



Patient & Family Guide
2019

Taking Your Medicines When You Are Sick

A Guide for Patients with
Chronic Kidney Disease (CKD)



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Taking Your Medicines When You Are Sick: Patients with CKD

- If you are throwing up and have diarrhea, and you are not able to drink enough fluids to keep you hydrated, there are some medications that you should stop taking until you are better (**see Medications to avoid on page 3**). These medications are important, but they can hurt you if you do not have enough fluid in your body.
 - › You can go back to taking your medications when you are feeling better.
 - › If you are not able to take your medications for more than **3 days**, call your family doctor or nurse practitioner.
- Make sure you are drinking enough fluids.
 - › Talk with your renal dietitian or nurse to find out what the right amount of fluid is for you.

- If you are diabetic, check your sugars more often.
 - › If you are using insulin, continue to take your basal insulin. Examples of basal insulin are: Lantus® (glargine), Basaglar™, Humulin® N, Novolin®ge NPH, and Levemir®.
 - › If your blood sugars are too high or too low, call your family doctor or nurse practitioner.
- Make sure you talk with a pharmacist before taking any over-the-counter medications.
 - › Many cough, cold, and natural health care products have ingredients that you should avoid.
 - › Tell the pharmacist that you have kidney disease and aren't feeling well.
- If you are not sure about any of your medications, talk to your family doctor, nurse practitioner, or pharmacist.
- Talk to your family doctor or nurse practitioner if you are taking digoxin or lithium. You need to have a plan for taking these medications when you are sick.

Medications to avoid (SAD²MANS)

Sulfonylureas:

- › gliclazide (Diamicon[®] MR)
- › glimepiride (Amaryl[®])
- › glyburide (Diabeta[®])

ACE inhibitors:

- › cilazapril (Inhibace[®])
- › enalapril (Vasotec[®])
- › fosinopril (Monopril[®])
- › lisinopril (Prinivil[®], Zestril[®])
- › perindopril (Coversyl[®])
- › ramipril (Altace[®])

Diuretics:

- › chlorthalidone
- › furosemide (Lasix[®])
- › hydrochlorothiazide
- › indapamide
- › spironolactone (Aldactone[®])

Direct renin inhibitors:

- › aliskiren (Rasilez HCT[®])

Metformin (Glucophage[®], Glumetza[®], Janumet[®])

Angiotensin receptor blockers:

- › candesartan (Atacand[®])
- › irbesartan (Avapro[®], Avalide[®])
- › losartan (Cozaar[®])
- › olmesartan (Olmotec[®])
- › telmisartan (Micardis[®])
- › valsartan (Diovan[®])

Nonsteroidal anti-inflammatory drugs (NSAIDs):

- › acetylsalicylic acid/ASA (Aspirin[®])* does not include low-dose ASA (81 mg)
- › celecoxib (Celebrex[®])
- › diclofenac (Voltaren[®])
- › ibuprofen (Advil[®])
- › indomethacin (Indocin[®])
- › ketorolac (Toradol[®])
- › meloxicam (Mobicox[®])
- › naproxen (Aleve[®])

SGLT2 inhibitors:

- › canagliflozin (Invokana[®])
- › dapagliflozin (Forxiga[®])
- › empagliflozin (Jardiance[®])

My Sick Day Plan:

I will stop taking these medications until I'm better:

Take _____ of fluids on sick days.

My Sick Day Plan was updated on:

What are your questions?

Please ask. We are here to help you.

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.