

## SICK DAY MANAGEMENT



If you are **not eating normally** because you are **vomiting** or have **severe diarrhea**, **stop** taking these meds.



**Restart** as soon as you eat again and feel better.



**Call** your care team if you are not sure what to do or have been sick for more than 2-3 days.

**S**

### Sulfonylurea Insulin Secretagogues

- ☐ Gliclazide (Diamicon®)
- ☐ Glimepiride (Amaryl®)
- ☐ Glyburide (DiaBeta®)
- ☐ Repaglinide (Gluconorm®)
- ☐ Nateglinide (Sarlix®)

**A**

### ACE-Inhibitors

- ☐ Benazepril (Lotensin®)
- ☐ Captopril (Capoten®)
- ☐ Cilazapril (Inhibace®)
- ☐ Enalapril (Vasotec®)
- ☐ Fosinopril (Monopril®)
- ☐ Lisinopril (Prinivil®, Zestril®)
- ☐ Perindopril (Coversyl®)
- ☐ Quinapril (Accupril®)
- ☐ Ramipril (Altace®)
- ☐ Trandolapril (Odrik®)



**D**

### Diuretics

- ☐ Chlorothalidone
- ☐ Hydrochlorothiazide / HCTZ
- ☐ Indapamide (Lozide®)
- ☐ Furosemide (Lasix®)
- ☐ Amiloride
- ☐ Spironolactone (Aldactone®)

### Direct renin inhibitors

- ☐ Aliskiren (Rasilez®)

**M**

### Metformin

- ☐ Glucophage®
- ☐ Janumet®

**A**

### Angiotensin receptor blockers

- ☐ Candesartan (Atancand®)
- ☐ Eprosartan (Teveten®)
- ☐ Irbesartan (Avapro®)
- ☐ Losartan (Cozaar®)
- ☐ Olmesartan (Olmetec®)
- ☐ Telmisartan (Micardis®)
- ☐ Valsartan (Diovan®)

**N**

### Non-steroidal anti-inflammatory

- ☐ Ibuprofen (Advil®, Motrin®)
- ☐ Naproxen (Aleve®, Naprosyn®)
- ☐ Diclofenac (Volatren®, Arthrotec®)
- ☐ Indomethacine (Indocid®)
- ☐ Meloxicam (Mobicox®)
- ☐ Celecoxib (Celebrex®)

**S**

### SGLT2 inhibitors

- ☐ Canagliflozine (Invokana®)
- ☐ Dapagliflozine (IForxiga®)
- ☐ Empagliflozine (Jardiance®)

After you stop vomiting	<p><b>Start drinking small amounts of liquids such as:</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Broth</li> <li>• Herbal teas</li> <li>• Diluted fruit juice</li> </ul>	
Once you can drink	<p><b>Try eating small amounts of bland foods such as:</b></p> <ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Canned fruits</li> <li>• Crackers</li> <li>• Plain oatmeal</li> <li>• Toasted bread</li> <li>• Plain rice</li> <li>• Mashed potatoes</li> <li>• Chicken noodle soup</li> </ul>	 
As soon as you can	<b>Return to eating a variety of foods and restart your meds !</b>	

**Call your nurse, doctor or pharmacist if :**

- You are not sure what to do;
- You have been sick for more than 24-48 hours;
- You have a fever, pain or swelling.

**Pharmacy**

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