

Kidney Sick Day Rules

What should I do with my medicines if I become dehydrated?

If you:

- are not able to drink a normal amount of fluid,
- develop diarrhoea or vomiting or
- develop fevers,

you **should temporarily stop taking the medicine** named

This is to help protect your kidneys.

Once you are better and can drink normally, you **should restart** your medicine. For most people this is within 48 hours.

If you remain unwell for longer than this, contact your doctor. It is important to seek medical advice if your symptoms last for more than 48 hours.

Is there anything else I should do when I am dehydrated?

You **can** take paracetamol for pain relief or for a high temperature.

Avoid anti-inflammatory drugs (a type of pain killer) whilst you are dehydrated. Examples of these medications are Ibuprofen, Diclofenac or Naproxen.