

## Diabetes Medication Sick Day Rules

- When you are unwell with repeated vomiting or diarrhoea, or fever with sweats and shaking ... STOP taking the medicines listed overleaf
- Contact your GP , pharmacist or named nurse
- You may need to carry out blood glucose and ketone checks and have a blood test in the lab organised by your GP
- Restart these medications when eating and drinking normally after 24-48 hours or as advised by your GP
- If on insulin seek medical advice regarding dose adjustment if uncertain - but never stop insulin

## Diabetes Medicine to Stop Temporarily

- **Metformin**
- **SGLT2 inhibitors** : names ending in '**flozin**' e.g. [canagliflozin](#) , [dapagliflozin](#), [empagliflozin](#)
- **GLP1 analogues** (injectable): names ending in '**tide**' e.g. [liraglutide](#) , [dulaglutide](#), [lixisenatide](#)
- **ACE inhibitors**: names ending in '**pril**' e.g. [ramipril](#), [lisinopril](#), [perindopril](#)
- **ARBs** : names ending in '**sartan**' e.g. [candesartan](#) , [losartan](#) , [irbesartan](#)
- **NSAIDs** : anti-inflammatory pain killers e.g. [ibuprofen](#) , [naproxen](#) , [diclofenac](#)
- **Diuretics** : 'water pills' – e.g. [frusemide](#) , [bendrofluazide](#) , [indapimide](#), [bumetanide](#)