

Taking Your Medications When You Are Sick

A Guide for Patients
with Chronic Kidney
Disease (CKD)

Taking Your Medications When You Are Sick

- There are some medications (see page 3) you should stop taking when you are sick if you are also:
 - › Vomiting (throwing up)
 - › Having diarrhea (loose, watery poop)
 - › Not able to drink enough fluids to stay hydrated
- These medications are important, but they can hurt you if you do not have enough fluid in your body.
 - › You can go back to taking your medications when you are feeling better.
 - › If you are not able to take your medications for more than **3 days**, call your primary health care provider (family doctor or nurse practitioner).
- Make sure you are drinking enough fluids.
 - › Talk with your renal dietitian or nurse to find out what the right amount of fluid is for you.

- If you have diabetes, check your blood sugar level more often.
 - › If you are using insulin, keep taking your basal insulin. Examples of basal insulin are: Lantus® (glargine), Basaglar®, Humulin® N, Novolin®ge NPH, and Levemir®.
 - › If your blood sugar level is too high or too low, call your primary health care provider.
- Make sure you talk with a pharmacist before taking any over-the-counter medications.
 - › Many cough, cold, and natural health care products have ingredients that you should avoid.
 - › Tell the pharmacist that you have kidney disease and are not feeling well.
- If you are taking digoxin or lithium, talk to your primary health care provider. **You need to have a plan for taking these medications when you are sick.**
- If you are not sure about any of your medications, talk to your primary health care provider or pharmacist.

Medications to avoid (SAD2MANS)

Sulfonylureas:

- › Gliclazide (Diamicon® MR)
- › Glimepiride (Amaryl®)
- › Glyburide (Diabeta®)

ACE inhibitors:

- › Cilazapril (Inhibace®)
- › Enalapril (Vasotec®)
- › Fosinopril (Monopril®)
- › Lisinopril (Prinivil®, Zestril®)
- › Perindopril (Coversyl®)
- › Ramipril (Altace®)

Diuretics:

- › Chlorthalidone
- › Furosemide (Lasix®)
- › Hydrochlorothiazide
- › Indapamide
- › Spironolactone (Aldactone®)

Direct renin inhibitors:

- › Aliskiren (Rasilez HCT®)

Metformin (Glucophage®, Glumetza®, Janumet®)

Angiotensin receptor blockers:

- › Candesartan (Atacand[®])
- › Irbesartan (Avapro[®], Avalide[®])
- › Losartan (Cozaar[®])
- › Olmesartan (Olmotec[®])
- › Telmisartan (Micardis[®])
- › Valsartan (Diovan[®])

Nonsteroidal anti-inflammatory drugs (NSAIDs):

- › Acetylsalicylic acid/ASA (Aspirin[®])* does not include low-dose ASA (81 mg)
- › Celecoxib (Celebrex[®])
- › Diclofenac (Voltaren[®])
- › Ibuprofen (Advil[®])
- › Indomethacin (Indocin[®])
- › Ketorolac (Toradol[®])
- › Meloxicam (Mobicox[®])
- › Naproxen (Aleve[®])

SGLT2 inhibitors:

- › Canagliflozin (Invokana[®])
- › Dapagliflozin (Forxiga[®])
- › Empagliflozin (Jardiance[®])

My Sick Day Plan:

I will stop taking these medications until I am feeling better:

Take _____ of fluids on sick days.

My Sick Day Plan was updated on:

What are your questions?

Please ask a member of your health care team. We are here to help you.

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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