



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

SGLT2 Inhibitors in Heart Failure

Information for patients, relatives and carers

① For more information, please contact:

York Heart Failure Service

Clementhorpe Health Centre, Cherry Street

York, YO23 1AP

01904 721200

Or

Scarborough Hospital

Woodlands Drive, Scarborough, YO12 6QL

01723 342274

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Introduction

You have been prescribed a medication to treat heart Failure which is from a group of medications called Sodium Glucose co-Transporter-2 Inhibitors or SGLT2 Inhibitors.

This medication was originally developed to treat diabetes, but it was found to also protect the heart and reduce the symptoms of heart failure. It is now commonly prescribed to people with and without diabetes as a treatment for heart failure.

Your medication will be one of the following:

- Dapagliflozin (Forxiga)
- Empagliflozin (Jardiance)

This leaflet is to help support you in using your medication safely. Please keep it in a safe place.

Family, friends and carers can play an important role in managing your medication. Please share this information with them.

More information is available in the manufacture's leaflet dispensed in the box with your medication.

What is an SGLT2 Inhibitor?

SGLT2 Inhibitors work by helping your kidneys pass excess sugars, salt and water out of the body in urine. This can often lower your sugar levels in your blood. If your urine is tested with a dipstick, it would show that glucose is present, which is normal.

We do not know the exact mechanism of the benefits in heart failure, but we do know taking SGLT2 inhibitor reduces risk of hospital admission and death from heart problems.

If you are using SGLT2 inhibitors for diabetes, your Endocrinologist or Diabetes Specialist Nurse will have discussed this with you.

How to take this medication

This medication is taken once daily. You should take this tablet in the morning and at the same time each day. Swallow the tablet whole with some water, preferably before the first meal of the day.

If you miss a dose, you should take it as soon as you remember; however, never take a double dose on the same day.

Potential side effects

Very common (may affect more than 1 in 10 people)

- Thrush – usually mild and can be treated – ask your GP or pharmacist for advice if you develop symptoms.
- Low blood sugar

Common (may affect up to 1 in 10 people)

- Urine infection - usually mild and can be treated – ask your GP or pharmacist for advice if you develop symptoms.
- Dizziness
- Increased urination
- Dehydration
- Thirst
- Low blood pressure

Rare (may affect 1 in 1000 people)

- Diabetes Ketoacidosis (DKA) – see page 6 for additional information

Very Rare (may affect 1 in 100,000)

- Fournier's Gangrene
A severe spreading skin infection in the genital or groin area. Seek urgent attention if you experience a combination of pain, tenderness, swelling or redness of the genitals or perineal area.

Diabetic Ketoacidosis (DKA)

Even if you do not have diabetes, a rare side effect (up to 1 in 1000 people) of these medications is diabetic ketoacidosis; an increase of acid in the blood.

Signs and symptoms of Diabetic Ketoacidosis (DKA)

You, your family, friends and carers should know these signs so you can take immediate action.

- Feeling or being sick
- Feeling drowsy
- Abdominal (stomach) pain
- Fast and deep breathing
- Sweet smelling breath (like pear drops or acetone)

If you experience any of these, you must seek immediate medical attention.

What to do if you are unwell

There is a higher risk of DKA and dehydration when you are unwell, therefore it is very important you follow the Sick Day Rules.

If you become unwell, for example with an infection, diarrhoea or vomiting, flu, severe cold, pneumonia, COVID-19 or are not eating and drinking normally you should take the following steps in line with Sick day Rules:

- You should temporarily stop taking your SGLT2 inhibitor until you are feeling better and eating and drinking normally again'
- Drink plenty of fluids to avoid dehydration.

Signs and Symptoms of Heart Failure

If you start to experience any new or worsening symptoms of heart failure, please contact your heart failure nurse. Symptoms to watch out for are:

- Increased weight (without change to diet)
- Increased breathlessness, needing more pillows at night
- Swollen feet, ankles, legs or abdomen
- Increased tiredness or reduced exercise tolerance

People who should not take these medications

- Women who are pregnant or breast feeding
- Anyone who has previously had DKA
- If you have Type 1 diabetes, unless advised to do so by a Consultant Endocrinologist or Diabetes Specialist Nurse

Where to report side effects

If you experience side effects to your medication, you can report these directly to the Medicines and Healthcare products Regulatory Agency via the website www.mhra.gov.uk/yellowcard, via the free apps (“Yellow Card Scheme” in the Google Play Store or “Yellow Card – MHRA” in the Apple App Store), or by calling the free phoneline (0800 731 6789).

Where can I get more information?

If you are still unsure or have any further questions about your medication you can speak to your doctor, pharmacist or local heart failure service.

Heart Failure Service York

01904 721200 – via Single Point of Access

Heart Failure Service Scarborough

01653 609609 – via Single Point of Access

York Hospital Pharmacy

01904 725736

Scarborough Hospital Pharmacy

01723 342448

Or alternatively go online for more information at:

Pumping Marvellous: www.pumpingmarvellous.org

British Heart Foundation: www.bhf.org.uk

NHS website: www.nhs.uk

Scan the QR code to view an online copy of this leaflet:



Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Heart Failure Service, Clementhorpe Health Centre, Cherry Street, York, YO23 1AP or telephone 01904 721445.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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