



Auckland DHB
Paediatric Endocrinology & Diabetes Service
Level 3, ACS House
3 Ferncroft St.
ADHB Grafton

Private Bag 92024
Auckland 1142
Ph: 09 3074949 Ext 24941
Email: paedendo@adhb.govt.nz

Information for families

Empagliflozin (Jardiance or Jardiamet)

What is Empagliflozin?

A new oral medication to help manage Type 2 Diabetes

JARDIANCE® only contains Empagliflozin

Comes in 2 strengths: 10mg or 25mg

JARDIAMET® contains a combination of Empagliflozin and Metformin (if you are already taking Metformin you are likely to be prescribed this combination)

Comes in 4 strengths based on proportion of Jardiamet (5 or 12.5mg) and Metformin (500 or 1000mg)
5mg/500mg, 5mg/1000mg, 12.5mg/500mg, 12.5mg/1000mg



How does it work?

Empagliflozin is a SGLT 2 (sodium-glucose co-transporter 2) inhibitor. It works by making you pee out more sugar, salt and water.

What are the benefits?

It is taken by mouth (not an injection like insulin or some of the other medications to treat diabetes). It lowers your blood sugar and blood pressure by helping your kidneys get rid of sugar, salt and water when you pee. It can help with weight loss; protect your kidneys and your heart (this is especially important for people with type 2 diabetes).

What are possible side-effects?

As your pee will contain more sugar this will slightly increase the chance of getting UTIs (urinary tract infections) and genital thrush so good hygiene (keeping genital area clean) is especially important. See your doctor if you notice pain on passing urine, genital discomfort, pain or itching or vaginal discharge.

As Empagliflozin makes you produce more urine you will pee more and may find you're more thirsty than usual so make sure you drink plenty of water.

If you're on another medication to treat type 2 diabetes your risk of hypos (low blood sugars) may be slightly increased so make sure you know how to recognise and treat a low sugar. If you're not sure about the management of a low sugar please speak to one of the diabetes team who will go over this with you.

Rare, serious side-effects

Like most medications, there is the possibility of more serious side-effects, although these are rare.

If you have any of these symptoms, contact your health provider immediately.

- Severe pain, redness or swelling in the genital area (vagina or penis) or anus (bottom)
- Fever
- Vomiting or bad stomach pain
- Feeling weak, faint, dizzy, shaky

A rare but serious complication is DKA (diabetic ketoacidosis) – this is caused by a build-up of ketones in the blood making it acidic. Symptoms include nausea (feeling sick), vomiting, abdominal (tummy) pain, being extremely thirsty, deep or fast breathing, confusion, or unusual tiredness, sweet-smelling breath

If you have any of these symptoms check ketones using the purple strip and call diabetes team on 09 631 0790 if ketones are > 1

What else do I need to know if I am on JARDIANCE® or JARDIAMET®

If you miss a dose, and it is less than 12 hours before your next dose, skip the dose you missed and just take your next dose when you're meant to.

If you miss a dose, and it is more than 12 hours before your next dose, take your dose as soon as you remember, and then go back to taking your medicine as you would normally.

Do not ever take a double dose to make up for a dose you missed as this could increase the chance of an unwanted side effect.

If you have a stomach bug or can't eat normally because you are otherwise unwell:

Temporarily **stop** taking JARDIANCE® or JARDIAMET® until you can eat normally again.

Check ketones using the purple strip and call diabetes team on 09 631 0790 if ketones are > 1

If you need to fast/stop eating for another reason (such as before elective surgery) you should **stop** taking JARDIANCE® or JARDIAMET® 2 days before and make sure your doctor and diabetes team know.

JARDIANCE® can be taken with or without food

As JARDIAMET® also contains metformin it should be taken with food.

If you have any questions not answered by this leaflet please ask your diabetes team or pharmacist.