

Medicines advice

This is important. Dehydration may harm your kidneys and certain tablets can make this harm worse. Follow the advice below.



Are you under the care of a specialist team e.g. Heart Failure team or Renal Unit?

If yes, please contact them during working hours or your out of hours GP service before changing your treatment

If no, you should temporarily stop taking the medicines listed overleaf until your symptoms settle. If this is more than 48 hours, please check with your GP for advice. Restart your medication in full once you are recovering.

Sick day rules

If you become suddenly unwell with a fever, vomiting or diarrhoea or are being treated for an infection such as a chest infection or water infection, please follow the advice contained in this leaflet.

NHS 111 is available 24 hours a day, 365 days a year to provide health information.

Just call 111

Please ask if you require this information in other languages, large print, easy read accessible information, audio/visual, signing, pictorial and change picture bank form via the Patient Advisory Liaison Service (PALS) on (01245) 514235

Pharmacy department

Mid Essex Hospital NHS Trust

Adapted from documents produced by NHS Wales and Derby hospitals NHS Trust and from NICE CG 169. Prepared June 2015. Review date June 2017.

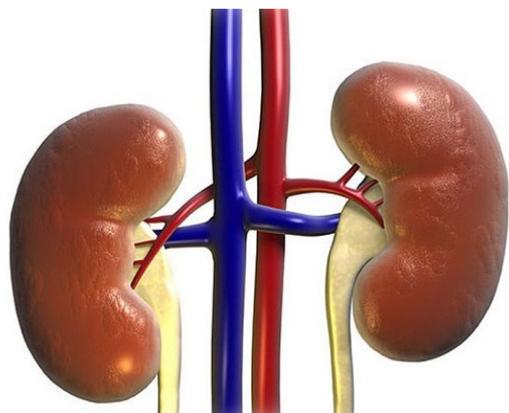
Protect your kidneys- sick day advice

Who is giving you this advice?

This advice supports national guidance on the prevention of kidney problems.

The advice is endorsed by kidney specialists and emergency care specialists at Mid Essex Hospital NHS Trust.

To find out more, visit the NHS Choices website at www.nhs.uk



Protect your kidneys

What to do if you...

- develop vomiting and are unable to keep fluids down
- have diarrhoea
- are being treated for an infection such as a chest infection or water (urine) infection
- have a fever (high temperature) or feverish illness (including flu-like symptoms)

Why have I been given this leaflet?

You have been given this leaflet because you take the following medicine(s) (Please circle the medicine/medicines) :

ACE inhibitors

Examples include: ramipril, lisinopril, perindopril or another in the same group, all ending in "...pril"

ARBs / Sartans

Examples include: losartan, irbesartan, candesartan or another in the same group, all ending in "...sartan"

Diuretics (water tablets)

Examples include: furosemide, bumetanide, bendroflumethiazide, spironolactone, eplerenone, indapamide*

Anti-inflammatory painkillers

Examples include: ibuprofen, diclofenac, naproxen, celecoxib, etoricoxib*

Metformin (used to treat diabetes)

Other (please state)

.....

*This list is not exhaustive, if you are unsure whether your medicine belongs to one of these groups, please ask your pharmacist or doctor.

Sick day rules

- Drink plenty of fluids so that you avoid becoming dehydrated until your acute/ sudden illness passes. This should be at least 7 cups a day (one cup = 200ml), unless you have other instructions from your doctor.
- If you are vomiting, take small sips of water/fluid frequently until your symptoms have settled.
- Avoid alcoholic drinks
- Speak to your GP if you have passed much less urine than you normally pass, or if you are unable to keep fluids down or have diarrhoea or vomiting for longer than 48 hours. The doctor may need to take a blood test to check how well your kidneys are working.



Drink plenty of clear fluids