

You have received this leaflet because you have
been prescribed Jardiance for chronic kidney disease



Jardiance[®]
(empagliflozin) for
chronic kidney disease

**Frequently
asked
questions**

Before starting your treatment, carefully read the patient information
leaflet included in your medication pack.

Contents

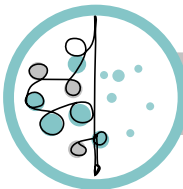
What do your kidneys do?	3
What is CKD?	4
Why have I been prescribed Jardiance?	5
What can I do to help myself?	6
What happens if I'm unwell?	7
Can I take Jardiance with other medicines?	8
When should I not be taking Jardiance?	9
What should I do if I forget to take Jardiance?	10
With all treatments, benefits need to be balanced with potential side effects	11
Reporting side effects	15
Medicine sick day guidance	16
Helpful information	17
Glossary	18
Contact details	19
Medication dates	20
Notes	21

What do your kidneys do?

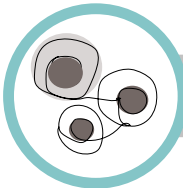
Your kidneys are roughly the size of your clenched fist and are shaped like kidney beans, sitting just below your rib cage.

They have several important functions such as filtering waste from your blood. The waste filtered by the kidneys is then removed in your urine.

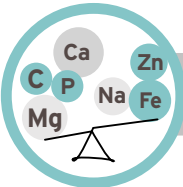
Kidneys are important as they do many tasks:



Filtering your blood to remove waste products



Produce hormones and red blood cells



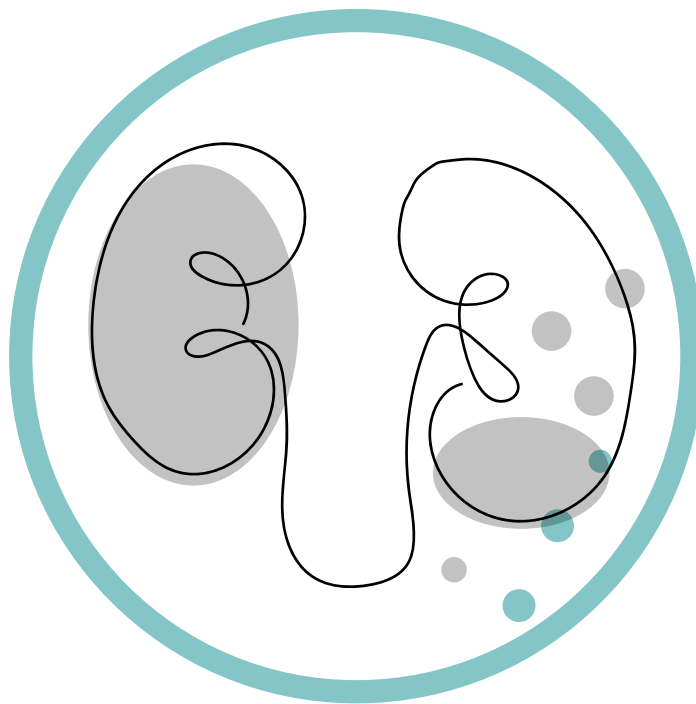
Balance levels of salts and minerals in your body



Regulate blood pressure

What is CKD?

CKD stands for chronic kidney disease. This means that your kidneys don't work as well as they should or have been damaged. You might find they are not effectively removing waste from your body, or they may also leak blood and protein into your urine.



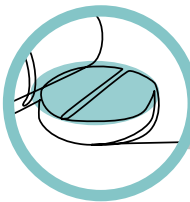
Why have I been prescribed Jardiance?

Jardiance is a medicine for CKD.

Your doctor has prescribed Jardiance to slow the progression of CKD and help protect your kidney from complications, such as delaying progression to dialysis and reduce the risk of hospital admissions.

Jardiance also has added benefits that include treating type 2 diabetes and heart failure.

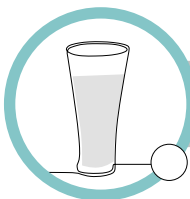
How do I take Jardiance?



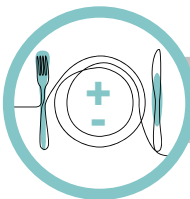
One tablet once a day



Any time of day



Swallow whole with water

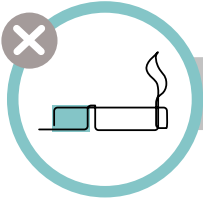


With or without food

REMEMBER

Try to take it at the same time each day. This will help you to remember to take it.

What can I do to help myself?



Stop smoking

If you smoke, try to cut down or stop smoking. Ask for help in stopping if you need to. There are treatments to help with this.



Try to control your blood pressure

If prescribed by your doctor, take blood pressure medication as directed.

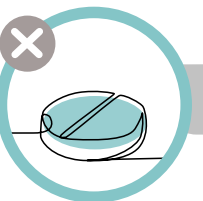
Too much salt can contribute to high blood pressure which can worsen kidney disease. Aim for no more than one teaspoon of salt per day. Remember that the majority of the salt in our diet may be hidden and it is important to check labels for salt content.



Try to be active and eat a balanced diet

Being active is known to benefit our general health, which can protect your kidneys. If you are overweight or have diabetes and need advice on your diet, ask your clinician for advice and support.

It's best to try and do a mixture of different types of activity. This is because different types of activity have different benefits, and use different parts of your body.



Avoid anti-inflammatory medicine

such as ibuprofen as they can make kidney disease worse. Ask your pharmacist each time you are given a new medicine to check that it is ok for you to take with your reduced kidney function.

REMEMBER

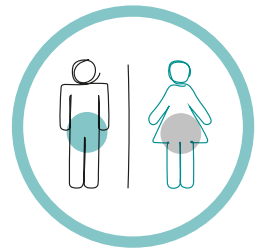
Take the medication that your healthcare professional has prescribed.

Try to get enough sleep and look after your mental health.

What happens if I'm unwell?

If you become unwell with any of the following, you should tell your doctor or nurse.

- **You are being sick, have diarrhoea or a fever**
- **You are not able to eat or drink**
- **If you have symptoms of any of the side effects noted on pages 11-14 of this booklet**



Your doctor or nurse may ask you to stop taking Jardiance until you're better. This is to prevent you losing too much fluid and becoming dehydrated. The information leaflet in your medicine pack has more information about how to take Jardiance. Talk to your doctor or nurse about the best way to manage your CKD when unwell.



REMEMBER

Do not stop taking Jardiance without speaking to your healthcare professional

Can I take Jardiance with other medicines?

Yes, you can take Jardiance with other medicines. Tell your doctor about any other medicines you're taking or have taken.

You should always talk to your doctor if:

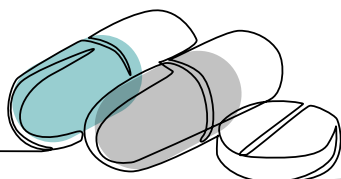
You're taking a medicine to remove excess water from your body (sometimes called water tablets or diuretics). Taking this type of medicine together with Jardiance can cause you to lose too much water which can lead to dehydration. If you become dehydrated you might feel thirsty, lightheaded or dizzy when you stand up. If you have severe dehydration you might faint or become unconscious.

You're taking medicines that lower your blood glucose levels, such as some medicines to treat diabetes. Your doctor may give you a smaller amount of these other medicines to prevent your blood sugar levels from getting too low.

You're taking lithium, because Jardiance can lower the amount of lithium in your blood.

REMEMBER

**If in doubt,
talk to
your doctor**



When should I NOT be taking Jardiance?

- If you have serious liver problems
- If you are allergic to empagliflozin or any of the other ingredients of this medicine
- If you have type 1 diabetes
- If you're pregnant or breastfeeding



Talk to your doctor, nurse or pharmacist before taking this medicine, and during treatment if:

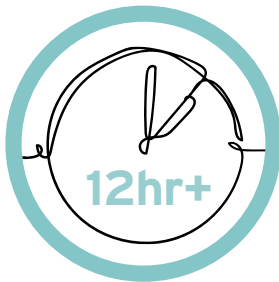
- You have known serious kidney problems
- You have a serious infection of the kidney or the urinary tract with fever.
- You are intolerant to lactose. Jardiance contains lactose, some people with rare forms of lactose intolerance may not be suitable to take this medicine.
- You are taking 'water tablets' or blood pressure lowering tablets
- You are at risk of dehydration, for example:
 - if you are 75 years or older
 - if you are vomiting, have diarrhoea or a fever,
 - if you are not able to eat or drink.



Please refer to page 7 for further information on what to do if you're unwell.

What should I do if I forget to take Jardiance?

If you forget to take a tablet, what to do depends on how long it is until the next tablet is due.



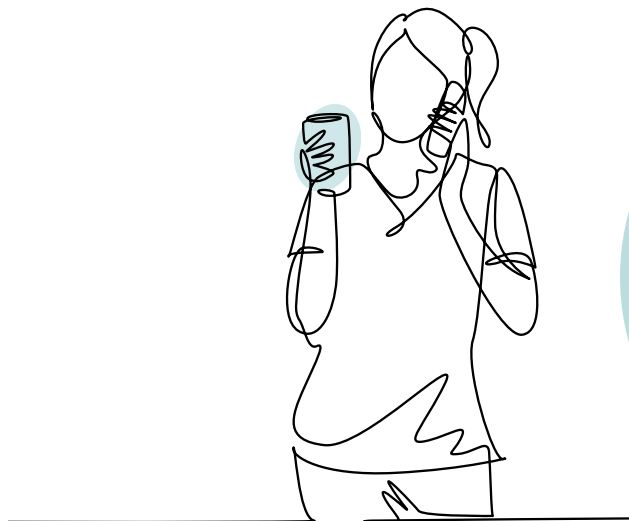
If it is 12 hours or more until your next dose, take Jardiance as soon as you remember. Then take your next dose at the usual time.



If it is less than 12 hours until your next dose, skip the missed dose. Then take your next dose at the usual time.

REMEMBER NEVER take a double dose of Jardiance to make up for a forgotten dose.

What should I do if I take more Jardiance than I should?



REMEMBER

If you take more Jardiance than you should, seek medical advice immediately. Take the medicine pack with you.

With all treatments, benefits need to be balanced with potential side effects

Like all medicines, Jardiance can sometimes cause side effects, although not everybody gets them.

Very common

(may affect more than 1 in 10 people):

- **Low blood sugar (hypoglycaemia)**

If you are a patient with diabetes taking either a “sulphonylurea” or insulin you may experience low blood sugar.

Signs include:

shaking, sweating, fast heartbeat, excessive hunger, headache, feeling anxious or confused.

- **Dehydration**

The signs of dehydration are not specific but may include:

unusual thirst, light-headedness or dizziness upon standing, fainting or loss of consciousness.

REMEMBER

Talk to your doctor about how to treat low blood sugar levels



Potential side effects

Common

(may affect up to 1 in 10 people):

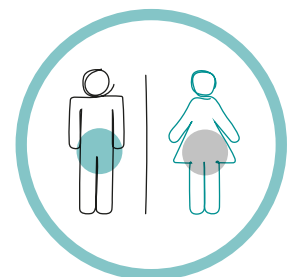
- **Urinary tract infection (water infection)**

An urge to pass urine or more frequent urination may be due to the way Jardiance works, but they can also be signs of urinary tract infection. If you notice an increase in such symptoms, you should also contact your doctor.

Burning
sensation
Cloudy Urine
Pelvis or
mid-back pain

Other common side effects include:

- **Rash or red skin** - this may be itchy and include raised bumps, oozing fluid or blisters
- **Blood tests may show an increase in cholesterol** levels in your blood
- **Passing more urine than usual** or needing to pass urine more often
- **Thirst**
- **Constipation**
- **Genital yeast infection (thrush)**
As this medicine increases the glucose in your urine, there is an increased risk of genital infections such as thrush. Consult your doctor or pharmacist for treatment and advice if irritation or itching occurs in this area.



Remember
Contact your
doctor if you notice
the symptoms of:

- Low blood sugar
- Dehydration
- UTI

Potential side effects

Uncommon

(may affect up to 1 in 100 people):

- Severe allergic reaction (*signs include swelling of the face, lips, mouth, tongue, or throat that may lead to difficulty breathing or swallowing*) **Contact a doctor or the nearest hospital straight away if you have any of these symptoms.**
- Hives
- Straining or pain when emptying the bladder
- Blood tests may show a decrease in kidney function (*creatinine or urea*)
- Blood tests may show increases in the amount of red blood cells in your blood (*haematocrit*)
- Ketoacidosis (*signs include thirst, feeling and/or being sick, rapid weight loss, fast and deep breathing, stomach pain, drowsiness and sweet-smelling breath [like pear drops or acetone]*) **Contact a doctor or the nearest hospital straight away if you have any of these symptoms.**

REMEMBER

if you experience any of the symptoms of ketoacidosis, contact a doctor or the nearest hospital straight away

Potential side effects

Rare

(may affect up to 1 in 1,000 people):

- **Severe infection of the perineum**

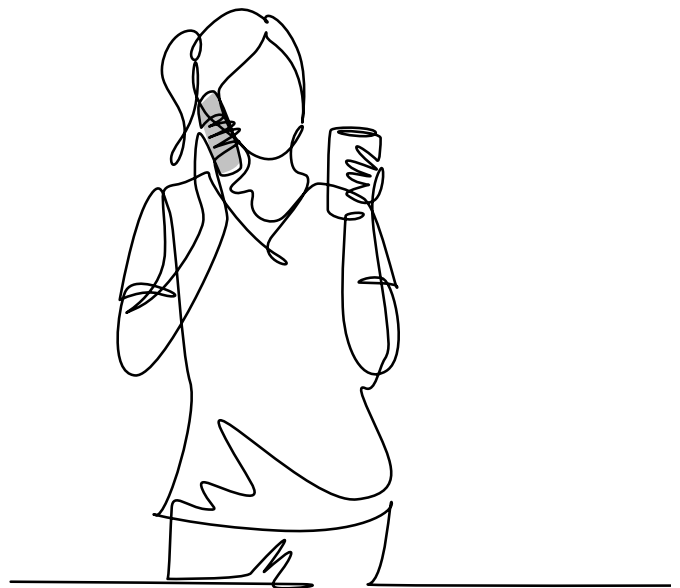
Necrotising fasciitis of the perineum is a serious soft tissue infection of the genitals or the area between the genitals and the anus.

Talk to your doctor immediately if you develop a combination of symptoms of pain, tenderness, redness, or swelling of the genitals or the area between the genitals and the anus with fever or feeling generally unwell. These symptoms could be a sign of a rare but serious infection that needs to be treated straight away.

Very rare

(may affect up to 1 in 10,000 people):

- Inflammation of the kidney



Reporting side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. By reporting side effects you can help provide more information on the safety of this medicine.

Great Britain & Northern Ireland

You can report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk> or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provided more information on the safety of this medicine.

Adverse events can also be reported to:
Boehringer Ingelheim Drug Safety on **0800 328 1627**

Republic of Ireland

Please report adverse events to the HPRA, online or by post. HPRA link for on-line reporting, or download a form:
<https://www.hpra.ie/homepage/about-us/report-an-issue/human-adverse-reaction-form>

By reporting side effects you can help provide more information on the safety of this medicine.

Adverse events can also be reported to:
Boehringer Ingelheim Drug Safety on **01 291 3960**

Medicine sick day guidance



If you are unwell (vomiting, diarrhoea, fever) you should temporarily pause taking Jardiance. If you are also taking other common medications such as some blood pressure lowering tablets, diuretics (water tablets), NSAIDs (anti-inflammatory painkillers) and some anti-diabetic medicines, you should also temporarily pause these. If you are unsure or have any questions, please seek medical advice.

Restart your medicines as soon as you are well and eating normally.
Please seek medical advice if you do not feel better after 48 hours.

Helpful information

We hope that this booklet has helped to answer the questions you have. You can talk to your healthcare professional about anything that's worrying you about your treatment. We've also included some links to a variety of websites that may also offer further information.

Kidney Care UK

www.kidneycareuk.org

NHS

www.nhs.uk/conditions/kidney-disease

The National Kidney Federation

www.kidney.org.uk

Northern Ireland Direct

www.nidirect.gov.uk/conditions/chronic-kidney-disease

Irish Kidney Association

www.ika.ie/kidneyhealth



Links to third party websites are provided solely for your convenience. The Boehringer Ingelheim and Lilly Alliance do not control or endorse these websites and are not responsible for these websites or their content.

Glossary

Dehydration

dryness resulting from the removal of fluids in the body when your body loses more fluid than you can take in.

Diuretic

a drug or substance that causes excess production of urine.

Glucose

the main type of sugar in the blood.

Hives

raised, itchy, red rash.

Hypoglycaemia

low blood sugar levels.

SGLT2

an abbreviation for sodium glucose co-transporter 2, a protein in the kidney which brings sugar back into the bloodstream from the urine.

Thrush

a yeast infection in the genital area.

Urinary tract infection

usually an infection in the bladder.

Urination

the release of urine from the bladder.

Yellow card scheme

used to collect information from both health professionals and the general public on suspected side effects. It allows patients to report side effects directly by going to <https://yellowcard.mhra.gov.uk>

Contact details

Name _____

Doctor _____

Surgery Address _____

Telephone _____

Email _____

Hospital/Clinic telephone number

These pages may
be useful for you
to keep a note of
information about
your medication
and your CKD

Medication dates

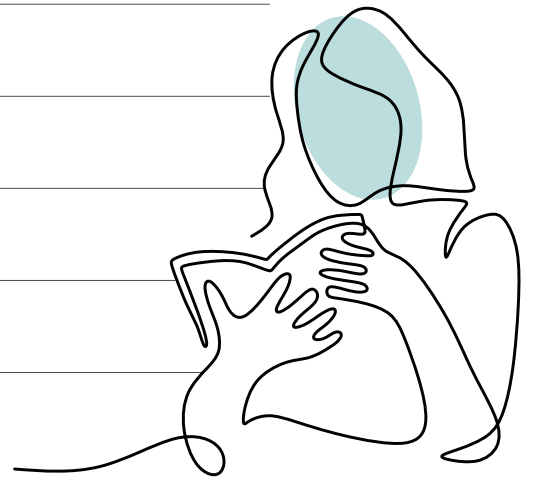
Date I started Jardiance (empagliflozin):

Date for next prescription:

It may be helpful to record any symptoms to discuss with your healthcare professional.

[illegible]

Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, simple line drawing of a hand holding a pencil, positioned as if about to write. The drawing is minimalist, using only black outlines.

If you have any feedback on this piece of information please contact:
communications.bra@boehringer-ingelheim.com