

High Blood Pressure – Sick Day Rules

Sick day rules are guidance on what to do with your blood pressure medicines when you become unwell with **vomiting/diarrhoea** or **fevers, sweats and shaking**. This can lead to **fluid loss and dehydration**. Taking certain medicines when your body is too dry can lead to a more serious illness. Therefore, it is important that these medicines are stopped temporarily until you are feeling better.

You can restart taking your blood pressure medicines again when you are well (**after 24-48 hours of drinking normally**) and can take them as normal from this point.

If you stop your regular medications for longer than 5 days because you are unwell, please contact the surgery for further advice.

The medications below should be STOPPED when you are feeling unwell with vomiting/ diarrhoea or fever:

Blood pressure tablets:

ACE-inhibitors for example ramipril & lisinopril
ARBs for example losartan, candesartan, valsartan
These medicines help to lower your blood pressure.

Taking blood pressure tablets when you are dehydrated can cause **damage to your kidneys**.

Water pills:

Diuretics for example furosemide, indapamide, bumetanide, spironolactone
These medicines remove salt and water from your body, to help lower your blood pressure.

Taking water pills makes **dehydration more likely**.

SGLT-2 inhibitors:

For example, **empagliflozin & dapagliflozin**
These medicines help to remove sugar from your blood so that it is excreted in your urine. This can help to reduce the strain on your heart.

Taking SGLT-2 inhibitors when you are dehydrated can increase the risk of developing a **serious side effect** called '**ketoacidosis**'.

For more information, please visit:

<https://ihub.scot/media/1401/20180424-web-medicine-sick-day-rules-patient-leaflet-web-v20.pdf>