



TYPE 2 DIABETES and SICK DAYS MEDICATIONS to PAUSE

This handout is in general accordance with 2018 Diabetes Canada Guidelines.



Name: _____ Date: _____

When you are sick, it is easy to become dehydrated from throwing up, diarrhea, and/or a fever.

If you become dehydrated, your kidneys may be stressed. This can make certain medications cause problems.

This means that **some** medications should be PAUSED when you are sick to prevent side effects or kidney problems.

These medications can then be STARTED AGAIN once you have recovered from being sick.

SIGNS OF DEHYDRATION

- thirst
- unusual tiredness
- dry mouth
- headache
- lightheadedness
- dry/cool skin
- irritability
- confusion
- less peeing

MY PLAN



If I have been throwing up, and/or having diarrhea, and/or a fever and I am worried that I am dehydrated because I cannot keep “anything down”, I will PAUSE (temporarily stop) the following medicine(s):

	Type of Medication		Your Medication
S	sulfonylureas, other secretagogues	<input type="checkbox"/>	
A	ACE inhibitors	<input type="checkbox"/>	
D	diuretics*, direct renin inhibitor	<input type="checkbox"/>	
M	metformin	<input type="checkbox"/>	
A	angiotensin receptor blockers	<input type="checkbox"/>	
N	nonsteroidal anti-inflammatory drugs	<input type="checkbox"/>	
S	SGLT2 inhibitors, or “flosins”	<input type="checkbox"/>	

For over-the-counter cough, cold & flu products, please check with your pharmacist first. Do not take any products that contain nonsteroidal anti-inflammatory drugs such as ibuprofen (ADVIL/MOTRIN) or naproxen (ALEVE).

* If using diuretics for heart failure, please contact your physician or health care team for detailed instruction before stopping.



I will START these medications again at my usual dose when I am feeling well and my body has recovered from the illness.



I will increase the number of times I RECORD (check) my blood glucose levels when I am sick. If they are too high or too low, I will contact my health care provider.

If you are using insulin, you may need to increase or decrease the amount of insulin you inject. For example, you may need to also PAUSE your meal time, short-acting insulin if not eating while sick.

WHEN YOU ARE SICK IT IS OK TO STOP THESE PARTICULAR MEDICINES FOR A FEW DAYS.

REMEMBER TO:

hydrate

try to drink plenty of fluids with minimal sugar, limit caffeine, and consider electrolyte replacement solutions

consult

your health care provider if you have questions about what to do when you are sick or if you do not feel better after about 3 days



Supplementary Information

SADMANS: COMMON medications to temporarily stop with dehydration from throwing up, diarrhea, sweating, etc...				Comments
S	Sulfonylureas, other Secretagogues	gliclazide	DIAMICRON MR	- hold due to reduced clearance of the drug by the kidneys and increased risk of low blood sugars or hypoglycemia
		glimepiride	AMARYL	
		glyburide	DIABETA	
		repaglinide	GLUCONORM	
A	ACE Inhibitors	benazepril	LOTENSIN	- hold due to increased risk for decline in kidney function - note: combination medication products not listed
		captopril	CAPOTEN	
		cilazapril	INHIBACE	
		enalapril	VASOTEC	
		fosinopril	MONOPRIL	
		lisinopril	ZESTRIL	
		perindopril	COVERSYL	
		quinapril	ACCUPRIL	
		ramipril	ALTACE	
	trandolapril	MAVIK		
D	Diuretics	chlorthalidone		- hold due to increased risk for decline in kidney function - special consideration - whether or not to hold diuretics (especially furosemide) in heart failure with short-term illness depends on heart failure and fluid retention status - note: combination medication products not listed
		eplerenone	INSPIRA	
		furosemide	LASIX	
		hydrochlorothiazide	HCTZ	
		indapamide	LOZIDE	
		metolazone	ZAROXOLYN	
		spironolactone	ALDACTONE	
	Direct Renin Inhibitor	aliskiren	RASILEZ	
M	Metformin	metformin	GLUCOPHAGE GLUMETZA	- hold due to reduced clearance of the drug by the kidneys and increased risk for adverse effects (e.g. more stomach upset) - consider restarting at a lower dose if ongoing nausea and/or diarrhea - note: combination medication products not listed
A	ARBs	candesartan	ATACAND	- hold due to increased risk for decline in kidney function - note: combination medication products not listed
		eprosartan	TEVETEN	
		irbesartan	AVAPRO	
		losartan	COZAAR	
		olmesartan	OLMETEC	
		telmisartan	MICARDIS	
		valsartan	DIOVAN	
N	Non-steroidal anti-inflammatory drugs & COXIBS	acetylsalicylic acid (ASA)	ASPIRIN ENTROPHEN	- hold due to increased risk for decline in kidney function - in most situations, it is recommended to continue with low dose ASA during short-term illness - note: combination medication products not listed; as well, over-the-counter cough, cold & flu products that contain these medications are not listed
		celecoxib	CELEBREX	
		diclofenac	VOLTAREN	
		ibuprofen	ADVIL / MOTRIN	
		indomethacin	INDOCID	
		ketorolac	TORADOL	
		naproxen	NAPROSYN / ALEVE	
S	SGLT2 inhibitors or "flozins"	canagliflozin	INVOKANA	- hold due to increased risk for decline in kidney function - note: combination medication products not listed
		dapagliflozin	FORXIGA	
		empagliflozin	JARDIANCE	
		ertugliflozin	STEGLATRO	