

# YOUR GUIDE TO FORXIGA<sup>®</sup> (DAPAGLIFLOZIN) IN TYPE 2 DIABETES



Developed and fully funded by AstraZeneca.

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.

It is not intended to replace discussions between you and your healthcare professional. Further information about Forxiga can be found in the Patient Information Leaflet which you can find in the carton containing your medicine and should be read before you start taking Forxiga.

# WHAT THIS BOOKLET COVERS

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- ◇ WHAT IS TYPE 2 DIABETES?
- ◇ WHY HAVE I BEEN PRESCRIBED FORXIGA?
- ◇ WHY DO I NEED TO MANAGE MY BLOOD GLUCOSE?
- ◇ POTENTIAL SIDE EFFECTS
- ◇ SICK DAY RULES: MANAGING TYPE 2 DIABETES  
IF YOU BECOME UNWELL AND WHAT TO DO WITH  
YOUR MEDICATION
- ◇ WAYS TO HELP YOU TAKE YOUR MEDICINE
- ◇ KEEPING YOUR BLOOD GLUCOSE LEVELS  
WELL CONTROLLED

# 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 healthcare team to help control your diabetes.

# WHY HAVE I BEEN PRESCRIBED FORXIGA?

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 or treat complications such as heart and kidney disease.

## HOW DOES FORXIGA WORK?

Forxiga works in the kidneys, helping excess sugar (glucose) 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 MUCH FORXIGA DO I TAKE?

- ◇ The recommended dose is one 10 mg tablet each day
- ◇ Your doctor may start you on a 5 mg dose if you have a liver problem
- ◇ Your doctor will prescribe the strength that is right for you

## HOW SHOULD I TAKE FORXIGA?



Swallow the tablet whole with half a glass of 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**



**Hearts &  
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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Like all medicines, Forxiga can sometimes cause side effects – although not everybody gets them.

Contact your doctor or the nearest hospital straight away if you have any of the following side effects:

## **DEHYDRATION**

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.

## **DIABETIC KETOACIDOSIS (DKA)**

As you have type 2 diabetes, you have an increased risk of developing DKA when you are unwell. DKA is a rare but serious, sometimes life-threatening problem you can get with diabetes because of increased levels of “ketone bodies” in your urine or blood, seen in tests.

The risk of developing DKA may be increased with prolonged fasting, excessive alcohol consumption, dehydration, sudden reductions in insulin dose, or a higher need of insulin due to major surgery or serious illness.

Stop taking Forxiga and contact your doctor or your nearest hospital straight away if you have symptoms of DKA.

Signs of DKA include: thirst, feeling and/or being sick, rapid weight loss, deep sighing breaths, stomach pain, drowsiness and sweet-smelling breath (like pear drops or acetone or nail varnish remover).

## **LOW BLOOD SUGAR LEVELS IN PEOPLE WHO HAVE TYPE 2 DIABETES**

Low blood sugar levels (hypoglycaemia) are seen in 1 in 10 patients with type 2 diabetes who are taking Forxiga with a sulphonylurea (e.g. glicazide) or insulin. Signs include shaking, sweating, feeling anxious, fast heart beat, feeling hungry, headache, change in vision, a change in your mood or feeling confused. Talk to your doctor about how to treat low blood sugar levels.

## SOFT TISSUE INFECTION

Although seen very rarely, a serious soft tissue infection of the genitals or area between the genitals and the anus can occur.

## WATER INFECTIONS

Although urinary infections (water infections) are common, severe infections are rare. Signs include: fever and/or chills, a burning sensation when urinating, pain in your back or side and blood in your urine.



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

## OTHER SIDE EFFECTS WITH FORXIGA INCLUDE THE FOLLOWING WHICH ARE COMMON (may affect 1 in 100 people):

- ◇ Thrush
  - Around 1 in 10 women and 1 in 20 men may experience thrush. Symptoms of thrush, including itching or discomfort of the genital area, can be managed effectively with an anti-fungal cream
- ◇ Back pain
- ◇ Passing more water (urine) than usual or needing to pass water more often
- ◇ Dizziness
- ◇ Rash
- ◇ Changes in the amount of cholesterol or fats in your blood, increases in the amount of red blood cells in your blood, decreases in creatine renal clearance at the start of treatment (all shown in tests carried out by your healthcare team)

## FURTHER INFORMATION

Your Forxiga Patient Information Leaflet (in your medication box) has more information on potential side effects. If you have any questions, speak to your doctor, nurse or pharmacist.

### 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.

# SICK DAY RULES: MANAGING TYPE 2 DIABETES IF YOU BECOME UNWELL AND WHAT TO DO WITH YOUR MEDICATION

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As you have type 2 diabetes, it's important to know what to do with Forxiga when you are ill, as it is likely to affect your blood sugars.

For those with type 2 diabetes, certain 'sick day rules' should be followed when you have an acute illness. If you have an acute illness, seek medical attention and let your doctor, nurse or pharmacist know you are on Forxiga – illnesses include:

- ◇ Fever, sweats and shaking
- ◇ Diarrhoea and vomiting (unless minor)
- ◇ Abscess
- ◇ Injury (e.g. fracture)
- ◇ Any other symptoms that interfere with normal eating or drinking
- ◇ Any illness that leads to hospital admission
- ◇ Infections
  - A common cold
  - COVID-19 infection
  - Influenza
  - Urinary tract infection
  - Chest infection
  - Pneumonia

While you are unwell it is likely that your blood glucose will increase even if you are eating less than usual. High blood glucose and dehydration can lead to serious conditions, such as diabetic ketoacidosis (DKA). If you are too unwell to eat and drink, stop taking Forxiga until recovered.

**SEEK ADVICE FROM YOUR DOCTOR, NURSE OR PHARMACIST  
IF YOU HAVE ANY QUESTIONS ABOUT MANAGING YOUR  
DIABETES WHEN YOU ARE ILL.**



**PAUSE** Forxiga if you're unwell and not eating/drinking normally

- If applicable, you will need to stop or adjust other T2D medications (metformin, sulfonylureas, GLP-1 analogues) during the period you are unwell – see appropriate patient information leaflets for guidance



**LOOK OUT** for symptoms of high blood glucose

- These include thirst, passing more urine than usual and tiredness. Seek medical advice if you have these symptoms



**RESTART** Forxiga when you are feeling better and able to eat and drink normally for 24–48 hours – when restarting, just take Forxiga as normal

#### **ADDITIONAL TIPS FOR WHEN YOU ARE ILL**

- ◇ Stay hydrated
- ◇ Do not fast: maintain carbohydrate intake
- ◇ If applicable, never stop insulin; you may have to adjust the dose
- ◇ If you are worried about other symptoms not related to your diabetes, please seek medical advice
- ◇ Seek medical attention if you are unable to control your blood glucose (18 mmol/L) or unable to stay hydrated due to vomiting

# WAYS TO HELP YOU TAKE YOUR MEDICINE

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Taking your medicine as prescribed by your doctor will help you keep your blood glucose levels well controlled. So, if you have questions about your medicine, simply speak to your healthcare team.

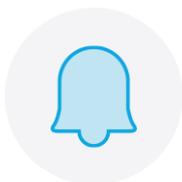
## TIPS FOR TAKING YOUR MEDICINE



Be in charge of your medicine. Know what you are taking and why it's important to take it



Develop a routine. Taking your medicine at the same time each day helps remind you to take it



Consider setting an alarm or using a visual reminder, such as a note on your fridge



If you experience any side effects with Forxiga, speak to your healthcare team for advice on how to manage these



Continue taking your medication, unless advised by your healthcare team to stop or if you are following sick day rules

# 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



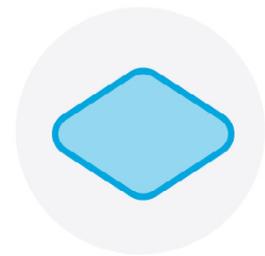
### SET REALISTIC GOALS

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

