

# Get sick-day smart with your medications

Flu-like symptoms, such as vomiting, diarrhea, fever, and not drinking enough fluids can quickly lead to dehydration. This means your body is losing more fluid than it can take in, which can affect certain medications and may lead to problems with your kidneys.



**If you are experiencing dehydration** and cannot drink enough fluids, **certain medications should be paused** until you're no longer dehydrated. With this guide, your healthcare professional will write out which medications to pause and when to start again.

Signs of dehydration include:

- Thirst
- Dry lips and mouth
- Flushed skin
- Headache
- Dizziness and fainting
- Dark yellow, strong-smelling urine
- Low blood pressure and increased heart rate

[View which kinds of medications to pause on the back](#)

# What to do if you're ill and dehydrated



If you become dehydrated, **your healthcare professional will fill out the specific medications you should PAUSE (temporarily stop)** to help you prepare for sick days. They will also tell you when to start them again.

MEDICATION TYPE	SPECIFIC NAME
Blood pressure medication	
Non-steroidal anti-inflammatory medications (which are also commonly found in pain medications, like ibuprofen, and cold remedies)	
Diabetes medication	
Heart failure medication	
Kidney disease medication	
Water pills	
Other	

## Remember these additional tips



Weigh yourself every day to monitor your fluid intake and weight change



Stay hydrated to replace fluid loss while limiting caffeinated beverages



Check with your pharmacist before using over-the-counter medications, and discuss any medication changes with your healthcare provider

**Still have questions? Contact your healthcare team.**

EMP-CA-103764  
EMP-LI-103764

