

SGLT-2 inhibitors

What it does:

- SGLT-2 inhibitors help slow down kidney disease from getting worse.
- They also help to lower the risk of heart disease, being admitted to the hospital for heart failure, and may help to improve blood sugar control.

How it works:

SGLT-2 inhibitors stop the kidneys from taking sodium (salt) and sugar back into the body. Instead, the salt and sugar leave your body in your urine. This helps to:

- lower the amount of protein in your urine.
- lower your blood pressure.
- lower your blood sugar.
- lower your body weight.
- lower uric acid in your blood (a substance that can cause gout).

How to take it:

- Take it once a day, or as told by your doctor or pharmacist.
- You can take it with or without food.
- Make sure to drink enough water every day so you do not get dehydrated (too little fluid in your body).
- If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, skip the missed one and go back to your normal schedule. Do not take two doses at once.
- If you have vomiting or diarrhea, or cannot drink enough fluids, call your healthcare provider. You may become dehydrated and need to hold this medication until you feel better.

Possible side effects:

- Needing to pee more often, feeling a sudden urge to pee, getting up at night to pee, or feeling more thirsty than usual. Make sure you keep drinking enough water.
- Lower blood pressure, which can make you feel dizzy or lightheaded when you stand up. Get up slowly from a chair or bed.
- Yeast infections in the genital area. In women, signs include unusual smell, white or yellowish discharge, or itchiness. In men, signs include a rash or redness on the penis and unusual discharge. These infections are easy to treat — talk to your doctor or pharmacist.
- A small drop in kidney function when you first start the medicine or when your dose goes up. This is expected and your doctor will keep a close eye on your kidney levels.

Diabetic ketoacidosis (DKA), which is a build-up of acid in the blood, is a rare but serious condition that can happen in people with diabetes taking SGLT-2 inhibitors. **Stop taking the medicine right away and get medical help immediately if you notice any of the below:**

- Nausea or vomiting
- Low appetite or stomach pain
- Feeling very thirsty
- Trouble breathing
- Confusion
- Unusual tiredness or feeling very sleepy