## Sick Day Plan for people with Kidney Disease

Name				

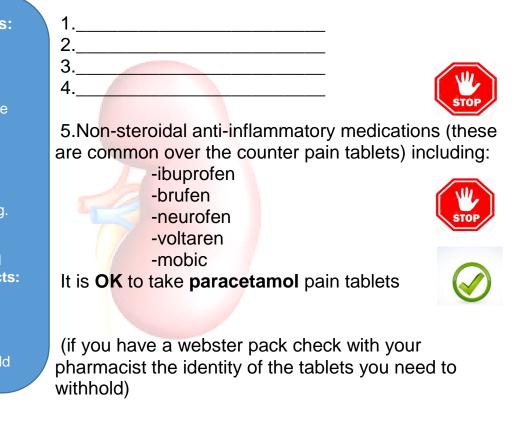
## Symptoms to look out for when you are sick:

When you are ill, particularly if you become dehydrated (e.g. vomiting diarrhoea or fever), some medications could cause your kidney function to worsen or result in side effects.

## What to do if you become sick:

If you become sick and are unable to drink enough fluid to keep hydrated, you should **STOP** the following medications:

**Practice points for doctors:** You may wish to consider with holding medications that will: 1.Increase risk for decline in kidney function: -Angiotensin –converting enzyme inhibitor -Angiotensin receptor blockers -Non-steroidal anti-inflammatory drugs -Diuretics -Potassium sparing diuretics (e.g. spironolactone) -SGLT2 inhibitors 2. Have reduced clearance and increase risk for adverse effects: -Metformin -Sulfonylureas -Any oral hypoglycaemic agents Please list specific tablets you would like your patient to withhold



## If you have diabetes please increase the number of times you check your blood glucose levels.

Arrange an appointment for medical review with your General Practice within 1 to 2 days.

My General Practice phone number is\_\_\_\_\_

If your illness becomes worse and you are unable to see a GP please present to your local hospital emergency department. Please show the staff in the emergency department this form.