

LOOKING AFTER YOUR HEART, KIDNEYS AND GLUCOSE LEVELS



➤ WHY IS THIS LEAFLET FOR YOU?

This leaflet is a simple guide to SGLT2 inhibitors – medicines that help with diabetes, heart and kidney disease:

- What Are SGLT2 Inhibitors?
- Who might be offered these medicines?
- What are the benefits?
- Who shouldn't take them?
- Possible side effects
- What to do when you're ill (Sick day rules)
- Helpful tips including health checks and monitoring



A. MENARINI
FARMACEUTICA
INTERNAZIONALE SRL

This resource has been supported with a grant from
A. Menarini Farmaceutica Internazionale SRL



> WHAT ARE SGLT2 INHIBITORS?

SGLT2 inhibitors are tablets used to treat:



Type 2 diabetes

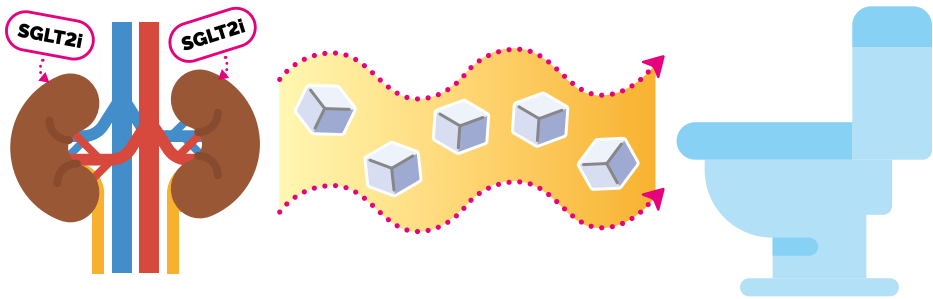


Heart failure



Chronic kidney disease (CKD)

They help your kidneys remove excess glucose and salt in your urine, which also reduces fluid and can help lower blood pressure.



The name of these medications ends in 'gliflozin'

Drug Name	Standard Dose	Licensed for
Dapagliflozin	10 mg once daily	✓ Type 2 diabetes ✓ Heart failure ✓ CKD
Empagliflozin	10-25 mg once daily	✓ Type 2 diabetes ✓ Heart failure ✓ CKD
Canagliflozin	100-300 mg once daily	✓ Type 2 diabetes ✓ CKD ✓ Cardiovascular disease (CVD)
Ertugliflozin	5-15 mg once daily	✓ Type 2 diabetes

> WHO MIGHT BE OFFERED THESE MEDICINES?

You might be prescribed these if you have:

- **Type 2 diabetes**
- **Heart failure**
- **Kidney disease**

Your doctor will decide which medication is suitable based on your health needs



> WHAT ARE THE BENEFITS?



> WHO SHOULDN'T TAKE THEM?

Not recommended if you:

- ❗ **Have type 1 diabetes**
- ❗ **Are pregnant or breastfeeding**
- ❗ **Get frequent genital infections**
- ❗ **Are on a very low-carb diet**
- ❗ **Are at risk of dehydration**



> POSSIBLE SIDE EFFECTS

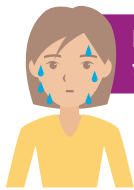
Problem		What It Feels Like	What To Do
	Thrush	❗ Itching, redness, discharge	✔ Keep area clean, use antifungal cream
	Urinary Tract Infection (UTI)	❗ Burning when passing urine	✔ See your GP or pharmacist
	Dehydration	❗ Dizziness, dry mouth	✔ Increase fluid intake - drink at least 2 litres of water a day

⚠ **Serious Side Effects – Go to A&E if you:**

- Have tummy pain, feel sick and your breath smells sweet - possible Diabetic ketoacidosis (DKA)
- Feel very tired or confused
- Have pain or swelling around your genitals

> WHAT TO DO WHEN YOU'RE ILL (SICK DAY RULES)

Stop taking your SGLT2 inhibitor if you:



Have a fever or
feel very unwell



Are vomiting or
have diarrhoea



Aren't eating or
drinking properly



Are fasting or
having surgery

Do:

- ✓ Drink water regularly - at least 2 litres over a 24 hour period
- ✓ Check for ketones, if advised - if present seek medical advice
- ✓ Pause taking your SGLT2i tablet
- ✓ Restart when you're eating and feeling better
- ✓ Call your GP or 111 if you're unsure

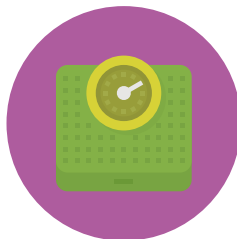
Helpful Tips

- ✓ Stay hydrated unless told otherwise
- ✓ Pay special attention to your genital hygiene to reduce infection risk
- ✓ Tell any doctor or pharmacist you see that you're taking this medicine
- ✓ Report any side effects to your GP or pharmacist

> HEALTH CHECKS AND MONITORING



Before starting: Blood
and urine tests (kidneys,
glucose levels, blood
pressure)



After one month: Check
weight and side effects



During first month:
Monitor your weight and
side effects - contact
your GP if you experience
any initial problems

> QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER

- ? Why is this medicine right for me?
- ? What results should I expect?
- ? What side effects should I look out for?

Need More Help?

Talk to your GP, nurse or pharmacist.



> USEFUL RESOURCES:

Trend Diabetes: www.trenddiabetes.online

Diabetes UK: www.diabetes.org.uk



™ Trend Diabetes Limited. Content to be reviewed October 2027