

SGLT2 Inhibitors in Heart Failure

You are taking, or will soon be taking, one or more of these medicines to help manage your heart failure:

☐ dapagliflozin (Forxiga®) Dose _____

☐ empagliflozin (Jardiance®) Dose _____

What are SGLT2 inhibitors?

SGLT2 stands for **S**odium-**GL**ucose co-**T**ransporter **2**. This is a group of medicines that work in your kidneys. They help remove extra fluid from your body by removing excess sugars in your urine. Removing the extra fluid helps reduce the work of your heart.

When your heart is not working as hard, the heart muscle cells work better. SGLT2 inhibitors can improve how your heart and kidneys work.

What are SGLT2 inhibitors used for?

This medicine is used to treat people with any of these conditions: heart failure, diabetes, chronic kidney disease.

How does this medicine help heart failure?

When used with other heart failure medicines, SGLT2 inhibitors can help:

- Reduce the chances of hospital stays and death from your heart disease.
- Improve the symptoms of heart failure and gradually increase the strength of the heart.
- Improve your quality of life.

How do I take this kind of medicine?

Take the medicine one time each day in the morning with or without food.

What are some side effects to watch for?

It is common to urinate (pee) more and go to the toilet more often.

Let your doctor know about any of these side effects:

- feel sick to your stomach (nausea)
- lightheaded or dizzy (*signs of low blood pressure*)
- thirsty, very dry mouth, dry eyes
(*signs of losing too much fluid and now dehydrated*)
- burning or pain when passing urine, feeling the need to pass urine often or right away
(*signs of a bladder or kidney infection*)
- itching or discharge from the vagina or penis
(*signs of a yeast infection*)

How can I reduce the chances of side effects?

You are more likely to have side effects when not drinking enough fluids. These are situations where you should stop taking this medicine:

- before surgery as directed by the surgeon, usually 1 to 3 days before
- when not eating or drinking
- when nauseated or throwing up (vomiting)
- when sick or have an infection

Restart the medicine when you are no longer sick or as directed by your doctor.

What if I miss taking a dose?

If you remember the same day, take the dose. If not, resume taking it the next day. **Do not** take 2 doses at the same time.

Always check with your doctor before you stop taking this medicine.