

## Sodium Glucose Co-Transporters



*Diabetic Unit*

## What are Sodium Glucose Co-Transporters?

Sodium Glucose Co-Transporters (SGLT2 inhibitors) are a type of oral medication used to treat Type 2 diabetes and cases of cardiovascular disease in adults. They are prescription medicines also called gliflozins.

SGLT2 inhibitors are tablets that can help to lower your blood glucose (sugar) levels. If you have type 2 diabetes, your doctor may prescribe them as part of your treatment plan.

Your current medication is called \_\_\_\_\_

## How do SGLT2 inhibitors work?

SGLT2 inhibitors can help to lower your blood sugar levels by:

- Reducing the amount of glucose being absorbed in the kidneys so that it is passed out in the urine
- Reducing the amount of glucose in your blood

## Benefits of SGLT2 inhibitors (Gliflozins):

- Lowers blood glucose along with diet and exercise in adults with Type 2 Diabetes
- Reduces the risk of cardiovascular death and hospitalization for heart failure in adults with heart failure, when the heart cannot pump enough blood to the rest of your body.
- Reduces the risk of cardiovascular death in adults with type 2 diabetes and who also have known cardiovascular disease.
- Improve renal outcome in persons with Type 2 Diabetes with Chronic Kidney Disease

## Common side effects of Gliflozins include:

- Urinary tract infections - burning sensation when passing urine
- Genital yeast infection in both males and females – white or yellowish discharge, itching or swelling. Inform your GP if you have any signs or symptoms of a urinary tract infection or fungal infection.
- Low blood sugar (hypoglycaemia). If you take a Gliflozin with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you take Gliflozin.



Symptoms of a serious allergic reaction to Gliflozin may be found on the medication package insert

## Stopping Gliflozin before an Intervention or Surgery - frequently asked questions

*Why was I told to stop my Gliflozin before my operation?*

Gliflozins are relatively safe medicines with many useful benefits, but they may give rise to complications if not stopped before an operation. Therefore, it is important to stop them before.

In your case, you need to stop taking it on the \_\_\_\_\_.

*What happens after I stop it?*

After you stop it, and if you have diabetes, it is important that you check your capillary blood glucose (finger prick) at least twice a day.

If your blood glucose reading is more than 14, then you need to contact the medical or surgical team who is planning your intervention so that they can advise you on what to do.

*When will my medicine be restarted?*

If your operation was done as a day case and you have been sent home then your doctors will advise you to take your medicine the next day, but only if everything went well and you have started eating and drinking normally (and no vomiting has occurred). If you have any problems once you get home then you can call the Day Surgery Helpline on: \_\_\_\_\_

If your operation was done as an inpatient (you had to sleep in hospital after your operation), then your doctors will guide you on when to restart your medicine. Sometimes, it may be necessary to wait for a few days before your medicine can be restarted.