

# MEDICATION CHANGES WHEN YOU ARE SICK

If you have a bad flu or other illness which causes you to vomit or have diarrhea AND you cannot eat or drink normally, you may become dehydrated (dry). Dehydration can affect your kidney function and blood pressure.

If you are vomiting or have diarrhea or feel very sick:

- Try to drink fluids. It is best to drink fluids that do not have caffeine.

If you are so sick that you cannot drink your normal amount of fluids:

- Stop taking the medications listed below until you are able to start drinking fluids again.
- **Contact your doctor or nurse if you have to stop taking your medications for more than 2 days.**

- ACE inhibitor: \_\_\_\_\_
- Angiotensin receptor blocker: \_\_\_\_\_
- Anti-inflammatory: \_\_\_\_\_
- Metformin
- Water pill: \_\_\_\_\_
- \_\_\_\_\_

**Contact Phone Number:**

\_\_\_\_\_

Patients most likely to benefit from receiving this teaching sheet include those who:

- Experience episodes of vomiting or diarrhea
- Are planning to go travelling
- Have had acute kidney injury and/or were recently hospitalized.

This brochure can be downloaded from the BC Renal Agency website: [bcrenalagency.ca](http://bcrenalagency.ca).

This brochure is based on a similar pamphlet developed by the KCC team at St Paul's Hospital, with appreciation.