

Sodium-glucose co-transporter-2 (SGLT2) inhibitors for heart failure

Patient information

SGLT2 inhibitors, when used for heart failure, can help to keep you out of hospital and to live longer. The medicines work by relieving symptoms caused by fluid build-up, preventing further damage to the heart, and helping heart cells to work more efficiently. Dapagliflozin (Forxiga®) and Empagliflozin (Jardiance®) are types of SGLT2 inhibitors for heart failure.




Your SGLT2 inhibitor: (name/brand)

Possible side effects	Look out for these symptoms	Actions to take
Dehydration	Thirst, dry mouth, tiredness, and dizziness (more than usual).	Make sure you have enough fluid (within your fluid limits), and see your doctor if symptoms continue.
Thrush	Genital area itch.	Prevent infection* but if symptoms appear contact your doctor.

*Prevent thrush infections by washing the genital area at least once a day (when showering) and always wear clean underpants.

Sick day rules, surgery and SGLT2 inhibitors

There is a rare risk of developing ketoacidosis (especially if you have diabetes). Ketoacidosis is when your blood becomes too acidic and is dangerous if left untreated. Symptoms include nausea, vomiting, dehydration, or difficulty breathing. To reduce the risk of ketoacidosis and severe dehydration, follow the sick day rules:

	STOP (temporarily) your SGLT2 inhibitor when you are unwell (vomiting, diarrhoea, fever) or not eating or drinking normally. If you have surgery planned, check with your doctor to see if you need to stop your SGLT2 inhibitor beforehand.
	Look out for symptoms of dehydration, passing more urine than usual and tiredness. Please see your doctor if you have these symptoms.
	Restart the SGLT2 inhibitor when you are feeling better and able to eat and drink normally for 24 to 48 hours.

Ask your doctor or pharmacist for *Consumer Medicines Information* on SGLT2 inhibitors if you would like more details.