



SICK DAY?

HOW TO MANAGE YOUR MEDICATIONS SAFELY



When you have **type 2 diabetes**, sick days can require some extra care to help keep you as healthy as possible while you get better. Talk to your doctor about making a **sick day plan** so you can be prepared.



CONCERNS WHEN YOU ARE SICK

If you become dehydrated from vomiting or diarrhea, some medications you take could:

- Affect your kidneys in a negative way while you are sick
- Cause side effects



If you are sick and can't drink enough fluid to stay hydrated...

STOP taking these medications until you are better:

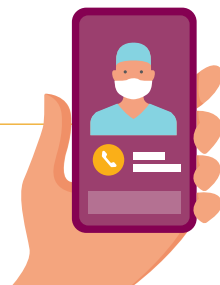
- **S**ulfonylureas (e.g., diabetes pills)
- **A**CE inhibitors (e.g., blood pressure pills)
- **D**iuretics (e.g., water pills)
- **M**etformin (e.g., diabetes pills)
- **A**ngiotensin receptor blockers (e.g., blood pressure pills)
- **N**onsteroidal anti-inflammatory drugs (e.g., pain medications like Advil or cold remedies)
- **S**GLT2 inhibitors (e.g., diabetes pills)

Together they form an acronym that may make it easier to remember which medications not to take:



Before you stop taking any medications...

Ask your doctor or pharmacist which medications you should stop taking while you are sick.



Non-steroidal anti-inflammatory drugs (NSAIDs): aspirin/ASA, ibuprofen (ADVIL®, MOTRIN®), naproxen (ALEVE®), diclofenac (VOLTAREN®), celecoxib (CELEBREX®). NSAIDs may also be found in cold remedies.

SGLT2 inhibitors: canagliflozin (INVOKANA®), canagliflozin+metformin (INVOKAMET®), dapagliflozin (FORXIGA®), dapagliflozin+metformin (XIGDUO®), empagliflozin (JARDIANCE®), empagliflozin+metformin (SYNJARDY®), ertugliflozin (STEGLATRO®), ertugliflozin+metformin (SEGLUROMET®), ertugliflozin+sitagliptin (STEGLUJAN®).



Before you take a cold remedy or cough syrup...

Ask your pharmacist to help you make a good choice, because:

- Some cold remedies also contain an **NSAID**, one of the medications you should stop taking if you are dehydrated.
- Many cold remedies and cough syrups **contain sugar!** Look for a sugar-free product.



Drink plenty of fluids...*

Make sure to avoid sugary drinks. These are some good choices:

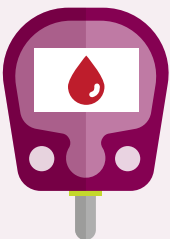
- Electrolyte replacement solutions (ask your pharmacist for a recommendation)
- Clear soups or broths
- Water
- Diet ginger-ale
- Watered-down apple juice

Dehydration can get worse from caffeine. Avoid caffeinated:

- Coffee
- Tea
- Sodas



* Unless your healthcare professional has told to limit your fluids.



Continue to follow your normal daily routine for checking your blood glucose. Your doctor may tell you to check it more often than normal.



Prepare a Sick Day kit

- Thermometer
- Sugar-free cough medicine/cough drops
- Important phone numbers, including your healthcare team and pharmacist



Talk to your healthcare team about...

- **ANY** questions or concerns
- **All changes** in medications and supplements
- When you can **restart medications** you have temporarily stopped