

## SGLT2 Inhibitors

### What are SGLT2 inhibitors?

Sodium-glucose co-transporter-2 (SGLT2) inhibitors are a class of medications used to treat Type 2 diabetes mellitus.

Examples of SGLT2 inhibitors that are currently available in Singapore are:

- Empagliflozin (Jardiance®)
- Dapagliflozin (Forxiga®)
- Canagliflozin (Invokana®)

### How do SGLT2 inhibitors work?

SGLT2 inhibitors work by preventing the kidneys from reabsorbing sugar (glucose) back into the blood. As a result, more sugar is removed from the body in the urine (glycosuria), which also leads to an increase in the amount of urine produced.

### What are the benefits of using SGLT2 inhibitors?

The benefits of using SGLT2 inhibitors include:

- Reduced blood sugar levels
- Lowered blood pressure and body weight
- Reduced risk of kidney failure
- Reduced risk of heart failure

### Tips to follow when you are on SGLT2 inhibitors

- Keep yourself well-hydrated
  - Consult your doctor on your recommended daily fluid intake if you have heart or kidney problems
- Practice good genital hygiene
- Avoid excessive alcohol intake

### When to temporarily stop SGLT2 inhibitors?

- At least 72 hours before undergoing surgical procedures. For example, if your surgery is planned for the following Monday, the last dose of SGLT2 inhibitor should be on Friday morning
- If you are feeling unwell with high fever, diarrhoea, vomiting, poor appetite or reduced fluid intake
- If you are pregnant

## **When do you need to take extra precautions?**

Ask your doctor if you need to stop the medication or take extra precautions if you are planning to:

- Follow a weight loss diet plan with very low carbohydrate intake, such as a ketogenic diet
- Engage in endurance physical activities like running a marathon
- Become pregnant
- Fast during Ramadan

## **Seek immediate medical attention if:**

You experience any of these symptoms:

### **1. Urinary tract / genital infection (common)**

- Burning sensation when urinating
- Blood in urine
- Itching or discharge from genitals

### **2. Fournier's gangrene (very rare, but serious)**

- Pain, redness, or swelling in the genital area or from the genitals to the rectum
- Fever above 38°C or a general feeling of being unwell

### **3. Euglycemic diabetic ketoacidosis (very rare, but serious)**

- Shortness of breath
- Abdominal pain
- Persistent nausea and vomiting
- Fruity-smelling breath

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