

YOUR GUIDE TO FORXIGA[®] (DAPAGLIFLOZIN) IN CHRONIC KIDNEY DISEASE (CKD)

FOR PATIENTS WITH
TYPE 2 DIABETES



Developed and fully funded by AstraZeneca.

This booklet is intended for use when you have been prescribed Forxiga for treatment of your chronic kidney disease (CKD). It introduces you to your new medicine and will help you develop an understanding of CKD. You will find more details on your condition and techniques to manage it inside.

It is not intended to replace discussions between you and your healthcare professional. Further information about Forxiga can be found in the Patient Information Leaflet which you can find in the carton containing your medicine and should be read before you start taking Forxiga.

WHAT THIS BOOKLET COVERS

- ◇ WHAT IS CHRONIC KIDNEY DISEASE?
- ◇ WHAT ARE THE CAUSES AND SYMPTOMS OF CKD?
- ◇ WHAT DO THE NUMBERS FROM MY DOCTOR MEAN?
- ◇ WHY DO I NEED TO MANAGE MY BLOOD GLUCOSE?
- ◇ WHY DO I NEED TO TAKE MEDICATION FOR CKD?
- ◇ WHY HAVE I BEEN PRESCRIBED FORXIGA?
- ◇ POTENTIAL SIDE EFFECTS
- ◇ SICK DAY RULES: MANAGING TYPE 2 DIABETES
IF YOU BECOME UNWELL AND WHAT TO DO WITH
YOUR MEDICATION
- ◇ WAYS TO HELP YOU TAKE YOUR MEDICINE
- ◇ LIVING WITH CHRONIC KIDNEY DISEASE

WHAT IS CHRONIC KIDNEY DISEASE?

YOUR KIDNEYS

Your kidneys regulate the levels of salt and water in your blood. They remove harmful products by passing them out in your urine and help to maintain your blood pressure. They also produce a hormone that helps make red blood cells which carry oxygen around the body.



CHRONIC KIDNEY DISEASE (CKD)

CKD is a condition where your kidneys do not work as well as they should. This means that waste products are not passed out in your urine and are stored in your body. CKD is a progressive disease meaning it may get worse over time if not managed or detected early enough.

WHAT IS END-STAGE KIDNEY DISEASE?

End-stage kidney disease is a final stage of CKD. At this point, the kidneys have limited function remaining and the support of dialysis may be required.

WHAT IS DIALYSIS?

Dialysis is a term used to describe the treatment process that removes waste from your blood, essentially carrying out the work of your kidneys.



SEE PAGE 6 FOR MORE INFORMATION ON THE LINK BETWEEN CKD AND HEART PROBLEMS

WHAT ARE THE CAUSES AND SYMPTOMS OF CKD?

KEY FACTORS THAT CAN INCREASE YOUR RISK OF DEVELOPING CKD INCLUDE:



HIGH BLOOD PRESSURE



IF YOU HAVE DIABETES

OTHER FACTORS THAT CAN INCREASE YOUR RISK OF CKD INCLUDE:

- ◇ Heart issues
- ◇ Obesity
- ◇ Diseases that attack your kidney such as lupus
- ◇ Taking certain medications e.g. ibuprofen
- ◇ Inflammation in your kidney
- ◇ Cysts in your kidney
- ◇ Having an enlarged prostate

WHY DO SOME PATIENTS NOT HAVE ANY SYMPTOMS?

Kidney disease does not tend to cause symptoms when it's at an early stage. This is because the body is usually able to cope with a significant reduction in kidney function.

Early-stage CKD sometimes remains undiagnosed as there are only mild changes to the kidneys. Kidney disease is often only diagnosed at this stage if a routine test for another condition, such as a blood or urine test, detects a problem.

YOU SHOULD MAKE YOUR HEALTHCARE PROVIDER AWARE OF THE FOLLOWING SYMPTOMS AS THESE COULD BE INDICATORS OF ADVANCED CKD:

- ◇ Rapid weight loss or poor appetite
- ◇ Swollen ankles, feet or hands
- ◇ Shortness of breath
- ◇ Exhaustion
- ◇ Blood in your urine
- ◇ Difficulty urinating
- ◇ Itchy skin

WHAT DO THE NUMBERS FROM MY DOCTOR MEAN?

Your doctor can measure your kidney function with a simple blood test and a urine test – this will allow the doctor to see the extent of kidney damage. When your kidneys are not functioning properly, protein can leak into your urine. The protein measured by your doctor is called albumin.

YOUR 'eGFR' (BLOOD TEST)

Your doctor will receive results from your blood test which measures your estimated glomerular filtration rate (also known as eGFR). This is used to calculate your kidney function; it measures the level of creatinine, which is a waste product in your blood. Your eGFR will also indicate the stage of your CKD – the number is approximately the percentage of how much of your kidneys are working.

LOWER eGFR = INCREASED KIDNEY DAMAGE

| Stage of CKD | eGFR |
|--------------|--------------|
| Stage 1 | 90 or higher |
| Stage 2 | 89 to 60 |
| Stage 3a | 59 to 45 |
| Stage 3b | 44 to 30 |
| Stage 4 | 29 to 15 |
| Stage 5 | Less than 15 |

YOUR 'UACR' (URINE TEST)

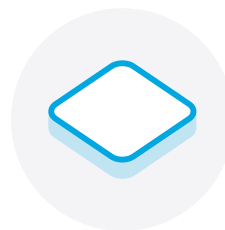
Your doctor will receive results from your urine test which measures your urine albumin-to-creatinine ratio (also known as UACR). It is used as an indicator of CKD as the presence of proteins in urine can suggest the kidneys are not fulfilling their function correctly. A normal amount of albumin in your urine is less than 3mg/mmol. Anything above 3mg/mmol may mean you have kidney disease, even if your eGFR number is above 60.

**HIGHER UACR
=
MORE SEVERE
THE DISEASE**

WHY DO I NEED TO TAKE MEDICATION FOR CKD?

There is no cure for CKD. However, treatment aims to prevent the disease from getting worse.

Taking medicine for CKD is vital as it helps to manage your blood pressure, slow the progression of the disease and help prevent complications, such as heart problems.



IS THERE A LINK BETWEEN CKD AND HEART PROBLEMS?

Having CKD increases the risk of heart attacks, strokes, heart failure and other heart issues.

As the blood-filtering units of your body, your kidneys are prone to problems with the blood vessels and therefore blood flow. This can cause issues with the heart.

This is a key reason to continue taking your medication as prescribed by your healthcare professional.



REMEMBER

Left untreated, CKD can lead to future complications such as heart issues

WHY HAVE I BEEN PRESCRIBED FORXIGA?

You have likely been prescribed Forxiga as your kidneys need support to function more efficiently.

It can help to support your kidneys long term by slowing progression of the disease. You may have recently had a blood test (eGFR) and/or a urine test (UACR) that indicated to your doctor that your kidneys are not functioning as well as they should. These tests can also tell your doctor the stage of your CKD.

HOW DOES FORXIGA WORK?

Forxiga is a medicine for heart failure called an SGLT2 inhibitor, which work by blocking the SGLT2 protein in your kidneys, helping excess sugar (glucose) pass out of the body in your urine.

SGLT2 inhibitors have been used for treating diabetes to help control blood sugar levels for many years. Forxiga has also been found to be effective in treating chronic kidney disease and heart failure, in people with or without type 2 diabetes.



HOW MUCH FORXIGA DO I TAKE?

- ◇ The recommended dose is one 10 mg tablet each day
- ◇ Your doctor may start you on a 5 mg dose if you have a liver problem
- ◇ Your doctor will prescribe the strength that is right for you

HOW SHOULD I TAKE FORXIGA?



Swallow the tablet whole with half a glass of water...



Take it once every day...



Taking your tablet at the same time each day is a good way of remembering to take it

REMEMBER

...to follow your treatment regime with Forxiga to help delay dialysis and slow progression to end-stage kidney disease

FORXIGA AIMS TO PROTECT YOUR KIDNEYS IN THE LONG TERM

FORXIGA MAY:



Help to protect your kidneys and keep them working whilst helping to delay progression to dialysis



Help some patients to live longer



Help to lower your blood pressure and weight



Reduce hospital admissions for heart failure in people suffering with CKD

If you are taking different medicines for your CKD, remember that each medicine has a different role to play in supporting the functioning of your kidneys.

REMEMBER

...you should follow your treatment regime as prescribed by your doctor, even if you do not have any CKD symptoms

WITH ALL TREATMENTS, BENEFITS NEED TO BE BALANCED WITH POTENTIAL SIDE EFFECTS

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

Contact your doctor or the nearest hospital straight away if you have any of the following side effects:

DEHYDRATION

Signs of dehydration include a fast heartbeat, very dry or sticky mouth, feeling very thirsty, very sleepy or tired and passing little or no urine.

DIABETIC KETOACIDOSIS (DKA)

As you have type 2 diabetes, you have an increased risk of developing DKA when you are unwell. DKA is a rare but serious, sometimes life-threatening problem you can get with diabetes because of increased levels of 'ketone bodies' in your urine or blood, seen in tests.

The risk of developing DKA is increased with prolonged fasting, excessive alcohol consumption, dehydration, sudden reductions in insulin dose, or a higher need of insulin due to major surgery or serious illness.

Stop taking Forxiga and contact your doctor or your nearest hospital straight away if you have symptoms of DKA.

The symptoms of DKA include: thirst, feeling and/or being sick, rapid weight loss, deep sighing breaths, stomach pain, drowsiness and sweet-smelling breath (like pear drops or acetone or nail varnish remover).

LOW BLOOD SUGAR LEVELS IN PEOPLE WHO HAVE TYPE 2 DIABETES

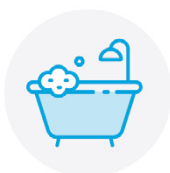
Low blood sugar levels (hypoglycaemia) are seen in 1 in 10 patients with type 2 diabetes who are taking Forxiga with a sulphonylurea (e.g. glicazide) or insulin. Signs include shaking, sweating, feeling anxious, fast heart beat, feeling hungry, headache, change in vision, a change in your mood or feeling confused. Talk to your doctor about how to treat low blood sugar levels.

SOFT TISSUE INFECTION

Although seen very rarely, a serious soft tissue infection of the genitals or area between the genitals and the anus can occur.

WATER INFECTIONS

Although urinary infections (water infections) are common, severe infections are rare. Signs include: fever and/or chills, a burning sensation when urinating, pain in your back or side and blood in your urine.



You can reduce your risk of infections by maintaining good genital hygiene

OTHER SIDE EFFECTS WITH FORXIGA INCLUDE THE FOLLOWING WHICH ARE COMMON (may affect 1 in 100 people):

- ◇ Thrush
 - Around 1 in 10 women and 1 in 20 men may experience thrush. Symptoms of thrush, including itching or discomfort of the genital area, can be managed effectively with an anti-fungal cream
- ◇ Back pain
- ◇ Passing more water (urine) than usual or needing to pass water more often
- ◇ Dizziness
- ◇ Rash
- ◇ Changes in the amount of cholesterol or fats in your blood, increases in the amount of red blood cells in your blood, decreases in creatine renal clearance at the start of treatment (all shown in tests carried out by your healthcare team)

FURTHER INFORMATION

Your Forxiga Patient Information Leaflet (in your medication box) has more information on potential side effects. If you have any questions, speak to your doctor, nurse or pharmacist.

REPORTING SIDE EFFECTS

If you get any side effects, including those not listed in this booklet, talk to your doctor, pharmacist or nurse. You can also 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.

SICK DAY RULES: MANAGING TYPE 2 DIABETES IF YOU BECOME UNWELL AND WHAT TO DO WITH YOUR MEDICATION

Forxiga can be prescribed for both CKD and type 2 diabetes. As you have type 2 diabetes, it's important to know what to do with Forxiga when you are ill, as it is likely to affect your blood sugars.

For those with type 2 diabetes, certain 'sick day rules' should be followed when you have an acute illness. If you have an acute illness, seek medical attention from your doctor, nurse or pharmacist and let them know you are on Forxiga – illnesses include:

- ◇ Fever, sweats and shaking
- ◇ Diarrhoea and vomiting (unless minor)
- ◇ Abscess
- ◇ Injury (e.g. fracture)
- ◇ Any other symptoms that interfere with normal eating or drinking
- ◇ Any illness that leads to hospital admission
- ◇ Infections
 - A common cold
 - COVID-19 infection
 - Influenza
 - Urinary tract infection
 - Chest infection
 - Pneumonia

While you are unwell it is likely that your blood glucose will increase even if you are eating less than usual. High blood glucose and dehydration can lead to serious conditions, such as diabetic ketoacidosis (DKA). If you are too unwell to eat and drink, stop taking Forxiga until recovered.

**SEEK ADVICE FROM YOUR DOCTOR, NURSE OR PHARMACIST
IF YOU HAVE ANY QUESTIONS ABOUT MANAGING YOUR
DIABETES WHEN YOU ARE ILL.**



PAUSE Forxiga if you're unwell and not eating/drinking normally

- If applicable, you will need to stop or adjust other diabetes medications (metformin, sulfonylureas, GLP-1 analogues) during the period you are unwell – see appropriate patient information leaflets for guidance
- Other common medications that need to be temporarily stopped while you are unwell include:
 - Some blood pressure tablets, such as ACE inhibitors – these tend to end in 'pril', e.g. ramipril
 - ARBs – these tend to end in 'tan', e.g. losartan or valsartan
 - Diuretics, e.g. furosemide or bendroflumethiazide
 - NSAIDs – anti-inflammatory painkillers, e.g. ibuprofen, diclofenac, naproxen



LOOK OUT for symptoms of high blood glucose

- These include thirst, passing more urine than usual and tiredness. Seek medical advice if you have these symptoms



RESTART Forxiga when you are feeling better and able to eat and drink normally for 24–48 hours – when restarting, just take Forxiga as normal

- If applicable, restart other medications – see appropriate patient information leaflets for guidance on your other medicines
- Seek advice from your doctor, nurse or pharmacist if you do not feel better after 2–3 days

ADDITIONAL TIPS FOR WHEN YOU ARE ILL

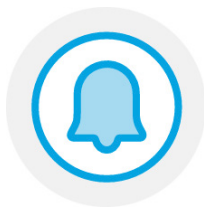
- ◇ Stay hydrated
- ◇ Do not fast: maintain carbohydrate intake
- ◇ If applicable, never stop insulin; you may have to adjust the dose
- ◇ If you are worried about other symptoms not related to your diabetes, please seek medical advice
- ◇ Seek medical attention if you are unable to control your blood glucose (18 mmol/L) or unable to stay hydrated due to vomiting

HOW TO MANAGE FLUID RESTRICTION FOR KIDNEY DISEASE WHEN YOU'RE UNWELL

You may have been instructed to restrict your fluid intake to manage your kidney disease. Contact your doctor to understand how to manage your fluid intake when you're ill.

WAYS TO HELP YOU TAKE YOUR MEDICINE

Taking your medicine as prescribed by your doctor will support the proper functioning of your kidneys. So, if you have questions about your medicine, simply speak to your healthcare team.



BE IN CHARGE OF YOUR MEDICINE

Know what you are taking and why it's important to take it

If remembering is hard, consider setting an alarm on your phone or a calendar reminder

Ask a family member or friend to give you a reminder to take your medication in case you forget



DEVELOP A ROUTINE

Taking your medicine at the same time each day may help you remember to take it

Consider using a pill box with days of the week on if you are taking lots of different tablets

Leave yourself notes in places around your home



ASK FOR ADVICE

Should you experience side effects when you start a new medicine, speak to your healthcare team for advice on how to manage these

Continue taking your medication, unless advised by your healthcare team to stop
(or as you have type 2 diabetes, you should follow sick day rules)

LIVING WITH CHRONIC KIDNEY DISEASE

Making positive lifestyle choices can help to prevent your condition from worsening and can also help decrease your risk of heart complications.



CONTROL YOUR BLOOD PRESSURE and aim for a healthy weight by eating a healthy balanced diet and exercising



You can work with a dietitian to **DEVELOP A MEAL PLAN** and limit your salt intake



Work with your healthcare team to **MONITOR YOUR KIDNEY HEALTH**



Find healthy ways to **COPE WITH STRESS** and depression such as exercising, reading a book and doing things you enjoy



Try to cut down or **STOP SMOKING** by following a plan provided by your healthcare professional



Get **ENOUGH SLEEP** at night

MANAGING YOUR LIFESTYLE AND FOLLOWING YOUR TREATMENT REGIMEN WITH FORXIGA CAN HELP DELAY CKD WORSENING

NOTES

HEALTHCARE PROFESSIONAL CONTACT DETAILS

Name:

Contact Number:

