

Common types of medications that may require adjustment if you are sick:

Blood Pressure Medications

Angiotensin-Converting Enzyme Inhibitors

Altace (ramipril), Coversyl (perindopril), Vasotec (enalapril), Zestril (lisinopril), Accupril (quinapril)

Angiotensin Receptor Blockers

Cozaar (losartan), Hyzaar (losartan and HCTZ), Diovan (valsartan), Atacand (candesartan), Olmetec (olmesartan), Avapro (irbesartan), Micardis (telmisartan)

Diuretics (Water Pills)

Hydrochlorothiazide (HCTZ), Lasix (furosemide), Aldactone (spironolactone), chlorthalidone, amiloride, Dyazide (HCTZ and triamterene)

Direct Renin Inhibitors

Rasilez (aliskiren)

Diabetic Medications

Metformin

Sulfonylurea

Diamicron (glicazide), Diabeta (glyburide)

Insulin*

Non-Steroidal Anti-Inflammatory Drugs

Advil/Motrin (ibuprofen), Aleve/Naprosyn/Anaprox (naproxen), Arthrotec (diclofenac and misoprostol)

If you are sick and use insulin for diabetes, please contact your healthcare provider right away.



North York
Family Health Team

Diabetes Sick Day Medications

**What you need to know about your
medications when you are sick**

What to do when you are sick?

Staying hydrated is extremely important when you are sick. Some of the medications can be harmful if taken when you are sick and not well hydrated.

When you are sick, you are at risk of becoming dehydrated if you are having:

- recurrent vomiting
- recurrent diarrhea
- drinking less than normal
- decreased urination

If you are experiencing these symptoms, please remember to **HOLD** the medications as reviewed below.

Please check your blood sugar levels more often. Contact your healthcare provider if they are too high or too low.

You may restart these medications once your illness is over.

If you have any questions or concerns, please contact our office or your pharmacist.

On your sick days, you should **HOLD** the following medications and seek medical attention:



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