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## STOPPING MEDICATIONS WHEN YOU ARE UNWELL

This leaflet is to guide you when to stop some of your medications if you are unwell.

Certain medications can make your kidneys work less well if they are taken when you are ill. In severe cases this can lead to kidney failure which could have been avoided.

### WHICH MEDICATIONS SHOULD I STOP?

<b><u>ACE inhibitors</u></b>	these end in 'pril' – eg ramipril, perindopril, lisinopril
<b><u>ARBs</u></b>	these end in 'sartan' – eg candesartan, losartan, valsartan
<b><u>NSAIDs</u></b>	ibuprofen, naproxen, diclofenac (use just paracetamol for fever if possible)
<b><u>Diabetic tablets</u></b>	<b>metformin</b> <b>SGL2 inhibitors, these end in 'gliflozin'</b> - eg dapagliflozin, empagliflozin <b><u>DO NOT STOP INSULIN</u></b>
<b><u>Water tablets</u></b>	furosemide, bumetanide, bendroflumethazide, indapamide

### WHEN SHOULD I STOP THEM?

- Significant vomiting or diarrhoea (more than 12-24h)
- Fevers, sweats
- Any other illness that is stopping you taking in a good volume of fluids

This stop should be **TEMPORARY**, usually just for a day or two. Once you feel better you can restart these medications. Please discuss with your GP if you are unwell for more than 48h.

**Patients often worry about stopping ACE inhibitors or ARBs that are used for controlling blood pressure. Stopping them for a few days if needed will NOT alter their long-term benefit.**

**IF YOU ARE WORRIED, PLEASE DISCUSS WITH YOUR PHARMACIST OR GP**