

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.

<b>Diabetes Pills</b>	Glumetza®/Glucophage® (Metformin) Invokana® (Canagliflozin)	Forxiga® (Dapagliflozin) Jardiance® (Empagliflozin)
<b>Blood Pressure Pills</b>	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)
<b>Anti-Inflammatory Pain Medications</b>	Advil®/Motrin® (Ibuprofen) Celebrex® (Celecoxib) Voltaren® (Diclofenac)	Toradol® (Ketorolac) Aleve®/Naprosyn® (Naproxen)