Te Whatu Ora
Health New Zealand
Waitaha Canterbury

EMPAGLIFLOZIN

em-pag-lee-flow-zin

What does it do?

Empagliflozin is used to treat diabetes. It lowers your blood glucose by increasing how much glucose you pee out. It is also used to treat heart failure.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *empagliflozin* regularly as directed with a glass of water. You can take it with or without food.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Symptoms of a serious problem called diabetic ketoacidosis including: nausea, vomiting, tummy pain, weakness, confusion, feeling very thirsty or short of breath	Tell your doctor immediately
Genital infection - symptoms may include redness, itching, discharge	Very rarely, this can become serious – tell your health professional

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- You will need a regular blood test (HbA1c) to check how your diabetes is controlled.
- If you are unwell, follow your diabetes sick-day plan, or talk to your health professional.
- If you are having surgery or a procedure such as a colonoscopy or gastroscopy, it is important to tell your doctor or nurse that you are taking *empagliflozin*.
- To help prevent genital infections, it is important to keep your genitals dry. Pat dry with toilet paper after peeing and change your underwear if wet. If possible, rinse your genitals with water after peeing and before you go to bed. If you have a foreskin, pull it back fully before peeing.