

# Patient Information

## SGLT-2 What you need to know



You have been started on a tablet that belongs to a class of medications called SGLT-2 (Sodium-glucose co-transporter-2) inhibitors. These medications are used in Type 2 Diabetes and have been prescribed to help improve your Diabetes control.

### What are they?

The 3 different SGLT-2 inhibitors currently in use are:

- Dapagliflozin (Forxiga)
- Empagliflozin (Jardiance)
- Canagliflozin (Invokana)

### How do they work?

SGLT-2 inhibitors work by stopping your kidneys from reabsorbing glucose (sugar) into the bloodstream. Instead, this glucose is excreted in your urine.

This helps reduce the circulating glucose in your blood and improve your diabetes control.



# SGLT-2

## What you need to know

### How else could I benefit from taking this medication?

Taking an SGLT-2 inhibitor could be beneficial to you in other ways. It may help:

- You to lose weight (average 2-3 kg over 6-12 months)
- Lower your Blood Pressure
- Protect your kidneys
- Protect your cardiovascular system (your heart and blood vessels)

### What about Side Effects?

Because this tablet makes you pass sugar in your urine, it can be associated with side effects. Most commonly these are:

- Needing to pass water more
- Dehydration
- Low Blood Pressure
- Increased risk of Urinary Tract Infections and Thrush
- Low blood glucose (hypoglycaemia) if you are also taking Insulin or a Sulphonylurea (like Gliclazide)

We advise all people taking these tablets to drink plenty of fluids to keep hydrated.

**You may need to increase the amount of fluid you drink to avoid dehydration.**

### Other less common side affects you should be aware of are:

- Digestive problems such as nausea and constipation
- Sweating and thirst
- Back pain

### You should **STOP** taking your SGLT-2 Inhibitor if:

- You are about to have an operation
- You are sick with diarrhoea or vomiting
- You develop sudden symptoms of vomiting, no appetite, abdominal pain, excessive thirst, difficulty breathing, confusion or excessive fatigue. This is because very rarely, SGLT-2 inhibitors have been found to cause a condition called 'Euglycaemic Diabetic Ketoacidosis' (DKA)



## **SGLT-2**

### **What you need to know**

- You experience any symptoms of tenderness, redness, or swelling of the genitals or the area from the genitals back to the rectum, and have a fever above 100.4 F or a general feeling of being unwell (a condition called Fournier's gangrene). These symptoms can worsen quickly, so it is important to seek treatment right away.

#### **Do I need to be monitored while on an SGLT-2 inhibitor?**

- Your doctor will check your kidney function before you start this medication, and then once a year
- Your Blood Pressure may need to be monitored if you are being treated for high blood pressure. The doses of your tablets might need to be adjusted. Talk to your Doctor if you have concerns
- Monitor for low Blood Glucose levels if you also take Insulin or a Sulphonylurea

#### **Other information**

There is a wealth of information on Diabetes available on the internet. If you would like to find out more about your diabetes, your medication, or local services that could help you improve your diabetes, we recommend: [www.swindondiabetes.co.uk](http://www.swindondiabetes.co.uk)

#### **DESMOND**

Have you been on the DESMOND course before? DESMOND stands for 'Diabetes Education and Self-Management for Ongoing and Newly Diagnosed'.

Desmond is a free course which can help you to:

- Find out more about Type 2 diabetes
- Manage the changes diabetes will bring to your life
- Meet and share experiences with others

If you have not been before we highly recommend you attend.





# **SGLT-2**

## **What you need to know**

### **Contact**

Swindon Community Diabetes Service  
Eldene Health Centre  
Colingsmead  
Eldene  
Swindon  
SN3 3RZ  
**Telephone: 01793 696622**

Leaflet prepared by Dr A Gates GP Registrar, and Dr V Vaks Consultant Endocrinologist

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [patient.information@gwh.nhs.uk](mailto:patient.information@gwh.nhs.uk)**

#### **Document Control**

Division: Swindon Community Health Services  
Department: Diabetes Service  
Approved Date: May 2017  
Next Review Date: May 2019  
Document Number: SCHS-PIL0068