

Below is a summary of your medication counselling session. Please review the information below and keep it for your reference.

---

## 1) Medication List

---

- Metformin – a diabetes medication (discussed in session regarding general use and tablet crushing information)
- Atorvastatin 20 mg tablets – take 1 tablet once each morning (continue as before – no change)
- Empagliflozin 25 mg tablets – take 1 tablet once each morning (newly prescribed)

---

## 2) Medication Information

---

- Metformin:
  - Used primarily for managing Type 2 Diabetes.
  - Works by improving your body's response to insulin and reducing the amount of sugar released from your liver into your bloodstream.
  - Taken as part of an overall diabetes management plan that includes diet, exercise, and sometimes other medications.
  - Helps lower blood glucose levels over time and can reduce the risk of diabetes-related complications when used properly.
- Atorvastatin:
  - A cholesterol-lowering medication.
  - Provided at a dose of 20 mg once in the morning.
  - There is no change in your current regimen.

- Empagliflozin:
    - A medication used in the management of blood sugar levels.
    - Prescribed at 25 mg once in the morning.
    - This is a newly added medication to your treatment plan.
- 

### 3) Counselling Points

---

- For Metformin:
    - Follow the prescribed dose and schedule as discussed with your healthcare provider.
    - If you have questions on how this medication fits into your overall treatment plan or concerns about side effects, be sure to ask your doctor.
    - Regarding tablet crushing:
      - Immediate-release tablets such as 250 mg, 500 mg, or 850 mg forms can be crushed if needed.
      - Extended-release forms, for example, Metformin 1000 mg XR, should not be crushed or cut because doing so may affect the way the medication is released and absorbed.
  - For Atorvastatin and Empagliflozin:
    - Take these once every morning as instructed.
    - Maintain a consistent routine and follow any dietary or lifestyle recommendations provided by your healthcare team.
    - If you experience any unusual symptoms or have concerns about how to take these medications, consult your pharmacist or healthcare provider.
-

#### 4) Other Important Medication Information

---

- Always follow the instructions provided by your healthcare provider and review your medication labels carefully.
- Do not alter or crush any tablets unless you have confirmed it is safe to do so—especially with extended-release formulations.
- Continue with any other lifestyle or dietary modifications that have been recommended as part of your overall treatment plan.
- If you have any doubts or experience side effects, contact your healthcare provider or pharmacist promptly for further advice.

Keep this report handy and refer to it whenever you need a reminder about your medications and related instructions. Remember, your healthcare team is available to answer any questions you may have.