

Dehydration and Medication

When you are dehydrated, some medications, that normally help to keep you well, need to be stopped temporarily as they can put you at higher risk of becoming more seriously unwell.

Short term illness, such as vomiting, diarrhoea (passing looser or more frequent stool than is normal for you) or fever sweats and shaking for more than 24 hours can make you dehydrated.

If you develop a dehydrating illness, temporarily **STOP** taking any medications listed below.

It is important that you restart taking your medicines once you are well, usually after 24-48 hours of eating and drinking normally.

If in doubt, contact your pharmacist, nurse, long term conditions practitioner or GP.

Temporarily **STOP** taking the following medications if you develop a dehydrating illness

- **ACE inhibitors:** Medicine for blood pressure and heart conditions, names ending in "pril", e.g. lisinopril, perindopril, ramipril
- **ARBs:** Medicine for blood pressure and heart conditions, names ending in "sartan", e.g. losartan, candesartan, valsartan, including Sacubitril-Valsartan (brand Entresto)
- **Diuretics:** Sometimes called "water pills", e.g. furosemide, spironolactone, eplerenone, bendroflumethiazide, indapamide, bumetanide
- **NSAIDs:** Anti-inflammatory pain killers, e.g. ibuprofen, diclofenac, naproxen
- **Metformin:** Medicine for diabetes
- **SGLT2 Inhibitors:** Medicine for diabetes and heart conditions, names ending in "gliflozin", e.g. dapagliflozin, empagliflozin, canagliflozin

My Medications:

ACE inhibitor or ARB:

Diuretics:

NSAID:

Metformin

SGLT2 inhibitor:

Other:
