

Empagliflozin

(Say 'empa-gli-FLOW-zin') Also called Jardiance

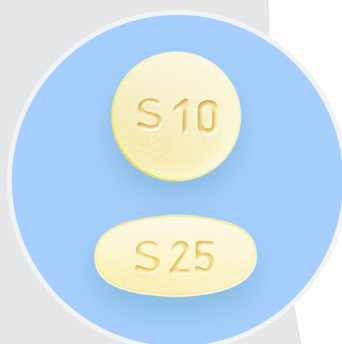
Empagliflozin is used to treat type 2 diabetes and heart failure.

Type 2 diabetes

It lowers your blood glucose by removing glucose when you pee.

Heart failure

It reduces breathlessness, tiredness and ankle swelling.



Other benefits of empagliflozin

Empagliflozin also:

- ✓ protects your kidneys and heart
- ✓ lowers your blood pressure
- ✓ reduces your risk of heart attack
- ✓ helps with weight loss
- ✓ lowers your chances of hospital admission for heart failure
- ✓ may help you live longer.

Preventing side effects

Empagliflozin increases the amount of glucose in your urine (pee). This can cause urinary tract infections (UTIs) or fungal genital infections (thrush).



To reduce your risk, take care with genital hygiene

Every time after peeing, rinse your genitals with water or pat dry with toilet paper.

People with a vagina:

Wash your vulval area twice a day.

People with a penis:

Wash your groin once a day and pull back your foreskin before you pee, to avoid urine getting into your foreskin.



To avoid serious infection, treat thrush or a UTI immediately

Contact your healthcare provider as soon as you notice any of these symptoms:

- Itching, pain, redness or swelling on your genitals or bottom.
- Pain or burning when you pee.
- Peeing often or pee that is cloudy, dark or smells.

These infections are best treated early to avoid complications.



Empagliflozin can cause ketoacidosis

Empagliflozin can cause ketones to build up in your blood, making your blood acidic. This is called **ketoacidosis**.

Your risk is higher if you are:

- dehydrated (not drinking enough water) or have diarrhoea
- not eating enough carbohydrates.



Ketoacidosis is serious and needs immediate treatment

- If you have nausea (feel sick), vomiting (being sick) or tummy pain go to your GP or hospital immediately.
- You need a finger prick blood test to check your ketone levels.



Pregnant or breastfeeding?

Tell your doctor if you are pregnant or breastfeeding.

You will need to change to another medicine.

Things you can do to prevent ketoacidosis



Drink enough fluid so you don't get thirsty

- If you've been told to limit fluids, talk to your healthcare team about how to manage this.
- Avoid or limit alcohol. Drinking too much or too often can cause ketoacidosis.



Have a sick day plan for when you're unwell

- Stop taking empagliflozin if you have nausea, vomiting, diarrhoea (watery poos) or fever.
- Start it again when you've been eating and drinking normally for 1 to 2 days.



Talk to your healthcare team BEFORE you:

- Start a low carbohydrate diet (keto).
- Do intense or prolonged physical activity, such as a long-distance marathon, cycle or hike.
- Take other medicines or herbal supplements.
- Have an operation or procedure where you stop eating for 12 hours or more (eg, colonoscopy). You'll need to stop taking empagliflozin a few days before.

This factsheet is a brief summary. For more detailed information about empagliflozin, visit www.healthify.nz/empagliflozin