

How to manage your heart failure medication ON SICK DAYS?

How is heart failure influenced by sick days ?

Flu-like symptoms such as vomiting, diarrhea and/or fever can lead to dehydration. When you are dehydrated, **certain** drugs for heart failure can be harmful. So it is recommended to **temporarily** stop these drugs when you are sick.

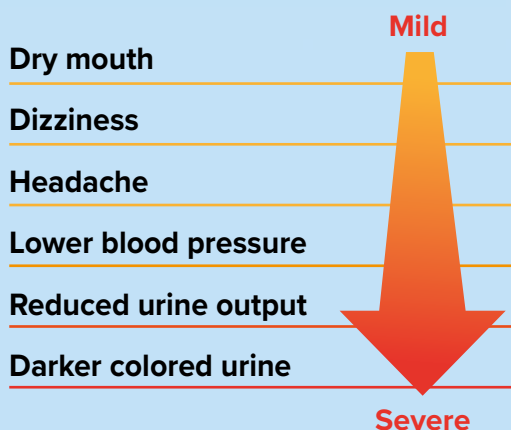


Here are some cause of dehydration

Gastroenteritis : vomiting and diarrhea can cause dehydration.

Flu-like symptoms with fever: increased sweating can also lead to dehydration.

Signs of dehydration



If you have these symptoms (vomiting, diarrhea, fever) call your heart failure clinic as soon as possible () _____ and temporarily stop the following drugs. (refer to the back side of the present document).



When you are feeling better again, you can restart these drugs at the same dosage as before or as directed by your heart failure specialist.

Reminder

Keep weighting yourself on a daily basis to help your heart failure specialist adjust your medication while you are dehydrated.



You can **slightly** increase your fluid intake during the dehydration period.

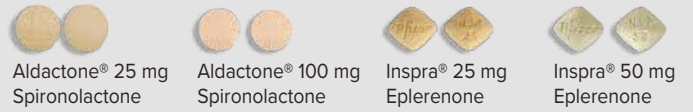


If you are having pain or fever, you can take acetaminophen (eg. Tylenol®, Atasol®). Avoid anti-inflammatory drugs such as ibuprofen (eg. Advil®, Motrin®) diclofenac (eg. Voltaren emulgel®) or naproxen (eg. Alevee®).

WARNING: Some over-the-counter products contain anti-inflammatory ingredients. Always refer to your pharmacist before using such products.

The management of your heart failure medication during sick days

Mineralocorticoid receptor antagonists (MRA):



ACE inhibitors (ACEI):



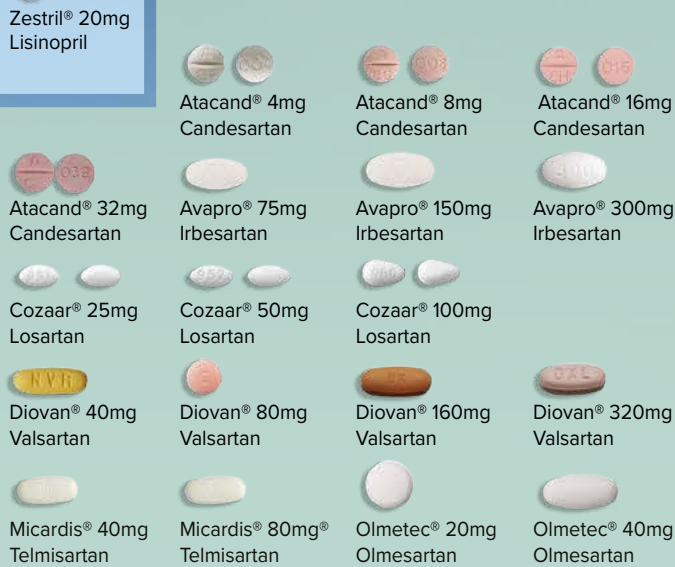
Sodium-glucose co-transporter-2 inhibitors (SGLT2i):



Metformin combination drugs:

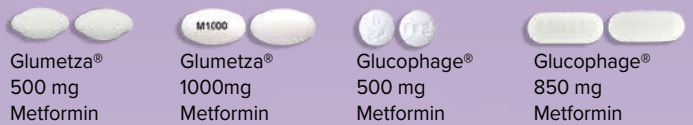


Angiotensin receptor blockers (ARB):

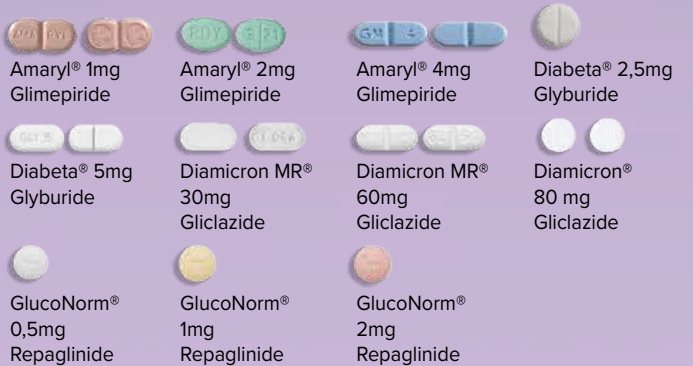


Other diabetes medication (other than SGLT2i):

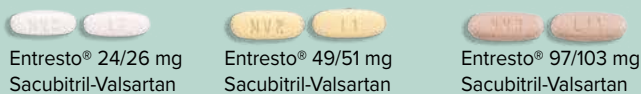
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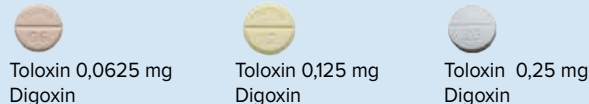
Sulfonylureas and other secretagogues:



Angiotensin receptor blocker/nepriylsin inhibitor (ARNI):



Cardiac glycoside :



Others:

Diuretics:

