

You have received this leaflet because you have been prescribed Jardiance  
for the treatment of type 2 diabetes.



**Jardiance®**

(empagliflozin) for  
type 2 diabetes

**Frequently  
asked  
questions**

Before starting your treatment, carefully read the patient information  
leaflet included in your medication pack.

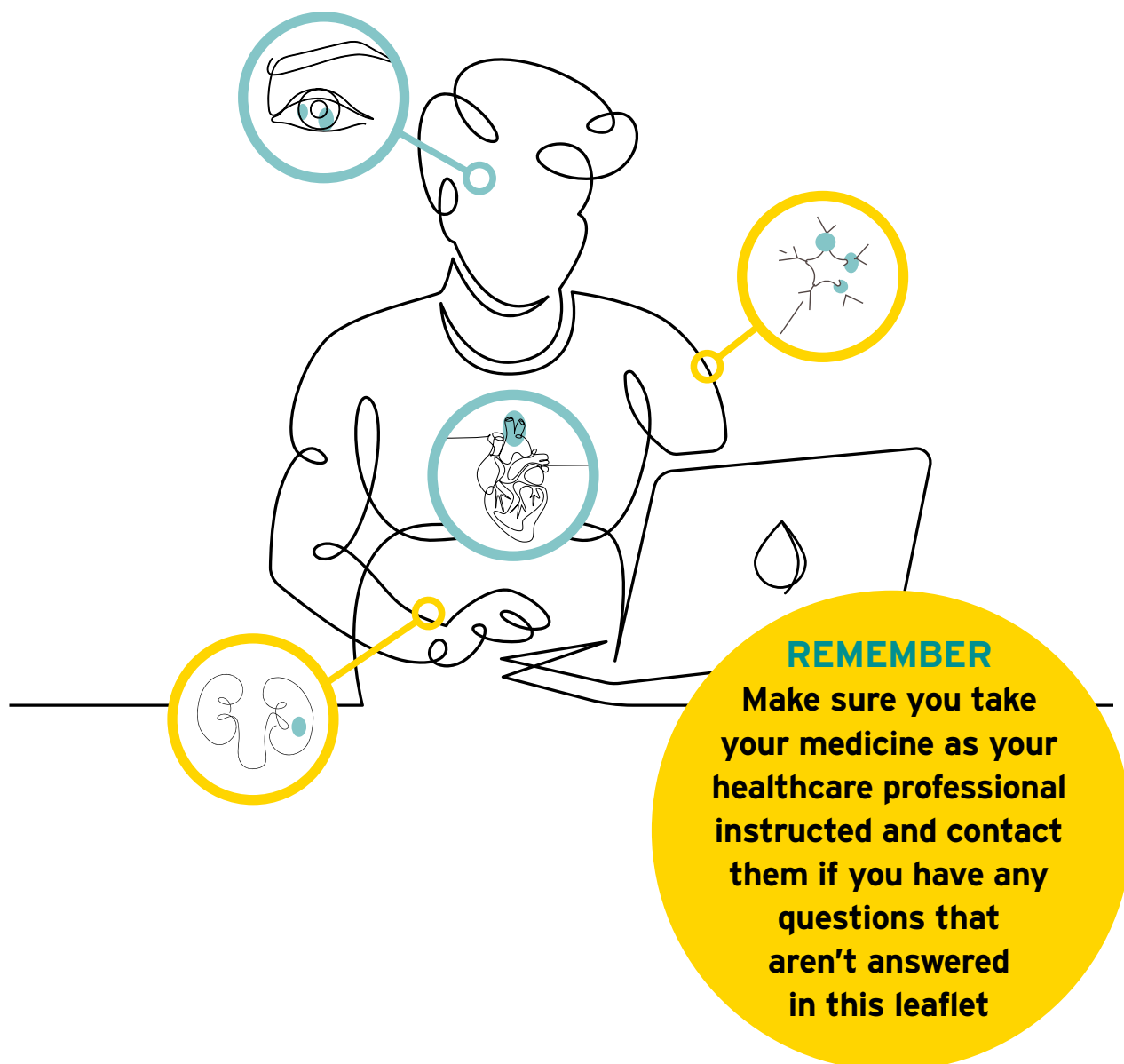
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## What is type 2 diabetes?

**Type 2 diabetes is a condition in which your body does not make enough insulin to control the level of glucose (sugar) in your blood or when your body can't use insulin effectively.**

This causes high levels of glucose in your blood, which can lead to cardiovascular health problems like heart disease as well as kidney disease, nerve and eye problems.



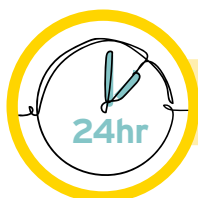
## Why have I been prescribed Jardiance?

**Jardiance is a medicine for treating type 2 diabetes. It helps control your blood glucose (sugar) levels and can also help to reduce your weight and blood pressure. It can also help prevent heart disease and reduce your risk of cardiovascular complications, if you have type 2 diabetes and cardiovascular disease.**

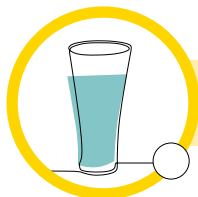
Your doctor has prescribed Jardiance to help you to control your type 2 diabetes when diet and lifestyle changes have not achieved this.

Jardiance works by blocking the reabsorption of glucose into the body via the kidney, so that excess glucose is removed in the urine. This lowers the amount of sugar in your blood.

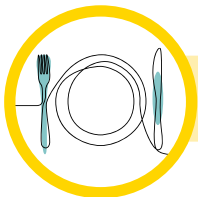
### How do I take Jardiance?



**One tablet once a day**



**Swallow whole with water**



**With or without food**

#### **REMEMBER**

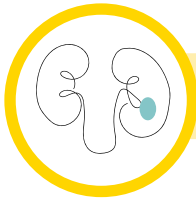
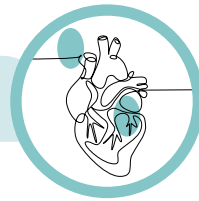
**It is important to stay on the diet and exercise program recommended by your healthcare professional when taking Jardiance**

## Why is blood glucose monitoring important?

Adults with type 2 diabetes that is not treated or well-controlled can find they are at risk of other health problems.

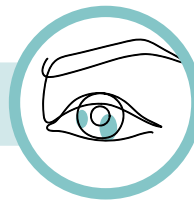
**This might include:**

**Heart and blood vessel problems**



**Kidney damage**

**Eye damage**



**Foot infections or sores**

**Nerve damage**



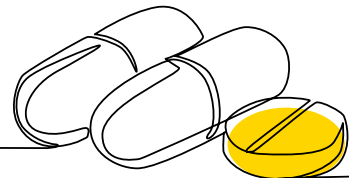
### **REMEMBER**

**You should keep taking your medicine as prescribed, even if you feel well**

## Can I take Jardiance with other medicines?

**Yes, you can take Jardiance with other medicines.**  
**Tell your doctor about any other medicines you're taking or have taken.**

**You should always talk to your doctor if:**



**You're taking a medicine to remove excess water from your body** (sometimes called water tablets or diuretics). Taking this type of medicine together with Jardiance can cause you to lose too much water which can lead to dehydration. If you become dehydrated you might feel thirsty, light headed or dizzy when you stand up. If you have severe dehydration you might faint or become unconscious.

**You're taking other medicines that lower your blood glucose levels**, such as other medicines to treat diabetes. Your doctor may give you a smaller amount of these other medicines to prevent your blood sugar levels from getting too low.

**You're taking lithium**, because Jardiance can lower the amount of lithium in your blood.

**REMEMBER**

**If in doubt,  
talk to  
your doctor**

## When should I **not** be taking Jardiance?



- If you are allergic to empagliflozin or any of the other ingredients of this medicine
- If you have type 1 diabetes
- If you're pregnant or breastfeeding

## Talk to your doctor, nurse or pharmacist before taking this medicine, and during treatment if:



- You have known serious kidney or liver problems
- You are intolerant to lactose. Jardiance contains lactose, some people with rare forms of lactose intolerance may not be suitable to take this medicine.
- You are taking 'water tablets' or blood pressure pills
- You are at risk of dehydration, for example:
  - if you are 75 years or older
  - if you are vomiting, have diarrhoea or a fever,
  - if you are not able to eat or drink.

Please refer to page 17 for further information on what to do if you're unwell.

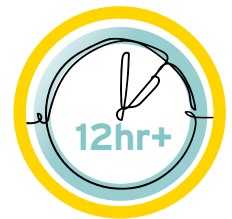
**REMEMBER**  
**DO NOT stop taking Jardiance without talking to your doctor. If you stop taking Jardiance, your blood glucose levels may go up**

## What should I do if I take more Jardiance than I should?

If you take more Jardiance than you should, seek medical advice immediately. Take the medicine pack with you.

### What should I do if I forget to take Jardiance?

What to do, if you forget to take a tablet, depends on how long it is until you are due to take your next tablet. If it is **12 hours or more** until the time you would be due to take your next tablet, take Jardiance as soon as you remember. Then take your next dose at the usual time. If it is **less than 12 hours** until the time you would be due to take your next tablet, don't take the missed tablet. Take your next tablet at the usual time.



**DO NOT** take a double dose of Jardiance to make up for a forgotten dose.

**Contact a doctor or the nearest hospital straight away if you have a severe allergic reaction.**

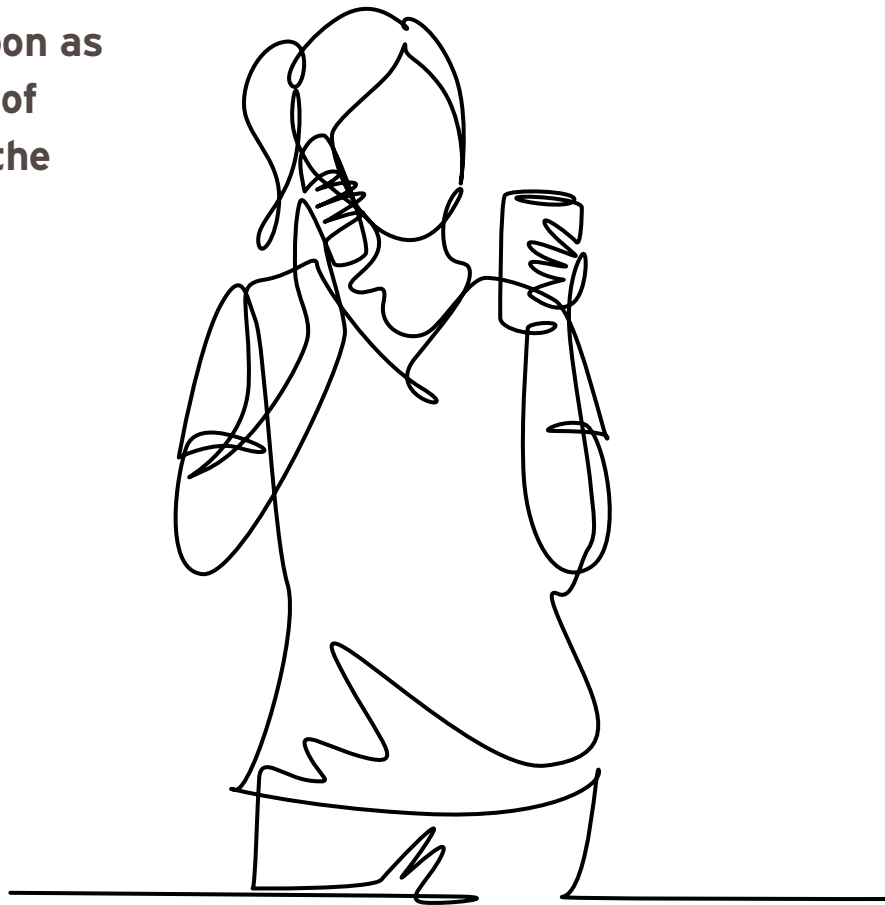
Possible signs may include swelling of the face, lips, mouth, tongue, or throat that may lead to difficulty breathing or swallowing.

#### **REMEMBER**

**If you take more Jardiance than you should seek medical advice immediately.**

## The potential side effects of Jardiance

With all treatments, benefits are balanced with potential side effects. Contact your doctor as soon as possible if you notice any of the side effects listed on the following pages.



### **REMEMBER**

If you spot any of these symptoms, speak to your healthcare professional

# What are the potential side effects and what do I need to look out for?



For any with \* next to them, please find more information on the following pages.

## Very common

- Low blood sugar (hypoglycaemia)\*
- Dehydration\*

## Common

- Urinary tract infections\*
- Genital yeast infection (thrush)\*
- Rash or red skin - this may be itchy and include raised bumps, oozing fluid or blisters
- Blood tests may show an increase in cholesterol levels in your blood
- Passing more urine than usual or needing to pass urine more often
- Thirst
- Constipation

## Uncommon

- Hives
- Straining or pain when emptying the bladder
- Blood tests may show a decrease in kidney function (creatinine or urea)
- Blood tests may show increases in the amount of red blood cells in your blood (haematocrit)
- Ketoacidosis\*

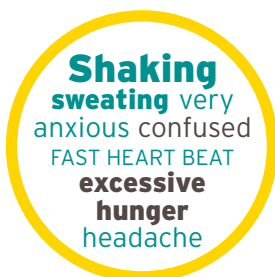
## Rare/very rare

- Severe infection of the perineum (necrotising fasciitis of the perineum)\*
- Inflammation of the kidneys (tubulointerstitial nephritis)

## Potential side effects in detail



### Very common



- **Low blood sugar (hypoglycaemia)**

If you take Jardiance with another medicine that can cause low blood sugar, such as a sulphonylurea or insulin, your risk of getting low blood sugar is higher. Your doctor will tell you how to treat low blood sugar levels and what to do if you get any of the signs and symptoms (left). If you have symptoms of low blood sugar, eat glucose tablets, a high sugar snack or drink fruit juice. Measure your blood sugar if possible and rest.



- **Dehydration**

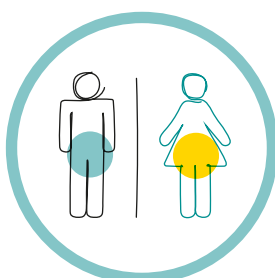
Ask your doctor about ways to prevent dehydration. If you are dehydrated, your doctor may ask you to stop taking Jardiance until you recover to prevent loss of too much body fluid.

### Common



- **Urinary tract infection**

An urge to pass urine or more frequent urination may be due to the way Jardiance works, but they can also be signs of urinary tract infection. If you note an increase in such symptoms, you should also contact your doctor.



- **Genital yeast infection (thrush)**

As this medicine increases the glucose in your urine, there is an increased risk of genital infections such as thrush. Consult your doctor or pharmacist for treatment and advice if irritation or itching occurs in this area.

## Uncommon

### Ketoacidosis

Ketoacidosis is an uncommon problem, but if left untreated can be serious and sometimes life-threatening.

#### These are the signs and symptoms

- Increased levels of ketones in your urine or blood
- Rapid weight loss
- Feeling sick or being sick
- Stomach pain
- Excessive thirst
- Fast and deep breathing
- Confusion
- Unusual sleepiness or tiredness
- A sweet smell to your breath, a sweet or metallic taste in your mouth or a different odour to your urine or sweat.

This may occur regardless of blood glucose level.

The risk of developing ketoacidosis 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.



**REMEMBER**  
if you experience  
any of the symptoms  
of ketoacidosis,  
contact a doctor or  
the nearest hospital  
straight away

## Potential side effects in detail

### Rare

- **Severe infection of the perineum**

Necrotising fasciitis of the perineum is a serious soft tissue infection of the genitals or the area between the genitals and the anus.

Talk to your doctor immediately if you develop a combination of symptoms of pain, tenderness, redness, or swelling of the genitals or the area between the genitals and the anus with fever or feeling generally unwell. These symptoms could be a sign of a rare but serious infection that has to be treated straight away.



**Pain**  
**Tenderness,**  
**Redness**  
swelling of  
genitals,  
**Fever**

## Reporting side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. By reporting side effects you can help provide more information on the safety of this medicine.

### Great Britain

You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

**Adverse events can also be reported to: Boehringer Ingelheim Drug Safety on 0800 328 1627.**

## Foot and eye care

### Foot care

Having type 2 diabetes increases your risk of infection and sores on your feet. While taking Jardiance, it is particularly important that you check your feet regularly and follow your doctor's advice on routine preventative foot care and adequate hydration.

**Tell your doctor if you have any:**

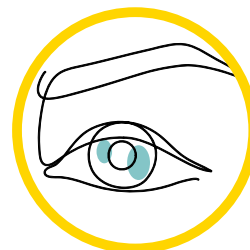
- **Wounds**
- **Discolouration**
- **Foot tenderness**
- **Foot pain**



It is important that you speak to your doctor about any questions or concerns you have about your treatment.

### Eye care

People who are diagnosed with type 2 diabetes are encouraged to maintain their eye health and attend their diabetic eye screening appointments regularly. This can help pick up any problems and start treatment early on.



## Lifestyle and diet

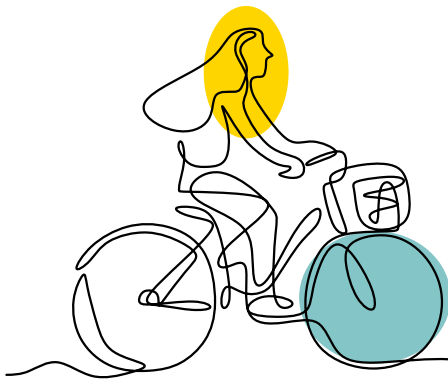
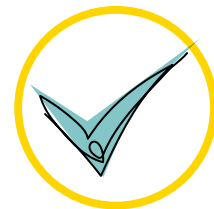
Eating a well-balanced diet and keeping active can improve type 2 diabetes.

### It can help to:

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

### Tips for a healthy lifestyle

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



### Try to be active

There isn't one type of activity that's best for everyone with diabetes - it's about finding what works for you. Try to think about how activity can fit in with your life, not the other way around.

It's best to try and do a mixture of different types of activity. This is because different types of activity have different benefits, and use different parts of your body.\*

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

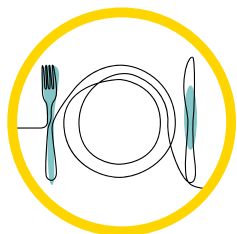


### REMEMBER

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

\*This advice is taken from <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise>

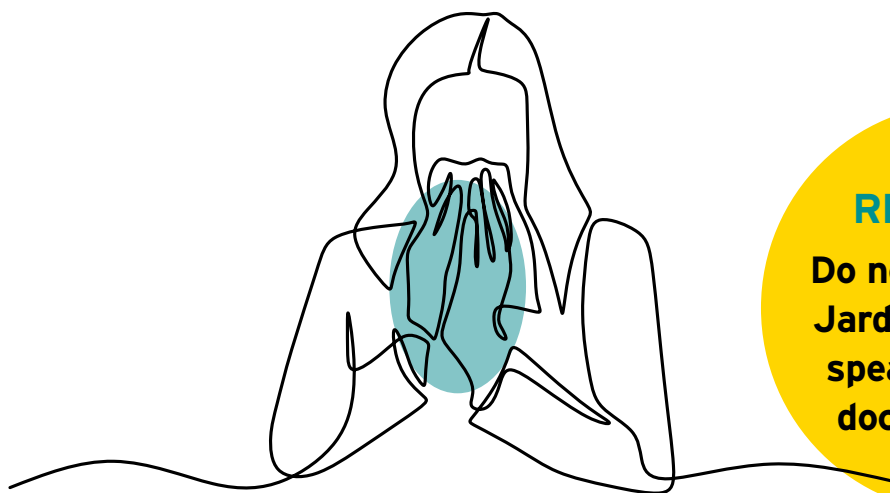
## What happens if I'm unwell?



If you become unwell with any of the following, you should tell your doctor or nurse.

- **You are being sick, have diarrhoea or a fever**
- **You are not able to eat or drink**
- **If you have symptoms of any of the side effects noted on pages 9-13 of this booklet.**

Your doctor or nurse may ask you to stop taking Jardiance until you're better. This is to prevent you losing too much fluid and becoming dehydrated. The information leaflet in your medicine pack has more information about how to take Jardiance safely.



### REMEMBER

**Do not stop taking Jardiance without speaking to your doctor or nurse**

Being unwell can disrupt your diabetes management, so you need to know what to do to keep your blood glucose (sugar) levels as close to target as possible. Some people will know these as **diabetes sick day rules**.

There are several things you can do when you become unwell, but also talk to your doctor or nurse about the best way to manage your diabetes when unwell.

## Helpful information

We hope that this booklet has helped to answer the questions you have. You can talk to your nurse about anything that's worrying you about your treatment. We've also included some links to a variety of websites that may also offer further information.

**[www.diabetes.org.uk](http://www.diabetes.org.uk)**

**[www.nhs.uk/conditions/type-2-diabetes](http://www.nhs.uk/conditions/type-2-diabetes)**

**[www.diabetes.co.uk](http://www.diabetes.co.uk)**



# Glossary

## **Dehydration**

dryness resulting from the removal of fluids in the body when your body loses more fluid than you can take in.

## **Diuretic**

a drug or substance that causes excess production of urine.

## **Glucose**

the main type of sugar in the blood.

## **Hives**

raised, itchy, red rash.

## **Hypoglycaemia**

low blood sugar levels.

## **Insulin**

a hormone made by the pancreas. Changes in insulin help keep your blood sugar level from getting too high or too low.

## **Metformin**

a glucose lowering drug commonly prescribed to treat type 2 diabetes.

## **SGLT2**

an abbreviation for sodium glucose co-transporter 2, a protein in the kidney which brings sugar back into the bloodstream from the urine.

## **Sulphonylureas**

a group of glucose lowering drugs that are commonly used in the management of type 2 diabetes.

## **Thrush**

a yeast infection in the genital area.

## **Urinary tract infection**

usually an infection in the bladder.

## **Urination**

the release of urine from the bladder.

## **Yellow card scheme**

used to collect information from both health professionals and the general public on suspected side effects. It allows patients to report side effects directly by going to [www.mhra.gov.uk/yellowcard](https://www.mhra.gov.uk/yellowcard)

## Contact details

**Name** \_\_\_\_\_

**Doctor** \_\_\_\_\_

**Surgery Address** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Diabetes Nurse** \_\_\_\_\_

**Telephone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Hospital/Clinic telephone number**

\_\_\_\_\_

**These pages may  
be useful for you  
to keep a note of  
information about  
your medication and  
your diabetes**

# Your medication dates

Date I started Jardiance \_\_\_\_\_

It may be helpful to record your **HbA1c and weight readings** to discuss with your doctor

Date	HbA1c

Date	HbA1c

## Notes