

**WHAT TO DO WITH Heart Failure Medications IF I’M SICK**

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

- If you become dehydrated, your body 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.
- These medications can then be STARTED AGAIN once you have recovered from being sick.

### MY PLAN

If I have been throwing up, having diarrhea, or a fever and I am worried that I am dehydrated because I cannot keep “anything down” for more than 24 hours, I will PAUSE (temporarily stop) the following medicine(s):

<table>
<thead>
<tr>
<th>Type of Medication</th>
<th>My Medication</th>
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<tbody>
<tr>
<td>diuretic (water pill: e.g. furosemide LASIX, metolazone ZAROXOLYN)</td>
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<td>ACE inhibitor (e.g. ramipril ALTACE)</td>
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<td>angiotensin receptor blocker (e.g. valsartan DIOVAN)</td>
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<td>spironolactone (ALDACTONE) or eplerenone (INSPIRA)</td>
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<td>SGLT2 inhibitor (e.g. dapagliflozin FORXIGA, empagliflozin JARDIANCE)</td>
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<td>sacubitril-valsartan (ENTRESTO)</td>
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<td>others (such as metformin GLUCOPHAGE, glyburide DIABETA, gliclazide DIAMICRON)</td>
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</table>

For medications not included in this list, continue taking them as prescribed or consult your cardiologist, family physician, pharmacist, or heart function clinic.

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

### Signs of Dehydration
- Unusually weak or tired
- Confused or trouble focusing
- Thirsty, dry mouth
- Cool, clammy skin
- Less peeing
- New or worsening dizziness or light-headedness when standing or sitting up

### When You Are Sick
- It is okay to PAUSE these medications for a few days.

### Remember To:
- Hydrate: try to keep total fluids to around 2 litres per day, limiting caffeinated beverages and replacing fluid loss from throwing up or diarrhea
- Watch sodium intake: canned soup & packaged foods are convenient but can cause your body to hold on to extra fluid
- Keep track: continue weighing yourself daily and if you have a machine at home, check your blood pressure and heart rate twice a day, especially if you feel lightheaded
- Consult: your provider if you have questions, if your weight goes up or down by more than 1.5 kgs (= 3lbs) over 2 days, if your blood pressure is unusually low for you, or if you need to PAUSE your medications for more than 2 days

### For Cough and Cold Products, Do Not Take Any Products That Contain:
- Anti-inflammatory drugs such as ibuprofen ADVIL, COMBOSIC, MOTRIN or naproxen ALEVE
- Acetylsalicylic acid ASPIRIN for pain or fever: daily low-dose for cardiovascular protection is okay if prescribed
- Decongestant tablets or sprays containing pseudoephedrine or phenylephrine

Instead, you can use:
- Acetaminophen TYLENOL for pain or fever
- Saline (salt water) nose spray SALINEX or rinse for congestion

Adapted from the 2020 Canadian Cardiovascular Society Heart Failure and Diabetes Canada Guidelines