

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

1. _____
2. _____
3. _____
4. _____

5. Non-steroidal anti-inflammatory medications (these are common over the counter pain tablets) including:

- ibuprofen
- brufen
- neurofen
- voltaren
- mobic



It is **OK** to take **paracetamol** pain tablets



(if you have a webster pack check with your pharmacist the identity of the tablets you need 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.