

There are 3 important things to consider when you are sick:

1| Stay hydrated

- Aim for 1 cup of sugar-free, caffeine free liquids every hour
- Drink water, herbal teas, or try sipping on clear broth
- *If you are having frequent vomiting or diarrhea, and begin to feel dizzy or light-headed, this may be a sign of dehydration*



2| Consider stopping some of your medications

- *If you become dehydrated, you will need to temporarily stop taking certain medications*
- Plan a visit with your pharmacist well in advance of a sick day to learn which of your medications will need to be stopped
- Restart your medications once you are able to keep yourself hydrated

	My pills: (ask your pharmacist which of <i>your</i> medications fall into this list)
Some blood pressure pills	
Some diabetes pills	
Some pain pills	

What about my insulin?

- Continue taking your long acting (background) insulin.
- You may need to adjust your doses while you are ill. Speak to your diabetes educator about how to make these adjustments.

3| Test your blood sugar

Being sick can cause your blood sugar levels to rise.

- You may need to test your blood sugar more frequently when you are sick.
- If you take insulin for your diabetes, test your blood sugar at least every 4 hours.
- Preventing high and low blood sugars can speed up your recovery.



Sick Day Medication List

Stop taking these medications if you are sick and unable to stay hydrated.

Diabetes Pills	Glumetza®/Glucophage® (Metformin) Invokana® (Canagliflozin)	Forxiga® (Dapagliflozin) Jardiance® (Empagliflozin)
Blood Pressure Pills	Vasotec® (Enalapril) Monopril® (Fosinopril) Prinivil®/Zestril® (Lisinopril) Coversyl® (Perindopril) Accupril® (Quinapril) Altace® (Ramipril) Mavik® (Trandolapril) Lasix® (Furosemide) Hygroton® (Chlorthalidone) Lozide® (Indapamide)	Atacand® (Candesartan) Teveten® (Eprosartan) Avapro® (Irbesartan) Cozaar® (Losartan) Olmetec® (Olmesartan) Micardis® (Telmisartan) Diovan® (Valsartan) Hydrochlorothiazide Zaroxolyn® (Metolazone) Aldactone® (Spironolactone)
Anti-Inflammatory Pain Medications	Advil®/Motrin® (Ibuprofen) Celebrex® (Celecoxib) Voltaren® (Diclofenac)	Toradol® (Ketorolac) Aleve®/Naprosyn® (Naproxen)