

# SAD MANS: SICK-DAY MEDICATION MANAGEMENT FOR PATIENTS WITH **DIABETES**

**The following content is adapted from the *Sick-Day Medication List* or *SAD MANS* tool, published by Diabetes Canada**

If patients with diabetes become ill and are unable to maintain adequate fluid intake, or have an acute decline in renal function (e.g., due to GI upset or dehydration), they should be instructed to hold medications that will...

## **A) Increase risk for a decline in kidney function:**

- Angiotensin-converting enzyme (ACE) inhibitors
- Angiotensin receptor blockers (ARBs)
- Direct renin inhibitors
- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Diuretics
- SGLT2 inhibitors

## **B) Reduce clearance and increase risk for adverse effects:**

- Metformin
- Sulfonylureas (gliclazide, glimepiride, glyburide)

# REMEMBER THE ACRONYM "SAD MANS"

**Instruct patients to hold the following medications:**

**S** • sulfonylureas

**A** • ACE inhibitors

**D** • diuretics, direct renin inhibitors

**M** • metformin

**A** • ARBs

**N** • NSAIDs

**S** • SGLT2 inhibitors

**Complete the form to your right and give it to your patient.**

Patients should be instructed that if they become ill, increased frequency of blood glucose monitoring will be required and adjustments to insulin doses and/or oral antihyperglycemic agents may be necessary.



**Remind patients...**

**During periods of illness, be cautious and consult a healthcare professional**

For people with diabetes...

## ARE YOU SICK-DAY SAVVY?



If you are ill and you become dehydrated\* – for example, you have lost a lot of water through vomiting or diarrhea – **some medicines could cause your kidney function to worsen or result in other serious side effects.**

\* See signs of dehydration on the back.

If you become sick and are unable to drink enough fluid to keep hydrated, you should **STOP** the following medications:

MEDICATION TYPE	SPECIFIC NAME
Blood pressure pills	
Water pills	
Metformin	
Diabetes pills	
Pain medications	
Nonsteroidal anti-inflammatory drugs (NSAIDs)	

Be careful not to take nonsteroidal anti-inflammatory drugs, which are commonly found in pain medications (e.g., ibuprofen) and cold remedies.

**Check with your pharmacist before using over-the-counter therapies and discuss all changes in medication with your healthcare professional**



It is important to increase the number of times you check your blood glucose levels. If they run too high or too low, contact your healthcare professional.

**If you have stopped taking a specific medication, be sure to consult your healthcare professional before restarting therapy.**

**Have questions? Contact your healthcare team.**

# RECOGNIZE THE SIGNS OF DEHYDRATION

Some 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

Seek medical attention right away if you also experience:

- Confusion
- Fainting
- Lack of urination
- Rapid heartbeat
- Rapid breathing
- Shock

**You can become dehydrated even before the signs appear, which is why it's important to drink fluids regularly – even before you feel thirsty**



For complete guidelines and practice tools, visit **[guidelines.diabetes.ca](https://guidelines.diabetes.ca)**



**Reference:** Canadian Diabetes Association Clinical Practice Guidelines Expert Committee - Appendix 8: Sick-day medication list. *Can J Diabetes* 2018;42:S361.