



Sodium Glucose Co-Transporter 2 Inhibitors (SGLT2i)

What is a SGLT2i?


SGLT2i are known as sodium glucose co-transporter 2 inhibitors. They are a group of medications that increases the amount of sugar you pass in your urine.

- ♥ Ask your health care provider to check off the one you are taking:
 - Canagliflozin (Invokana)
 - Dapagliflozin (Forxiga)
 - Empagliflozin (Jardiance)
 - Other _____

What are SGLT2i used for?

This type of medication can be used for a number of different reasons and has a number of different benefits:

- ♥ May reduce your risk of dying from a heart problem.
- ♥ May lower your risk of developing heart failure or prevent you from needing to be admitted to hospital for heart failure.
- ♥ Protects your kidneys.
- ♥ Reduces your weight and blood pressure.
- ♥ If you have diabetes, reduces your blood sugar.



Did You Know?

It can take several weeks or months before your symptoms improve and you start to feel better

How should I take my SGLT2i?

- ♥ Take this medication as directed by your healthcare provider.
- ♥ It can be taken with or without food. Choose one that works for you and take it the same way each time.
- ♥ When you are sick with anything that prevents you from properly eating and drinking, you should stop this medication until you are feeling better and eating well.

What if I miss taking a dose?

- ♥ If it is almost time for your next dose, skip the dose you missed and just take your next scheduled dose.
- ♥ Never take two doses at the same time.
- ♥ If you have questions about taking your medications, or missed doses, contact your pharmacist or health care provider. In British Columbia, you can also call 8-1-1.

Do not take any of the following without checking with your pharmacist/health care provider first:

- Diabetes medications
- Diuretic/water pill medications not part of an action plan or as directed by your health care team
- Vitamins, herbal medications or supplements
- Traditional Chinese medicines
- Anti-inflammatory medicines
- Other "over-the-counter" medicines you can buy

Common Side Effects
Urinary tract infections
Redness or irritation in the groin (yeast/thrush infections)
Dehydration
Changes in cholesterol
Low blood pressure or dizziness

♥ It is important to talk with your health care provider about side effects and how best to deal with them.

Medication Tips

♥ There is a rare risk of developing ketoacidosis (especially if you have diabetes). Ketoacidosis is when your blood becomes too acidic due to ketones building up in your body.

♥ Symptoms include nausea, vomiting and dehydration. To reduce this follow sick day rules:



Sick Day Rules:

1. Temporarily stop your SGLT2i when you are unwell with vomiting, diarrhea or fever or you are unable eat or drink normally. If a surgery is planned check with your doctor about stopping it beforehand.

2. Restart your SGLT2i when you are feeling better and able to eat and drink normally for 24 to 48 hours.



♥ To reduce your risk of genital thrush infections, wash your genital area at least once daily when showering and always wear clean underwear.

♥ Your health care provider may need to adjust doses to ensure all your medications are safe and effective. Check with your healthcare provider/pharmacist before starting any new medication.

♥ Contact your health care provider if you have any of the following side effects:

- New shortness of breath or wheezing
- Skin rash
- New persistent itchiness

♥ Alcohol can impact both your medications and your health condition. Speak to your healthcare provider about alcohol use.

Healthcare Provider contact information

To learn more, go to the HealthLinkBC web site (www.healthlinkbc.ca) or call 8-1-1

