

Empagliflozin

(Whakahua 'empa-gli-FLOW-zin') **E mōhiotia ana anō hei Jardiance.**
Nō te kāhui rongoā e karangatia nei ko ngā kaitāmi SGLT2 te Empagliflozin.



Kua tūtohutia ki a koe te Empagliflozin hei whakaora i te matehuka momo 2 me te tiaki hoki i ō tākihi me tō manawa. Mā te Empagliflozin e whakaheke i tō kūhuka toto me tō pēhanga toto mā te āwhina i ō tākihi ki te pei atu i te kūhuka, te tote me te wē i a koe e mimi ana.

Tērā atu hoki ngā hua o te Empagliflozin pēnei i te whakaheke mōmona, te āwhina kia pai ake te mahi o ō tākihi me te whakaiti i te tūponotanga o te mate manawa me te roro ikura.

TUHIPOKA: E wātea ana te Empagliflozin hei pire hanumi ki te metformin, ā, ko te ingoa o tēnei pire ko te **Jardiamet**.

Me pēhea te kai i te empagliflozin



Kainga te empagliflozin kia kotahi i te rā, kia ōrite te wā i ia rā hoki.



Ka taea te kai ngātahi ki te kai, kore rānei.



Kaua e inu waipiro, kia iti noa rānei, i te mea kei piki ngā mōreareatanga o ngā pānga kino.



I te wā ka tīmata koe ki te kai i te empagliflozin, tērā pea ka nui ake ō mimi, engari ka pai haere i te roanga o te rua wiki. Kia kaha te inu wai kia kore koe e hiainu. Mēnā i tohua koe kia āta inu, me kōrero ki tō tira hauora.



Ki te wareware koe ki te kai i tō horopeta, kainga i te wā tonu ka mahara ake ke, māna rānei he iti ake i te 12 hōra i mua i tō horopeta e whai ake ana. Mēnā i pērā, kainga tō horopeta e whai ake ana i te wā tika, ā, ka waiho te horopeta i wareware i a koe.



Ka pai ake te mahi o te empagliflozin mēnā he wā roa te kainga. Tirohia tō tira hauora ia 3 marama ki te whakahou i tō tūtohu rongoā.

I a koe e kai ana i te empagliflozin



Whakaritea tētahi mahere rā māuiui

Mēnā koe e māuiui ana me mutu tō kai i te empagliflozin kia ora mai anō koe. Kōrero ki tō tira hauora hei āhea koe tīmata anō ki te kai empagliflozin.

Mēnā ka pā te paipairuaki (māuiui), te ruaki, te ngau o te puku rānei, haere wawe ki tō rata, pokapū hauora i ngā hōra kati, hōhipera rānei mō tētahi whakamātautanga toto wero matimati ki te tiro i ō taumata ketone.

Ka pā pea ētahi pānga kino, engari he pānga mokorea e karangahia nei ko te ketoacidosis mēnā he teitei rawa ngā taumata ketone.



Kōrero tika tonu ki tō tira hauora ki te whakarerekētia e koe ō whiringa kai

Ki te whakaitihia e koe ō whiringa kai, ki te tahuri rānei koe ki te whiringa kai keto (warowaihā iti) tērā pea ka piki tō mōrearea ketoacidosis.



E whakarārangi mai ana ngā pānga kino auau, mokorea, kino rawa hoki i te whārangi e whai ake ana

I a koe e kai ana i te empagliflozin (haere tonu)



Kia mā tonu ō taihemahema

I te mea ka nui ake ō mimi, ā, ka nui ake te kūhuka i tō mimi, ka nui ake te mōrearea o te pānga ki te mateīhi ki te pokenga kūhā rānei.

Mā te horoi auau hei āwhina ki te kaupare i tēnei. Me horoi rawa ngā wāhine i te wāhi o ō rātou kūhā me te puapua e rua wā i te rā, ā, ko ngā tāne me horoi i ō rātou ure, kirimata me te wāhi o ngā kūhā kia kotahi wā i te rā.



Me whakarite i mua i tētahi pokanga, tapahanga rānei

Mēnā e haere ana koe ki tētahi pokanga, tapahanga rānei, pēnei i te tirohanga kōpiro, me mutu te kai i tō empagliflozin i te toru rā i mua (e 2 rā i mua o te pokanga, me te rā o te pokanga).

Me kōrerotia tēnei ki tō tira hauora hei āhea koe mutu ai, tīmata anō hoki ki tō empagliflozin.



E hapū ana, e ngana ana kia hapū, e whāngai ū ana rānei?

Kōrero ki tō tākuta mēnā e hapū ana koe, kātahi anō rānei ka hapū, e whakamātau ana ki te whiwhi pēpi, e tīmata ana rānei ki te whāngai ū. Me panoni rawa koe ki tētahi atu rongoā matehuka.

Kei ngā rongoā katoa ētahi pānga kino

Ka hua pea he pānga kino i te empagliflozin ahakoa e kore e pā ki te katoa.

Ngā pānga kino auau

Ko te tikanga he ngāwari noa ngā pānga, ā, ka mahea a tōna wā. Kōrero ki tō tira hauora ina rarurarutia koe e ngā pānga kino nei, ki te kore rānei e mahea ake:

- he nui ake ō wā mimi
- he mamae, he wera rānei i a koe e mimi ana
- e kōpukupuku ana te kiri, e hakihaki ana rānei.

Ngā pānga kino mokorea, kino rawa

Whakapā wawe atu ki tō tira hauora, ki a **Healthline 0800 611 116** rānei ina kite koe i ēnei tohumate, pānga kino rānei, ā, ka whāki atu e kai ana koe i te empagliflozin:

- e māuiui ana (ruaki)
- e mate tino hiainu ana (tauraki)
- e rangirua ana, e nenge rerekē ana rānei
- e ngau ana te puku
- he reka te kakara o tō hā
- he hohonu, he tere tō hā
- kirikā (he teitei tō pāmahana)
- e kino ana te pupuhi, te mamae, te pākā i te wāhi o tō kōtore (tou) me ō taihemahema (tara me te ure)
- e whakaruhi, e wheroku, e pōātinitini ana
- e tiotio ana
- ānini te mähunga
- ngāueue (oioi)
- atarua.



Mō ētahi atu mōhiohio mō te empagliflozin, haere ki healthnavigator.org.nz/empagliflozin

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 your 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.

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.



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