



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Medication & Dehydration: Sick Day Guidance

Information for patients, relatives and carers

① For more information, please contact:

Your Doctor, Nurse or Pharmacist

Or contact our hospital switchboard and ask for the
specialist team that provided this leaflet:

York Hospital

Telephone: 01904 631313

Wigginton Road, York, YO31 8HE

or

Scarborough Hospital

Telephone: 01723 368111

Woodlands Drive, Scarborough, YO12 6QL

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Why have I been given this leaflet?

You have been given this information because you are taking a tablet or medicine that may include an ACE-inhibitor, an angiotensin-2 receptor blocker, a potassium sparing diuretic, a SGLT-2 inhibitor and/or metformin. There are lots of different names for these medicines. They are often used together.

Please ask your doctor to write down the actual name(s) of the medicine(s) that you are taking that fall(s) into one of these groups.

You are taking:

_____	_____
_____	_____
_____	_____
_____	_____

Why am I taking this medicine?

You have been prescribed medicine to help your medical condition. This medicine is very useful in your case and it is quite correct that you should be taking it. However, the medicine can cause problems if your body becomes short of fluid (dehydrated).

What could happen if I become dehydrated?

If you become dehydrated, there is a risk that you could go into worsening kidney failure or develop high potassium level in your blood. This could make you very ill.

Why might I become dehydrated?

The most common reason is either vomiting and/or diarrhoea. This is not caused by the medicine, but the medicine stops your kidneys from responding to dehydration when you have vomiting and/or diarrhoea from another cause, such as an infection. Dehydration is more common if you are travelling abroad in a hotter climate.

What should I do if I develop vomiting and/or diarrhoea?

If you are able to maintain a normal fluid intake by drinking plenty of liquid, then you do not need to change anything. If you cannot maintain a big enough fluid intake, then you should stop taking the medicines listed above and contact your doctor. If you are becoming dehydrated, then you may need to come into hospital to receive a fluid drip directly into a vein in your arm.

When should I restart my medicine?

Once you are better and able to take a normal fluid intake, then you can restart the medicine as before. Most people can restart their medication within two to three days. Restarting the medicine is important to keep you well. We know that people who **do not** restart these medicines are more likely to develop health problems in the future.

Can any other medicines make this worse?

Anti-inflammatory tablets (also called non-steroidals or NSAIDs) will make this worse. You should avoid taking anti-inflammatories. NSAIDs may be prescribed by a doctor or brought from the chemist (ibuprofen or Nurofen and diclofenac or Voltarol are common examples).

What if I need to come to hospital for other treatment?

If you are coming into hospital for other treatment, then please tell the doctors and nurses looking after you about your medication. It may be helpful to show them this leaflet. This is particularly important if you are having an operation, as your medicine(s) may need to be stopped or altered a few days before any planned treatment. The doctors looking after you would need to decide whether or not this is necessary.

Sick day rules

This advice is often called 'sick day rules'. If you would like a credit card-sized summary of this advice, then please ask your clinician.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
Renal Department, York Hospital, Wigginton Road, York,
YO31 8HE or telephone 01904 725374.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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