

## Sick Day Plan

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# How to prevent acute kidney injury if you are sick or dehydrated

### For Healthcare Professionals:

If patients become ill and are unable to maintain adequate fluid intake (e.g. due to gastrointestinal upset or dehydration), they should be advised to withhold medications which will:

#### A) Increase risk of decline in kidney function:

- Angiotensin-converting enzyme inhibitors
- Angiotensin receptor blockers
- Non-steroidal anti-inflammatory drugs
- Diuretics
- SGLT2 inhibitors

#### B) Have reduced clearance and increase risk for adverse effects:

- Metformin
- Sulfonylureas

#### Mnemonic for drugs to be avoided on a sick day (SAD MANS)

- S** sulfonylureas
- A** ACE-inhibitors
- D** diuretics
- M** metformin
- A** angiotensin receptor blockers
- N** non-steroidal anti-inflammatory
- S** SGLT2 inhibitors

### For Patients:

When you are ill, particularly if you become dehydrated (e.g. vomiting or diarrhea), some medicines could cause your kidney function to worsen or result in side effects.

If you are unable to drink enough fluid to keep up with your hydration, you should stop taking the following medications until you see your healthcare professional.

- Blood pressure pills - as they may further reduce your blood pressure
- Water pills - as they may dehydrate you further
- Diabetes pills – as they may reduce your blood sugars or cause side effects, including increasing risk of kidney failure
- Pain medications, which include non-steroidal anti-inflammatory drugs like Nurofen, Voltaren, Mobic and Indocid that are available over the counter and can worsen your kidney function

If you have an underlying kidney disease, please check with your pharmacist before using over-the-counter medications.

Adapted with modifications from the Canadian Diabetes Association.

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