

# 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 easily lead to dehydration.

- When you are dehydrated, certain drugs for heart failure can be harmful.
- These drugs should be temporarily stopped to prevent subsequent side effects.
- You can restart these medications once you are feeling better.

## Here are some causes of DEHYDRATION

**Gastroenteritis:** acute inflammation of the gut which results in diarrhea, abdominal cramps and vomiting. This can lead to a significant loss of water and electrolytes.

**Flu-like symptoms with fever:** increased sweating can also lead to an important loss of fluid and electrolytes.

## Signs of DEHYDRATION


### MILD dehydration

- Dry mouth
- Light-headedness
- Headache


### SEVERE dehydration

*Also includes the symptoms mentioned above*

- Intense thirst
- Lower blood pressure than usual
- Reduced urine output and darker urine



**If you have these symptoms (vomiting, diarrhea, fever) and are feeling dehydrated, it is important to call your heart failure clinic as soon as possible ( ) \_\_\_\_\_ and temporarily stop some of your heart failure drugs. To know which drug(s) to stop, you can 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 weighing yourself on a daily basis to help your heart failure specialist adjust your medication while you are dehydrated.



It may be adequate to slightly and temporarily increase your fluid intake during the dehydration period, but return to your usual daily limit as soon as your dehydration state is resolved and follow the directions of your heart failure specialist.

Over-the-counter anti-inflammatory drugs such as ibuprofen (eg. Advil®, Motrin®), diclofenac (eg. Voltaren emulgel®) or naproxen (eg. Aleve®) must be avoided to treat fever or pain.



Acetaminophen (eg. Tylenol®, Atasol®) remains the preferred option in such situation.

**WARNING** Some over-the-counter products for cold and flu 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)



Aldactone® 25 mg  
Spironolactone



Inspra® 25 mg  
Eplerenone



Inspra® 50 mg  
Eplerenone

## ACE inhibitors (ACEI)



Accupril® 5mg  
Quinapril



Accupril® 10mg  
Quinapril



Accupril® 20mg  
Quinapril



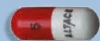
Accupril® 40mg  
Quinapril



Altace® 1,25mg  
Ramipril



Altace® 2,5mg  
Ramipril



Altace® 5mg  
Ramipril



Altace® 10mg  
Ramipril



Coversyl® 2mg  
Perindopril



Coversyl® 4mg  
Perindopril



Coversyl® 8mg  
Perindopril



Mavik® 0,5mg  
Trandolapril



Mavik® 1mg  
Trandolapril



Mavik® 2mg  
Trandolapril



Mavik® 4mg  
Trandolapril



Monopril® 10mg  
Fosinopril



Monopril® 20mg  
Fosinopril



Prinivil® 10mg  
Lisinopril



Prinivil® 20mg  
Lisinopril



Vasotec® 5mg  
Enalapril



Vasotec® 10mg  
Enalapril



Vasotec® 20mg  
Enalapril



Zestril® 5mg  
Lisinopril



Zestril® 10mg  
Lisinopril



Zestril® 20mg  
Lisinopril

## Angiotensin receptor blockers (ARB)



Atacand® 4mg  
Candesartan



Atacand® 8mg  
Candesartan



Atacand® 16mg  
Candesartan



Atacand® 32mg  
Candesartan



Avapro® 75mg  
Irbesartan



Avapro® 150mg  
Irbesartan



Avapro® 300mg  
Irbesartan



Cozaar® 25mg  
Losartan



Cozaar® 50mg  
Losartan



Cozaar® 100mg  
Losartan



Diovan® 40mg  
Valsartan



Diovan® 80mg  
Valsartan



Diovan® 160mg  
Valsartan



Diovan® 320mg  
Valsartan



Micardis® 40mg  
Telmisartan



Micardis® 80mg®  
Telmisartan



Olmetec® 20mg  
Olmesartan



Olmetec® 40mg  
Olmesartan

## Angiotensin receptor blocker/nepriylsin inhibitor (ARNI)



Entresto® 24/26 mg  
Sacubitril-Valsartan



Entresto® 49/51 mg  
Sacubitril-Valsartan



Entresto® 97/103 mg  
Sacubitril-Valsartan

## Others



Hydrochlorothiazide



Hydrochlorothiazide



Lozide® 1,25mg  
Indapamide

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



Forxiga® 5mg  
Dapagliflozin



Forxiga® 10mg  
Dapagliflozin



Invokana® 100mg  
Canagliflozin



Invokana® 300mg  
Canagliflozin



Jardiance® 10mg  
Empagliflozin



Jardiance® 25mg  
Empagliflozin

## Metformin combination drugs:



Xigduo® 5/850mg  
Dapagliflozin-Metformin



Xigduo® 5/1000mg  
Dapagliflozin-Metformin



Invokamet® 50/500mg  
Canagliflozin-Metformin



Invokamet® 150/500mg  
Canagliflozin-Metformin



Invokamet® 50/1000mg  
Canagliflozin-Metformin



Invokamet® 150/1000mg  
Canagliflozin-Metformin



Synjardy® 5/500mg  
Empagliflozin-Metformin



Synjardy® 5/850mg  
Empagliflozin-Metformin



Synjardy® 5/1000mg  
Empagliflozin-Metformin



Synjardy® 12,5/500mg  
Empagliflozin-Metformin



Synjardy® 12,5/850mg  
Empagliflozin-Metformin



Synjardy® 12,5/1000mg  
Empagliflozin-Metformin

## Other diabetes medication (other than SGLT2i)

### Biguanides :



Glumetza®  
500 mg  
Metformin



Glumetza®  
1000mg  
Metformin



Glucophage®  
500 mg  
Metformin



Glucophage®  
850 mg  
Metformin

### Sulfonylureas and other secretagogues:



Amaryl® 1mg  
Glimepiride



Amaryl® 2mg  
Glimepiride



Amaryl® 4mg  
Glimepiride



Diabeta® 2,5mg  
Glyburide



Diabeta® 5mg  
Glyburide



Diamicron MR® 30mg  
Gliclazide



Diamicron MR® 60mg  
Gliclazide



Diamicron® 80 mg  
Gliclazide



Glucosnorm® 0,5mg  
Repaglinide



Glucosnorm® 1mg  
Repaglinide



Glucosnorm® 2mg  
Repaglinide

## Diuretics



Lasix® 20mg  
Furoseme



Lasix® 40mg  
Furoseme



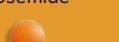
Lasix® 80mg  
Furoseme



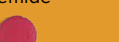
Lasix® 500 mg  
Furoseme



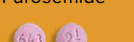
Hydrochlorothiazide



Lozide® 1,25mg  
Indapamide



Lozide® 2,5 mg  
Indapamide



Zaroxolyn® 2.5 mg  
Metalozone