



SICK DAY?

HOW TO MANAGE YOUR MEDICATIONS SAFELY



When you have **type 2 diabetes**, sick days can require some extra care and precautions to safeguard your health while you recover. It is a good idea to have a “**Sick Day**” plan in place so you can be prepared. Discuss this with your healthcare team.



Conditions that result in nausea, vomiting or diarrhea can cause you to become dehydrated. Some medications that you may take regularly could cause your kidney function to temporarily worsen or result in side effects.



Therefore – if you are at risk of becoming dehydrated due to vomiting or diarrhea, it is recommended that you **stop certain medications, including diabetes medications, until you have recovered.**



Contact your healthcare team to confirm medications that you should temporarily stop.
Discuss all medication changes with your healthcare team.

THE SICK DAY MEDICATION LIST

This list is easier to keep in mind if you remember the acronym



Sulfonylureas

ACE inhibitors

Diuretics, direct renin inhibitors

Metformin

Angiotensin receptor blockers

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[®]).



Be careful with over-the-counter medicines and supplements.

If you have a cold or the flu, and are considering using a cold remedy or cough syrup, ask your pharmacist to help you make a good choice. Some cold remedies also contain an NSAID. Since many cold remedies and cough syrups contain sugar, look for a sugar-free product.



Contact your healthcare team if you have any questions or concerns.

Continue to follow your normal daily routine for checking your blood glucose.



Be prepared.

Have a “Sick Day” kit that includes a thermometer, sugar-free cough medicine/cough drops, and important phone numbers including your healthcare team and pharmacist.

Be sure to discuss all changes in medications and supplements with your healthcare team. Check in with your healthcare team if you have any questions about restarting medications when you have recovered.

1. Diabetes Canada Clinical Practice Guidelines. Appendix 8: Sick day medication list. *Can J Diabetes* 2018;42:S316.