

I XXXXX am on the following medications that put me at risk of acute kidney injury/lactic acidosis or diabetic ketoacidosis (DKA) if I am dehydrated:

Please cut out the alert card below and place in your wallet

“Medicine Sick Day Guidance” Alert Card	
<p>When you are unwell with any of the following:</p> <p>Vomiting and diarrhoea (unless very minor) Fever, sweats and shaking</p> <p>Contact a medical professional, this may be your doctor, pharmacist, or nurse.</p> <p>If advised, STOP taking the medicines highlighted overleaf.</p> <p>Restart when you are well (usually 24-48 hours of eating + drinking normally)</p>	<p>Medicines that need advice if you are ill:</p> <ul style="list-style-type: none">• ACE inhibitors Medicines ending in “pril” e.g. Lisinopril, perindopril, ramipril• ARBs Medicines ending in “sartan” e.g. Candesartan, losartan• Diuretics Sometimes called “Water pills” e.g. Furosemide, spironolactone, bendroflumethiazide, indapamide• NSAID Anti-inflammatory pain killers e.g. ibuprofen, naproxen,• Metformin• SGLT2 inhibitors Medicines ending in “gliflozin” e.g. dapagliflozin, empagliflozin