



# WHAT TO DO WITH Heart Failure Medications IF I'M SICK

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 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):**

Type of Medication	My Medication	
diuretic (water pill; e.g. furosemide <b>LASIX</b> , metolazone <b>ZAROXOLYN</b> )	<input type="checkbox"/>	
ACE inhibitor (e.g. ramipril <b>ALTACE</b> )	<input type="checkbox"/>	
angiotensin receptor blocker (e.g. valsartan <b>DIOVAN</b> ) sacubitril-valsartan ( <b>ENTRESTO</b> )		
spironolactone ( <b>ALDACTONE</b> ) or eplerenone ( <b>INSpra</b> )	<input type="checkbox"/>	
SGLT2 inhibitor (e.g. dapagliflozin <b>FORXIGA</b> , empagliflozin <b>JARDIANCE</b> ) Go to the emergency department if you have abdominal pain, severe vomiting, or severe drowsiness.	<input type="checkbox"/>	
others (such as metformin <b>GLUCOPHAGE</b> , glyburide <b>DIABETA</b> , gliclazide <b>DIAMICRON</b> )	<input type="checkbox"/>	
<b>For medications not included in this list, continue taking them as prescribed or consult your cardiologist, family physician, pharmacist, or heart function clinic.</b>		



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

### For cough and cold products, do not take any products that contain:

- anti-inflammatory drugs such as ibuprofen **ADVIL**, **COMBOGESIC**, **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

### 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 onto 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  $\uparrow$  or  $\downarrow$  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