



Your Medication Plan for Sick Days (for Patients and Families)

When you are ill and are unable to drink enough fluids (especially if you have vomiting or diarrhea), some medicines could worsen your kidney function or cause side effects such as low blood pressure.

Also, eating significantly less can affect certain medications taken for diabetes. In addition, eating less or having diarrhea can affect warfarin.

Following this plan should help to keep you from getting sicker and coming to hospital. This plan indicates which medications to stop on sick days. Keep it in a visible place to remind you or your family what to do.

Call your doctor's office and tell them that you will need to speak to the doctor for further advice. If your doctor's office is closed you can call your local Pharmacy or the BC HealthLine at 811 any time 24/7 but follow-up with your physician as soon as possible.

If you become sick and are unable to DRINK enough fluid, you should STOP the following medications until your fluid intake returns close to normal or as your doctor instructs you:

- Blood pressure pills: _____
- Diuretics : _____
- Non-Steroidal anti-inflammatory (e.g. ibuprofen [Advil]): _____
- Other: _____

If you have DIABETES and are EATING significantly less (eg. less than 20 grams carbohydrates per day, or less than one 200 ml juice box), some medications may cause you to have low blood sugar symptoms (hypoglycaemia). You should:

- Stop the following pills: _____
- Restart these pills when you are eating normally, or as your doctor instructs you.
- In general, if you skip a large meal, then you should skip a dose of this medication.
- Check your blood sugar more frequently.
- If you take insulin it will need adjustment. Get a written plan from your doctor that is based on your blood sugar.

If you are taking WARFARIN, and have any of the following problems: EATING less than half of what you would normally eat; OR have 3 or more diarrhea watery stools; OR are eating less than usual AND having any diarrhea stool:

- Skip your warfarin dose that day.
- Continue taking the same dose of warfarin on the next day onwards.
- Get your INR checked within 3-4 days.

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