

## Acute kidney injury service Medicine sick day rules for AKI patients

### Think about your kidneys and follow our 4 sick day rules:

1. Contact The Christie Hotline on **0161 446 3658** if you are unable to keep fluids down and/or have nausea, vomiting, difficult swallowing or diarrhoea. Make sure you have a list of medications to hand as we may advise you to stop taking any medications which may cause AKI (acute kidney injury). If you are on oral anti-cancer treatment you might be advised to pause it until your symptoms improve.
2. Drink plenty of fluid to make sure you have enough fluids in your body. This is likely to be at least 7 cups a day (one cup is 200ml) unless you have other instructions from your doctor. If you are vomiting, take small sips of water/fluid frequently until your symptoms have settled.
3. Avoid drinking alcoholic drinks when you are unwell.
4. Inform your pharmacist regarding previous AKI when obtaining any medications including those that do not require a prescription. You may need a blood test to check for AKI.

### Are you under the care of a specialist team, e.g. heart failure team or kidney/renal unit or diabetes team?

If you are, contact the relevant team before following medication advice (overleaf) and remember to mention any medication that has been started recently. If not, you should contact The Christie Hotline on **0161 446 3658** for advice before temporarily stopping the medication listed overleaf until your symptoms settle.



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If symptoms persist for more than 24 hours, contact The Christie Hotline for advice. Dehydration may harm your kidneys and certain tablets can make this worse.

**Medicines to be STOPPED on days you are feeling sick**

**ACE inhibitors:** given for blood pressure and heart/kidney problems.

Examples: ramipril, lisinopril, perindopril, others ending with 'pril'.

**ARBs:** given for blood pressure and heart/kidney problems. Examples: losartan, candesartan, irbesartan, valsartan, others ending with 'sartan'.

**NSAIDs:** anti-inflammatory painkillers. Examples: ibuprofen, naproxen, diclofenac, celecoxib, etoricoxib, meloxicam.

**Diuretics:** or 'water pills'. Examples: furosemide, bumetanide, spironolactone, eplerenone, bendroflumethiazide, indapamide.

**Metformin or metformin combinations:** medicine for diabetes.

This list is not exhaustive. If you are unsure, please talk to your doctor or pharmacist.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact [patient.information@christie.nhs.uk](mailto:patient.information@christie.nhs.uk)

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for  
urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week

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