Empagliflozin

(Say 'empa-gli-FLOW-zin') **Also called Jardiance.**
Empagliflozin belongs to a group of medicines called SGLT2 inhibitors.

You have been prescribed empagliflozin to treat type 2 diabetes and protect your kidneys and heart. Empagliflozin lowers your blood glucose and blood pressure by helping your kidneys get rid of glucose, salt and fluid when you pass urine (pee).

Empagliflozin has other benefits such as weight loss, helping your kidneys work better and lowering your chance of having a heart attack or stroke. It may also help you to live longer.

NOTE: Empagliflozin is available as a combined tablet with metformin, and this tablet is called **Jardiamet**.

How to take empagliflozin

Take empagliflozin once a day, at the same time each day.

You can take it with or without food.

Avoid or limit alcohol as it may increase your risk of side effects.

When you start taking empagliflozin, you may pee more, but this gets better over a few weeks. Drink enough water so you don't get thirsty. If you've been told to limit how much you drink, talk to your healthcare team.

If you forget to take your dose, take it as soon as you remember, unless it is less than 12 hours until your next dose. If that's the case, take your next dose at the usual time and skip the forgotten dose.

Empagliflozin works best when taken long term. See your healthcare team every 3 months to renew your prescription.

While you are taking empagliflozin

Have a sick day plan
If you are unwell you should stop your empagliflozin until you are well again. Discuss with your healthcare team when to restart your empagliflozin.

If you have nausea (feel sick), vomiting or tummy pain, go to your GP, after-hours medical centre or hospital immediately for a finger prick blood test to check your ketone levels.

High ketone levels can cause a serious but rare side effect called ketoacidosis.

Tell your healthcare team straight away if you change your diet
If you start eating less or go on a keto (low carbohydrate) diet, this may increase you risk of ketoacidosis.

ⓘ **Common, rare and serious side effects are listed on the next page**

While you are taking empagliflozin (continued)

Keep your genitals clean

Because you will pee more and have more glucose in your urine, you have a higher risk of getting thrush or groin infections.

Regular washing helps prevent this. Women should wash their groin and vulval area two times a day and men should wash their penis, foreskin and groin area at least once per day.

Prepare before an operation or a procedure

If you are going to have an operation or a procedure such as a colonoscopy, you need to stop your empagliflozin at least 3 days before (2 days before the operation and on the day of the operation or procedure).

You should discuss with your healthcare team when to stop and restart your empagliflozin.

Pregnant, trying for a baby or breastfeeding?

Tell your doctor if you are or become pregnant, are trying for a baby or start breastfeeding. You will need to change to another diabetes medicine.

ⓘ For more information about empagliflozin, visit **healthnavigator.org.nz/empagliflozin**

All medicines have some side effects

Empagliflozin can cause side effects, although not everyone gets them.

Common side effects

These are usually mild and go away with time. Talk to your healthcare team if these side effects cause you problems or don't go away:

- peeing more often than usual
- pain or burning feeling when you pee
- mild skin rash or itchy skin.

Rare, serious side effects

Contact your healthcare team or **Healthline 0800 611 116** immediately if you notice these symptoms or side effects and tell them you are taking empagliflozin:

- being sick (vomiting)
- feel very thirsty (dehydrated)
- feel confused or unusually tired
- stomach pain
- sweet-smelling breath
- deep or fast breathing
- fever (high temperature)
- severe swelling, pain or redness in your anal area (bottom) and genitals (vagina and penis)
- feel weak, faint, dizzy
- feel irritable
- headache
- tremor (shakes)
- blurred vision.

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