

## **Sick Day Rules – Guidance for Health Care Professionals**

Dehydration can cause harm to patients taking certain medicines. These medicines should be stopped temporarily during illness which can result in dehydration (e.g. vomiting, diarrhoea, fever as well as reduced intake). If left untreated, dehydration can lead to acute kidney injury.

If your patients are taking any of the medications listed below and are less able to take fluids then you should consider whether they should temporarily stop taking these medications:

- Diuretics
- ACE inhibitors/angiotensin receptor blockers
- NSAIDs (Prescribed and purchased over the counter), not including low dose aspirin
- Metformin / SGLT2 inhibitors

Generally, medicines that have been temporarily stopped during a period of acute illness should be restarted 24 to 48 hours after the patient is well and eating and drinking normally again. However every patient needs an individualised plan according to their condition and medicines prescribed.

The need to maintain adequate fluid balance during periods of acute illness which may result in dehydration should be emphasised for all at risk patients.

### **Useful Resources:**

#### **Addisons Disease:**

- 1) Addison's disease organisation sick day rules  
<https://www.addisonsdisease.org.uk/newly-diagnosed-sick-day-rules>

#### **AKI**

Prescqipp AKI Sick day guidance:



Sick day AKI.pdf

#### **Diabetics:**

Coronavirus useful resources for patients with Type 1 and Type 2 diabetes:

- 1) NHS England Covid-19 Diabetes Key information <https://www.england.nhs.uk/london/london-clinical-networks/our-networks/diabetes/diabetes-covid-19-key-information/>
- 2) North Bristol NHS Trust Coronavirus recommendations for patients with diabetes  
<https://www.nbt.nhs.uk/node/14086>
- 3) Trend UK Type 1 diabetes what to do when you are ill Patient information leaflet  
[A5\\_T1Illness\\_TREND\\_FINAL.pdf \(trenddiabetes.online\)](#)

- 4) Trend UK Type 2 diabetes what to do when you are ill Patient information leaflet  
[A5 T2Illness TREND FINAL.pdf \(trenddiabetes.online\)](#)

## **Inflammatory Bowel Disease:**

- 1) British Society of Gastroenterology expanded consensus advice for the management of IBD during the COVID-19 pandemic  
<https://www.bsg.org.uk/covid-19-advice/guidance-for-management-of-inflammatory-bowel-disease-during-the-covid-19-pandemic/>
- 2) Crohn's and Colitis UK Patient Information: Coronavirus (COVID-19): FAQs for people with Crohn's and Colitis  
<https://www.crohnsandcolitis.org.uk/news/coronavirus-covid-19-advice>

## **Rheumatology:**

- 1) British Society for Rheumatology: Covid-19 guidance for Rheumatologists  
[COVID-19 guidance | British Society for Rheumatology](#)
- 2) COVID-19 rapid guideline: rheumatological autoimmune, inflammatory and metabolic bone disorders. NICE guideline [NG167] Published: 03 April 2020 Last updated: 31 March 2021  
<https://www.nice.org.uk/guidance/ng167>
- 3) Versus Arthritis -Patient Information Arthritis and COVID-19 - your questions answered  
[Coronavirus \(COVID-19\) and arthritis \(versusarthritis.org\)](#)
- 4) National Rheumatoid Arthritis Society Patient Information  
<https://www.nras.org.uk/frequently-asked-questions>

## **General Patient Information:**

- 1) Health improvement Scotland Patient Information Sick day rules  
<https://ihub.scot/improvement-programmes/scottish-patient-safety-programme-spsp/spsp-medicines-collaborative/high-risk-situations-involving-medicines/medicines-sick-day-rules-card/>