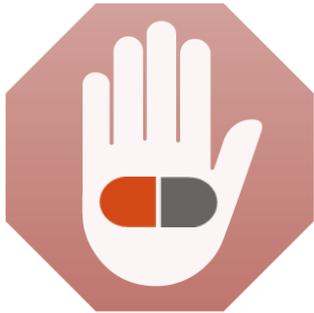


# SICK DAY MANAGEMENT



If you are **not eating normally** because you are **vomiting** or have **severe diarrhea**, **stop** taking these meds.



**Restart** as soon as you eat again and feel better.



**Call** your care team if you are not sure what to do or have been sick for more than 2-3 days.

## S

### Sulfonylurea Insulin Secretagogues

- Gliclazide (Diamicon®)
- Glimepiride (Amaryl®)
- Glyburide (DiaBeta®)
- Repaglinide (Gluconorm®)
- Nateglinide (Sarlix®)

## A

### ACE-Inhibitors

- Benazepril (Lotensin®)
- Captopril (Capoten®)
- Cilazapril (Inhibace®)
- Enalapril (Vasotec®)
- Fosinopril (Monopril®)
- Lisinopril (Prinivil®, Zestril®)
- Perindopril (Coversyl®)
- Quinapril (Accupril®)
- Ramipril (Altace®)
- Trandolapril (Odrik®)



## D

### Diuretics

- Chlorothalidone
- Hydrochlorothiazide / HCTZ
- Indapamide (Lozide®)
- Furosemide (Lasix®)
- Amiloride
- Spironolactone (Aldactone®)

### Direct renin inhibitors

- Aliskiren (Rasilez®)

## M

### Metformin

- Glucophage®
- Janumet®

## A

### Angiotensin receptor blockers

- Candesartan (Atancand®)
- Eprosartan (Teveten®)
- Irbesartan (Avapro®)
- Losartan (Cozaar®)
- Olmesartan (Olmotec®)
- Telmisartan (Micardis®)
- Valsartan (Diovan®)

## N

### Non-steroidal anti-inflammatory

- Ibuprofen (Advil®, Motrin®)
- Naproxen (Aleve®, Naprosyn®)
- Diclofenac (Volatren®, Arthrotec®)
- Indomethacine (Indocid®)
- Meloxicam (Mobicox®)
- Celecoxib (Celebrex®)

## S

### SGLT2 inhibitors

- Canagliflozine (Invokana®)
- Dapagliflozine (IForxiga®)
- Empagliflozine (Jardiance®)

<p><b>After you stop vomiting</b></p>	<p><b>Start drinking small amounts of liquids such as:</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Broth</li> <li>• Herbal teas</li> <li>• Diluted fruit juice</li> </ul> 
<p><b>Once you can drink</b></p>	<p><b>Try eating small amounts of bland foods such as:</b></p> <ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Canned fruits</li> <li>• Crackers</li> <li>• Plain oatmeal</li> <li>• Toasted bread</li> <li>• Plain rice</li> <li>• Mashed potatoes</li> <li>• Chicken noodle soup</li> </ul>  
<p><b>As soon as you can</b></p>	<p><b>Return to eating a variety of foods and restart your meds !</b></p>

**Call your nurse, doctor or pharmacist if :**

- You are not sure what to do;
- You have been sick for more than 24-48 hours;
- You have a fever, pain or swelling.

**Pharmacy**

KMHC (Uniprix) ..... (450) 638-5760

Old Malone (Proxim)..... (450) 638-7777



**Tanya Diabo, Diabetes Nurse**  
**Tehsakotitsén : tha** | Kateri Memorial Hospital Centre  
P.O. Box 10 (Kahnawake) QC J0L 1B0  
(450) 638-3930 # 2216