

## What Is It And What Does It Treat?

SGLT-2 inhibitors are drugs that end in (\_gliflozin). These are tablets that help to reduce your blood sugar levels if you are found to be diabetic by your GP.

Please do take the medications according to the instructions from your prescriber, and get in touch with the Wideopen practice if you have any questions.

## Side Effects

- Low blood glucose - This occurs more often if you are on other diabetic medications or if you have not eaten in a while. **Make sure you are eating well and at regular intervals.**
- Dehydration - The medication works by excreting excess sugar into your urine, causing you to lose more water from your body. **Aim to drink at least 2L of water everyday.**
- Urinary tract infection - There is an increased risk of getting a UTI while on this medication, Try and wash your genital area with warm water and non-perfumed soap to reduce the risk. **Consult your GP if you develop the following symptoms:**

- 1) **Fever**
- 2) **Cloudy or bloody urine**
- 3) **Pain or discomfort when urinating**
- 4) **General redness or tenderness near your groin**

## SGLT2-Inhibitor

If you have just been put onto a SGLT-2 inhibitor, this list will go through what to be mindful of, what to look out for and what to expect in the following months.



## Severe And Rare Side Effects



A major side effect which is rare, but worth knowing about, is developing a condition called DKA (Diabetic Ketoacidosis).

It occurs due to the SGLT-2 inhibitors causing more glucose to be removed from the body. Sometimes due to the low level of glucose, your body will start to breakdown your fat tissues into compounds called ketones. **A build-up of ketones can become very dangerous!, so look out for the following signs!**

- 1) **Urinating more frequently**
- 2) **Feeling dehydrated or thirsty**
- 3) **Weight loss**
- 4) **Feeling confused**
- 5) **A strange 'nail-varnish' like smell to your breath**

## What To Expect In Terms Of Follow-up

Your GP will also ask you to come in for regular check-ups such as:

- Diabetic foot screening
- Regular blood tests to check your blood sugar levels, cholesterol levels as well as your kidney function
- A review of your weight and BMI
- A review of your blood pressure

**If you have not had these yet, please get in touch with the practice.**

