

# Your guide to Forxiga<sup>®</sup> (dapagliflozin)

## **Forxiga for you**

A booklet introducing you to your new medicine and helping you to better understand type 2 diabetes.

This booklet is intended for use when you have been prescribed Forxiga.

# What is type 2 diabetes?

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Type 2 diabetes is a condition where the level of glucose (sugar) in your blood is often too high. High blood glucose can cause long-term health problems such as problems with your nerves, heart and kidneys.

The aim of treatment is to keep your blood glucose levels as normal as possible (normal HbA<sub>1c</sub> target is below 48 mmol/mol [6.5%]) and to prevent complications such as heart and kidney disease.

It is important to take your medication as prescribed by your health care professional to help control your diabetes.

# Why have I been prescribed Forxiga?

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You've likely been prescribed Forxiga because your diet, lifestyle and previous medication weren't controlling your diabetes well enough.

Along with a healthy lifestyle, Forxiga can help control your blood glucose levels and prevent complications such as heart and kidney disease.

## How does Forxiga work?

Forxiga works in the kidneys, helping excess sugar pass out of the body in your urine. This can help to reduce your blood glucose levels.

When taking Forxiga you may experience some initial weight loss and a reduction in your blood pressure. Eating well and exercising as part of a healthy lifestyle is also important in managing your type 2 diabetes.

## How should I take Forxiga?



Swallow the tablet whole with water...



Take it once every day...



Taking your tablet at the same time each day is a good way of remembering to take it

## Remember

Because of how Forxiga works, if your urine is tested with a dipstick it will show glucose.

# Why do I need to manage my blood glucose?

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Untreated or poorly-managed type 2 diabetes can lead to wider health problems.

Poorly-managed type 2 diabetes affects your:



Kidneys



Eyes



Heart &  
blood vessels



Nerves



Feet

## Remember

Your medication may not make you feel different, but to help keep your type 2 diabetes under control, continue taking Forxiga as recommended by your doctor or nurse.

# With all treatments, benefits need to be balanced with potential side effects

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What are the most common side effects of Forxiga I need to be aware of?

## Thrush and water infections

Around 1 in 10 female patients and 1 in 20 male patients may experience thrush. If thrush does occur it tends to be early in treatment (within the first 3 months). Thrush can be managed effectively with an anti-fungal cream, so please speak to your health care professional if you experience any symptoms such as itching or discomfort of the genital area.

People with type 2 diabetes can sometimes get water infections. If you do, tell your health care professional, who will help treat the infection.

Although the likelihood of a severe urine infection is rare, it is important you are aware of the symptoms which include: fever and/or chills, burning sensation when urinating, pain in your back or side and blood in your urine. If you experience any of the above symptoms it is important to contact your health care professional immediately.



You can reduce your risk of infections by maintaining good genital hygiene and keeping well hydrated

## Dehydration

Forxiga works by making you pass more glucose in your urine, therefore there is an increased risk of you becoming dehydrated (especially if you are older). Signs of dehydration include a fast heartbeat, very dry or sticky mouth, feeling very thirsty, very sleepy or tired and passing little or no urine.



Keep well hydrated through the day by drinking water

## Further information

You can find more information about potential side effects in your Forxiga Patient Information Leaflet which you can find within your medication box. If you have any questions, speak to your doctor, nurse or pharmacist.

# Managing your diabetes when you are unwell (sometimes called sick day rules)

If you have type 2 diabetes, you are at increased risk of developing diabetic ketoacidosis (DKA) when you are unwell. DKA is a serious but rare condition in people with type 2 diabetes, affecting up to 1 in 1,000 individuals.



To help manage your diabetes when you are ill, monitor your blood glucose levels regularly, make sure you rest and drink plenty of fluids

## Potential signs of DKA

- Thirst
- Feeling and/or being sick
- Rapid weight loss
- Deep sighing breaths
- Stomach pain
- Passing more urine than normal
- Drowsiness
- Breath smells sweet, like pear drops or acetone



If you experience any of these symptoms, contact your health care professional or nearest hospital straight away and it is important to stop taking your Forxiga

### Reporting side effects

If you get any side effects, including those not listed in this booklet, talk to your doctor, pharmacist or nurse. You can also report side effects directly via the Yellow Card Scheme at: <https://yellowcard.mhra.gov.uk>, or search for MHRA Yellow Card in the Google Play or Apple App Store.

# Keeping your blood glucose levels well controlled

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Eating a well-balanced diet and keeping active can improve type 2 diabetes. It can help to:

- Control your blood glucose levels
- Improve your cholesterol
- Maintain or reduce your weight

## Tips for living a healthy lifestyle



**Set realistic goals** to improve your activity levels and choose a diet that suits you



**Try to be active** for 30 minutes a day, 5 days a week and include at least 2 muscle-strengthening activities on 2 or more days



**Take the medication** that your doctor or nurse has prescribed, as well as eating healthily and being active

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# Managing your lifestyle and medication puts you in control of your type 2 diabetes

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