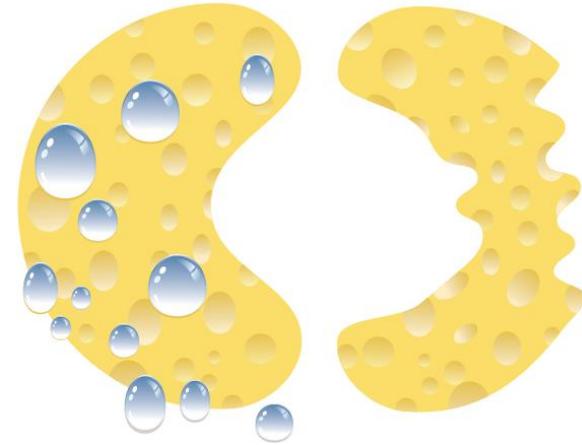
- Once the stomach cramps and diarrhoea settles down, it is helpful to eat small amounts of these bland foods:
 - Low fibre grain products such as white rice, noodles, white bread, or plain crackers.
 - Vegetables and fruit such as stewed apples, bananas, boiled peeled potatoes, cooked carrots or squash.
 - Protein foods such as cooked eggs, skinless chicken, lean fish or yoghurt.

Acknowledge: Hawke's Bay DHB Māori Health, Dietitians, Clinical Pharmacist Facilitators; Health Hawke's Bay, Kidney Health NZ. References: Dietitians of Canada; Canadian Diabetes Association; NHS

Your kidney's when you are healthy and well are like a wet sponge flushing and filtering your blood.



Your kidney's, when you are dehydrated, are dry and do not flush or filter your blood well. They may have trouble working well.



It is very important that you restart your medicine(s) once you get better. This is when you have had no vomiting ('the spews') and/or diarrhoea ('the runs') or fevers, sweats, and shaking for 48 hours (2 days) and you are eating and drinking normally. It is important that you also contact your family doctor or nurse to tell them you have been sick and stopped your tablets for a short time. **If you are not better after 24 hours it is very important that you seek medical attention.**

It is important that you restart your medicine(s) again as they may be to treat your:

High blood pressure



Heart disease



Diabetes



What is Acute Kidney Injury (AKI)?

Kidneys can either be injured over a long time, we call this chronic, or a short time we call this acute. A short time normally refers to days or weeks. Acute kidney injury is a common complication of other illnesses such as excessive diarrhoea and vomiting, particularly when people have other health conditions. When acute kidney injury is identified early it is often fully reversible.