

**"Sick Day Rules": What to do with your medication if you become unwell**

It is important to temporarily **STOP** dapagliflozin if you are dehydrated or stop eating when you are ill. This includes if you have **vomiting, diarrhoea, or fever** and **infections** such as the **flu, COVID-19, or chest and bladder infections** requiring antibiotics. If you have any **leg or foot ulcers** or **wounds** you should discuss this with the doctor, nurse or pharmacist.

- **Why?** Being sick can make you dehydrated, which can risk hurting your kidneys while on this drug.
- **Restarting:** You can start taking it again when you feel better.
- **Still sick?** If you are still unwell after 48 hours, contact your GP or NHS 111.

**Tips to stay well**

- **Stay hydrated:** Drink plenty of water - about 2 litres or 4 pints of fluid (including water, tea, coffee, juice, milk).
- **Lifestyle:** Keep a healthy weight, eat less salt and sugar, and do not smoke.
- **Alcohol:** Limit alcohol to no more than 14 units a week.
- **Surgery:** Tell your doctor you take this medicine if you are having surgery; you may need to stop it for a short time.

Need help?

Speak to your doctor, pharmacist, or nurse if you have concerns or side effects.

## PATIENT INFORMATION LEAFLET

### DAPAGLIFLOZIN

**What is Dapagliflozin?**

Dapagliflozin is a medicine used to treat three main conditions:

- **Type 2 diabetes** (in adults and children over 10).
- **Heart failure** (in adults).
- **Chronic kidney disease** (in adults).

**Why has my Medication Changed?**

Your clinical team is switching your current medicine to one called Dapagliflozin. The change ensures you continue to receive high-quality treatment while helping the NHS manage resources effectively.

- Dapagliflozin belongs to the same family of medicines as your previous treatment and is just as effective.
- This medicine provides the same health benefits but is more cost-effective, allowing the NHS to use its budget more efficiently for everyone.
- Your healthcare specialist has specifically reviewed your records to ensure this switch is safe and the right choice for your ongoing care.

**How does it work?**

This medicine helps your body get rid of extra sugar, salt, and water through your urine (pee). This helps to

- Lower your blood sugar
- Take the strain off your heart
- Protect your kidneys from damage

**How to take it**

- **When:** Take it once a day in the morning.
- **Food:** You can take it with or without food.
- **How:** Swallow the tablet whole with half a glass of water.
- **Insulin:** If you use insulin, do not stop taking it unless your doctor or healthcare specialist tells you to.

**Who should NOT take this medicine?**

Do **not** take Dapagliflozin if:

- You have **Type 1 diabetes**.
- You are on **dialysis**.
- You are **pregnant or breastfeeding**.
- You have had a condition called **Diabetic Ketoacidosis (DKA)** in the past (explained below).
- You are allergic to the medicine.
- You have an active foot ulcer or blood flow problems in your leg.

Always talk to your doctor/healthcare specialist before starting strict low-carbohydrate diets (like "keto" diets) while on this medicine.

If you are taking Lithium you will require close monitoring of Lithium levels.

**Side Effects: What to watch for****Common Side Effects (may affect up to 10 patients out of every 100)**

- **Passing more water (urine) than usual:** This is normal because the medicine removes fluid.
- **Dehydration:** signs include feeling thirsty, very dry or sticky mouth, a fast heartbeat, feeling very sleepy or tired or passing little or no water (urine). Contact your doctor or specialist team if this happens.
- **Bladder and genital infections :** Because the medicine puts sugar in your urine, it can cause infections in your bladder or around your private parts.

- Symptoms to watch out for include pain on passing water (urination), blood in your pee (urine), itching, soreness or discharge around your genitals or bottom (anus).
- **Treatment:** Stop taking dapagliflozin whilst you have any of these symptoms. See your pharmacist, nurse or GP to get the infection diagnosed and treated. Restart dapagliflozin once the infection has got better.
- **Tip:** Wash daily with warm water and non-perfumed soap and avoid tight underwear to prevent this.

- **Dizziness or Rash.**

- **Low Blood Sugar (hypoglycaemia):** This is rare but can happen if you have type 2 diabetes and you also take insulin or other diabetes medicines called sulphonylureas (e.g. gliclazide). *Do not stop taking insulin unless your doctor/healthcare specialist tells you to.*

**Rare and Very Rare Serious Side Effects - GET HELP IMMEDIATELY**

STOP taking the medicine and call a doctor or NHS 111 if you have:

- 1. Diabetic Ketoacidosis - rare but serious side effect (may affect up to 10 patients out of every 10,000).**

People with type 2 diabetes are at higher risk of Diabetic Ketoacidosis. Stop taking the medicine and get urgent help if you have warning signs of Diabetic Ketoacidosis:

- Stomach pains.
- Feeling sick or vomiting.
- Fast and deep breathing.
- Sleepiness.
- A sweet smell on your breath or a metallic taste in your mouth.

- 2. Fournier's Gangrene (severe form of bacterial genital infection) - very rare but Serious Side Effect (affects less than 1 in 10,000 patients) - Severe pain, tenderness, redness, or swelling in the genital area, along with a fever or feeling very unwell.**