

Last updated 20/3/2020

## Advice on Medication use during the Covid-19 Pandemic.

Condition	Advice	Reference
Asthma	<ul style="list-style-type: none"> <li>• Continue to take preventer inhaler</li> <li>• Carry your reliever inhaler with you</li> <li>• Make an asthma management plan to help you recognise and manage your symptoms</li> </ul> <p><b>When to seek medical advice:</b> if your symptoms are getting worse, your reliever inhaler is not working or not lasting 4 hours</p> <p><b>For those with SEVERE ASTHMA the NHS will contact you with further information on 23/03/20</b></p>	<a href="https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/">https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/</a>
COPD	<ul style="list-style-type: none"> <li>• Avoid unnecessary social contact</li> <li>• Ensure you continue to take your inhalers as prescribed</li> </ul> <p><b>When to seek medical advice:</b> more breathless than normal, inhalers ineffective</p>	<a href="https://www.blf.org.uk/support-for-you/coronavirus/people-living-with-lung-condition">https://www.blf.org.uk/support-for-you/coronavirus/people-living-with-lung-condition</a>
Eczema	<ul style="list-style-type: none"> <li>• Hand wash with your usual emollient soap</li> <li>• Continue to use you emollient to wash your hands when out</li> <li>• If you feel you need to use a hand sanitiser gel, apply emollient afterwards, this will help reduce irritation</li> </ul>	<a href="https://eczema.org/bl/og/advice-on-coronavirus-covid-19-for-people-with-eczema/">https://eczema.org/bl/og/advice-on-coronavirus-covid-19-for-people-with-eczema/</a>
Diabetes	<ul style="list-style-type: none"> <li>• If you check your blood sugar levels at home, continue to do so but more frequently</li> <li>• Be aware of signs of hyperglycaemia: urinating more than normal, being very thirsty, headaches, lethargy and tiredness.</li> <li>• For TYPE 1 diabetics check your blood sugar levels every 4 hours, including at night. If your blood sugar levels are high, check your ketone levels</li> </ul> <p><b>When to seek medical advice:</b> blood sugar levels and ketones above your recommended targets, vomiting, unable to keep fluids down</p>	<a href="https://www.diabetes.org.uk/about_us/news/coronavirus">https://www.diabetes.org.uk/about_us/news/coronavirus</a>

<p>Hypertension/ Heart failure</p>	<ul style="list-style-type: none"> <li>• Currently no experimental or clinical data showing beneficial or adverse outcomes with any anti-hypertensive drugs including ACE inhibitors, ARBs and drugs affecting the renin angiotensin aldosterone system</li> <li>• Continue taking anti-hypertensive drugs as prescribed</li> <li>• If patient presents with AKI/ worsening renal function follow the current guidance as per the link</li> <li>• Stopping ACE inhibitors in patients with heart failure can lead to them becoming more unwell, and more breathless, leading to uncertainty as to whether symptoms are due to infection or underlying health conditions</li> </ul>	<p><a href="https://www.pharmaceutical-journal.com/news-and-analysis/news/concerned-patients-strongly-advised-to-continue-taking-medication-amidst-covid-19-fears/20207836.article?firstPass=false">https://www.pharmaceutical-journal.com/news-and-analysis/news/concerned-patients-strongly-advised-to-continue-taking-medication-amidst-covid-19-fears/20207836.article?firstPass=false</a>  <a href="https://renal.org/covid-19/ra-resources-renal-professionals/renal-association-uk-position-statement-covid-19-ace-inhibitorangiotensin-receptor-blocker-use/">https://renal.org/covid-19/ra-resources-renal-professionals/renal-association-uk-position-statement-covid-19-ace-inhibitorangiotensin-receptor-blocker-use/</a></p>
<p>Anxiety</p>	<ul style="list-style-type: none"> <li>• Access reliable sources of information such as:  <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a> or  <a href="https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response">https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response</a></li> <li>• Limit exposure to social media</li> <li>• Keep in contact with family and friends</li> </ul>	<p><a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a></p>
<p>Pain Relief</p>	<ul style="list-style-type: none"> <li>• If you are taking prescribed medicines for pain relief, continue to do so, as prescribed. This includes NSAIDs.</li> <li>• If you have a new onset of pain use paracetamol instead of NSAIDs such as ibuprofen</li> </ul>	<p><a href="https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/">https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/</a></p>
<p>Crohns &amp; Ulcerative Colitis</p>	<ul style="list-style-type: none"> <li>• Continue to take aminosalicylates, immunomodulators and biologics</li> <li>• If on steroids, discuss opportunities to wean off them</li> <li>• If at increased risk of infection due to direct contact or previous travel to a high risk area contact the IBD team</li> </ul>	<p><a href="https://www.crohnscolitisfoundation.org/coronavirus/professional-resources">https://www.crohnscolitisfoundation.org/coronavirus/professional-resources</a>  <a href="https://www.crohnsandcolitis.org.uk/news/coronavirus-covid-19-advice">https://www.crohnsandcolitis.org.uk/news/coronavirus-covid-19-advice</a></p>

Pregnancy	<ul style="list-style-type: none"> <li>• Currently no data to suggest an increased risk of miscarriage or early pregnancy loss in relation to COVID-19</li> <li>• Considered as part of the ‘vulnerable category’</li> <li>• Advised to self isolate and follow social distancing rules</li> <li>• Preferable to work from home</li> <li>• If unable to work from home should have minimal exposure to the public</li> <li>• For routine antenatal appointments and scans contact the antenatal unit prior to the scheduled date</li> </ul>	<a href="https://www.rcog.org.uk/globalassets/documents/guidelines/coronavirus-covid-19-infection-in-pregnancy-v3-20-03-18.pdf">https://www.rcog.org.uk/globalassets/documents/guidelines/coronavirus-covid-19-infection-in-pregnancy-v3-20-03-18.pdf</a>
Tuberculosis	<ul style="list-style-type: none"> <li>• Continue to take all medicines as prescribed</li> <li>• Contact TB team if COVID 19 confirmed</li> </ul> <p><b>When to seek medical advice:</b> new symptoms of cough, fever or breathlessness</p>	<a href="https://www.tbalert.org/about-tb/what-is-tb/coronavirus/">https://www.tbalert.org/about-tb/what-is-tb/coronavirus/</a>
Rheumatoid Arthritis	<ul style="list-style-type: none"> <li>• Patients on long term steroids should not stop these abruptly</li> <li>• If planning to change or start a new medication this should now be reviewed</li> <li>• If patients develop symptoms of an infection follow current guidance and pause <b>immunosuppressive therapy</b> whilst in discussion with rheumatology team</li> <li>• Consider Risk assessment on an individual basis.</li> <li>• Patients should consider self isolation.</li> </ul>	<a href="https://www.rheumatology.org.uk/news-policy/details/Covid19-Coronavirus-update-members">https://www.rheumatology.org.uk/news-policy/details/Covid19-Coronavirus-update-members</a>
Adrenal Insufficiency	<ul style="list-style-type: none"> <li>• Continue to follow sick day rules if patient becomes unwell (<b>1.</b> If unwell with a fever that requires antibiotics +/- bed rest double current steroid dose <b>2.</b> If prolonged vomiting/ diarrhoea occur inject IV or IM steroids <b>3.</b> If unsure contact endocrine team)</li> <li>• Patients should consider stringent self isolation</li> <li>• Ensure healthcare professionals are aware patients need increased steroids</li> </ul>	<a href="https://www.endocrinology.org/news/item/14050/Coronavirus-advice-statement-for-patients-with-adrenal%20pituitary-insufficiency">https://www.endocrinology.org/news/item/14050/Coronavirus-advice-statement-for-patients-with-adrenal%20pituitary-insufficiency</a>

Sickle Cell Disorder	<ul style="list-style-type: none"> <li>• Patients should consider stringent self isolation</li> </ul>	<a href="https://www.sicklecellsociety.org/coronavirus-and-scd/">https://www.sicklecellsociety.org/coronavirus-and-scd/</a>
Cancer	<ul style="list-style-type: none"> <li>• Patients should consider self isolation</li> <li>• Clinical teams will be contacting patients regarding treatments however if patients are concerned they should contact their clinical team directly</li> </ul>	<a href="https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus">https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus</a>

**Additional Guidance :**

Multiple Sclerosis

[https://cdn.ymaws.com/www.theabn.org/resource/collection/6750BAE6-4CBC-4DDB-A684-116E03BFE634/ABN Guidance on DMTs for MS and COVID19.pdf](https://cdn.ymaws.com/www.theabn.org/resource/collection/6750BAE6-4CBC-4DDB-A684-116E03BFE634/ABN_Guidance_on_DMTs_for_MS_and_COVID19.pdf)

Anti-rejection Drugs in Transplant Patients: further guidance to follow

[https://www.myast.org/sites/default/files/COVID19%20FAQ%20Tx%20Centers%202020.03.11\\_FINAL.pdf](https://www.myast.org/sites/default/files/COVID19%20FAQ%20Tx%20Centers%202020.03.11_FINAL.pdf)

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