TYPE 2 DIABETES and SICK DAYS
MEDICATIONS to PAUSE

Name: ___________________________ Date: ___________________________

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

If you become dehydrated, your kidneys 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 or kidney problems.

These medications can then be STARTED AGAIN once you have recovered from being sick.

MY PLAN

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

<table>
<thead>
<tr>
<th>Type of Medication</th>
<th>Your Medication</th>
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</thead>
<tbody>
<tr>
<td>S sulfonyleureas, other secretagogues</td>
<td>☐</td>
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<tr>
<td>A ACE inhibitors</td>
<td>☐</td>
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<tr>
<td>D diuretics *, direct renin inhibitor</td>
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<tr>
<td>M metformin</td>
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<tr>
<td>A angiotensin receptor blockers</td>
<td>☐</td>
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<tr>
<td>N nonsteroidal anti-inflammatory drugs</td>
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</tr>
<tr>
<td>S SGLT2 inhibitors</td>
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For over-the-counter cough, cold & flu products, please check with your pharmacist first.
Do not take any products that contain nonsteroidal anti-inflammatory drugs such as ibuprofen (ADVIL/MOTRIN) or naproxen (ALEVE).

* If using diuretics for heart failure, please contact your physician or health care team for detailed instruction before stopping.

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

I will increase the number of times I RECORD (check) my blood glucose levels when I am sick. If they are too high or too low, I will contact my health care provider.

If you are using insulin, you may need to increase or decrease the amount of insulin you inject. For example, you may need to also PAUSE your meal time, short-acting insulin if not eating while sick.

SIGNS OF DEHYDRATION
thirst
unusual tiredness
dry mouth
headache
lightheadedness
dry/cool skin
irritability
confusion
less peeing

REMEMBER TO:

hydrate
try to drink plenty of fluids with minimal sugar, limit caffeine, and consider electrolyte replacement solutions

consult
your health care provider if you have questions about what to do when you are sick or if you do not feel better after about 3 days

WHEN YOU ARE SICK IT IS OK TO STOP THESE PARTICULAR MEDICINES FOR A FEW DAYS.
## Supplementary Information

### SADMANS: COMMON medications to temporarily stop with dehydration from throwing up, diarrhea, sweating, etc...

<table>
<thead>
<tr>
<th>Class</th>
<th>Medications</th>
<th>Comments</th>
</tr>
</thead>
</table>
| Sulfonureas, other Secretagogues | **gliclazide** DMIACRMON MR  
glimepride **AMARYL**  
gliburide **DIABETA**  
repaglinide **GLUCONORM** | - hold due to reduced clearance of the drug by the kidneys and increased risk of low blood sugars or hypoglycemia |
| ACE Inhibitors            | **benazepril** LOTENSIN  
**captopril** **CAPOTEN**  
**cilazapril** INHIBACE  
**enalapril** VASOTEC  
**fosinopril** MONOPRIL  
**lisinopril** ZESTRIL  
**perindopril** COVERSYL  
**quinapril** ACCUPRIL  
**ramipril** ALTACE  
**trandolapril** MAVIK | - hold due to increased risk for decline in kidney function  
- note: combination medication products not listed |
| Diuretics                 | **chlorothalidone**         | - hold due to increased risk for decline in kidney function  
- special consideration - whether or not to hold diuretics (especially furosemide) in heart failure with short-term illness depends on heart failure and fluid retention status  
- note: combination medication products not listed |
| Metformin                 | **metformin** GLUCOPHAGE  
**GLUMETZA** | - hold due to reduced clearance of the drug by the kidneys and increased risk for adverse effects (e.g. more stomach upset)  
- consider restarting at a lower dose if ongoing nausea and/or diarrhea  
- note: combination medication products not listed |
| ARBs                      | **candesartan** ATACAND  
**eprosartan** TEVETEN  
**irbesartan** AVAPRO  
**losartan** COZAAR  
**olmesartan** OLMETEC  
**telmisartan** MICARDIS  
**valsartan** DIOVAN | - hold due to increased risk for decline in kidney function  
- note: combination medication products not listed |
| Non-steroidal anti-inflammatory drugs & COXIBS | **acetylsalicylic acid (ASA)** ASPIRIN  
**celecoxib** CELEBREX  
**diclofenac** VOLTAREN  
**ibuprofen** ADVIL / MOTRIN  
**indomethacin** INDOCID  
**ketorolac** TORADOL  
**naproxen** NAPROSYN / ALEVE | - hold due to increased risk for decline in kidney function  
- in most situations, it is recommended to continue with low dose ASA during short-term illness  
- note: combination medication products not listed; as well, over-the-counter cough, cold & flu products that contain these medications are not listed |
| SGLT2 inhibitors          | **canagliflozin** INVOKANA  
**dapagliflozin** FORXIGA  
**empagliflozin** JARDIANCE  
**ertugliflozin** STEGLATRO | - hold due to increased risk for decline in kidney function  
- note: combination medication products not listed |