

DAPAGLIFLOZIN

Why has this medication been recommended for you?

Dapagliflozin (also called Forxiga®) belongs to the *SGLT2 inhibitor* family of medications. It has been prescribed if you have been diagnosed with type 2 diabetes; this can help to help control your blood glucose levels.

Disclaimer: There are many studies in children and adults about this class of medications. Currently it is used in the USA with FDA approval in children >10 years of age, but it is still considered off-label while we are awaiting Health Canada approval.

How does it work?

SGLT2 inhibitors lower blood glucose by causing the kidneys to remove glucose from the body through the urine. This medication works best when used in combination with diet and exercise to lower blood glucose levels in people with type 2 diabetes.

What side effects do we expect?

Side effects can include:

- Dehydration: You may feel dizzy, faint, lightheaded, or weak, especially when you stand up (orthostatic hypotension). Ensure you are drinking enough water during the day.
- Urinary tract infections
- Yeast infections in the vagina or on the penis and foreskin.
- Low blood glucose (hypoglycemia)
- In rare cases: ketoacidosis (increased ketones in your blood or urine). Ketoacidosis can in people with diabetes who are sick or who have had surgery while taking medications, even if their blood glucose is less than 14 mmol/L. Ketoacidosis is a serious condition, which may need to be treated in a hospital. Symptoms of ketoacidosis include nausea, vomiting, trouble breathing, and stomach area (abdominal) pain. If you get any of these symptoms while taking this medication, stop the medication and check for ketones in your urine, even if your blood glucose is less than 14 mmol/L.

How to be successful taking this medication:

- One tablet (5 mg) once daily, taken in the morning, with or without food.
- Your doctor may increase this dose to 10 mg (2 tablets) if needed.
- If you miss a dose: please take it as soon as you remember. Do not double the dose the next day.

- Continue to watch what and how much you eat:
 - Do not skip meals.
 - Limit juice, pop, bubble tea, chocolate milk, iced tea or other sweetened beverages.
 - Try to include a fruit and/or a vegetable with each meal.
- Move your body by walking, taking the stairs, biking, or participating in a sport or activity that you like! Try to aim for a goal of 45 to 60 minutes of body movement per day.
- Maintain a healthy sleep routine with 7-9 hours sleep/night for children 12 years and above.

Do not take this medication if you:

- Are very dehydrated (illness with severe vomiting or diarrhea).
- Are pregnant or plan to become pregnant. Please discuss with your diabetes team if you plan to or become pregnant while on this medication.
- Are going for surgery: stop your medications 7 days prior to date of surgery.

When to contact the Diabetes Team at dcnurse@cw.bc.ca OR phone 604-875-2868:

- If you are having low blood glucose levels (hypoglycemia).
- If you develop an itchy red rash with swelling on lips/face (skin reaction): stop the medication.
- **If you have severe nausea, vomiting, abdominal pain, tiredness, sleepiness, AND labored breathing: stop the medication immediately and seek medical attention at the closest emergency room.**