

When throwing up, having diarrhea, running a fever, or not eating/drinking enough for about 24 hours, there is a risk of becoming dehydrated.

When dehydrated, some medications can harm the kidneys. These medications should be paused (for a few days) to protect the kidneys. It's important to restart the medications once feeling better.

### 1. PAUSE some medications. Stop the medications listed below for 1 to 3 days until feeling better.

| Medication Family                                                                                                                                     | Generic Name               | Brand Name            | Risk if Taken when Dehydrated                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ACE inhibitors (ACEI)</b><br><br><b>Angiotensin receptor blockers (ARB)</b><br><br><b>Angiotensin receptor blocker neprilysin inhibitor (ARNI)</b> | benazepril                 | Lotensin              | Increased risk of kidney damage or affecting how well the kidneys work.                                                                                                                                                         |
|                                                                                                                                                       | captopril                  | Capoten               |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | cilazapril                 | Inhibace              |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | enalapril                  | Vasotec               |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | fosinopril                 | Monopril              |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | lisinopril                 | Zestril               |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | perindopril                | Coversyl              |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | quinapril                  | Accupril              |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | ramipril                   | Altace                |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | trandolapril               | Mavik                 |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | candesartan                | Atacand               |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | irbesartan                 | Avapro                |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | losartan                   | Cozaar                |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | olmesartan                 | Olmotec               |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | telmisartan                | Micardis              |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | valsartan                  | Diovan                |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | sacubitril / valsartan     | Entresto              |                                                                                                                                                                                                                                 |
| <b>Diuretics (water pills)</b>                                                                                                                        | chlorthalidone             | Hygroton              | If using a diuretic (water pill) for heart failure, check with a healthcare provider before pausing (especially furosemide).<br><br>Increased risk of kidney damage or affecting how well the kidneys work.                     |
|                                                                                                                                                       | eplerenone                 | Inspira               |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | finerenone                 | Kerendia              |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | furosemide                 | Lasix                 |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | hydrochlorothiazide        | HCTZ                  |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | indapamide                 | Lozide                |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | metolazone                 | Zaroxolyn             |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | spironolactone             | Aldactone             |                                                                                                                                                                                                                                 |
| <b>SGLT2 inhibitors</b>                                                                                                                               | canagliflozin              | Invokana              | Increased risk of kidney damage or affecting how well the kidneys work.                                                                                                                                                         |
|                                                                                                                                                       | dapagliflozin              | Forxiga               |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | empagliflozin              | Jardiance             |                                                                                                                                                                                                                                 |
| <b>Non-steroidal anti-inflammatory drugs (NSAID)</b>                                                                                                  | acetylsalicylic acid (ASA) | Aspirin / Entrophen   | Increased risk of kidney damage or affecting how well the kidneys work.<br><br>It is okay to <u>continue</u> low dose 81mg ASA.<br><br>Be aware: over-the-counter cough, cold and flu products often contain these medications. |
|                                                                                                                                                       | celecoxib                  | Celebrex              |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | diclofenac                 | Voltaren              |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | ibuprofen                  | Advil / Motrin        |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | indomethacin               | Indocid               |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | ketorolac                  | Toradol               |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | naproxen                   | Aleve / Naprosyn      |                                                                                                                                                                                                                                 |
| <b>Sulfonylureas &amp; secretagogues</b>                                                                                                              | gliclazide                 | Diamicon MR           | Increased risk of low blood sugar.                                                                                                                                                                                              |
|                                                                                                                                                       | glimepiride                | Amaryl                |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | glyburide                  | Diabeta               |                                                                                                                                                                                                                                 |
|                                                                                                                                                       | repaglinide                | Gluconorm             |                                                                                                                                                                                                                                 |
| <b>Metformin</b>                                                                                                                                      | metformin                  | Glucophage / Glumetza | Increased risk of side effects. Consider restarting at a lower dose for a few days if having nausea and / or diarrhea.                                                                                                          |

Avoid over-the-counter products and cold medications that have Ibuprofen (Advil, Motrin), Naproxen (Aleve), or decongestants (pseudoephedrine, phenylephrine). Ask a Pharmacist what can be taken instead.

### 2. Restart medications when feeling well and eating again. Talk to a healthcare provider if not feeling better after 3 days or with any questions.