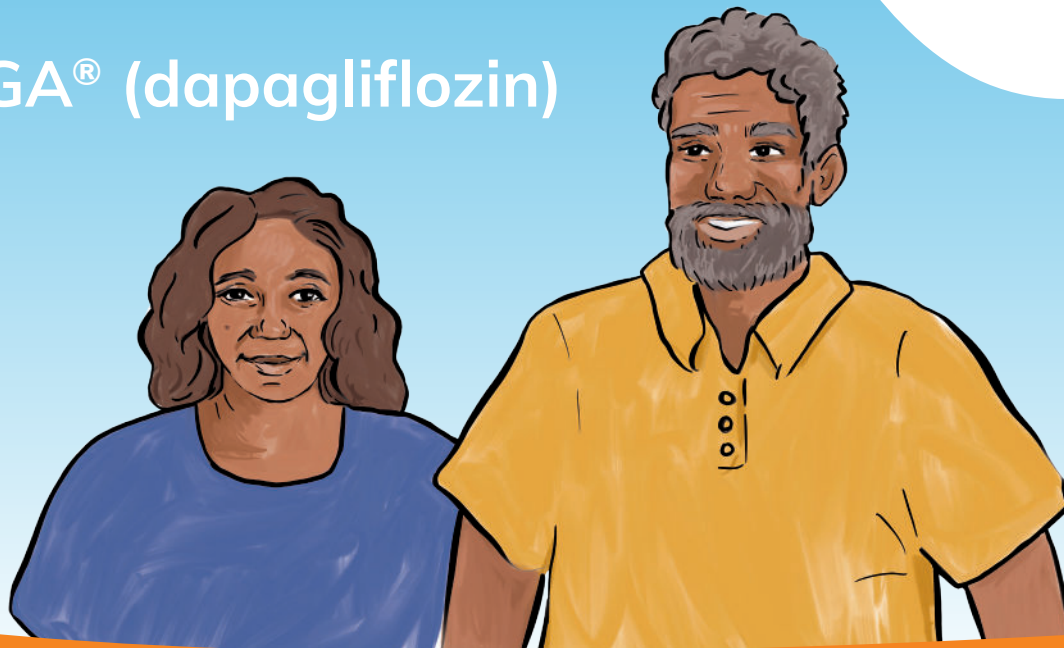


# UNDERSTANDING YOUR MEDICINE

FORXIGA<sup>®</sup> (dapagliflozin)

  
forxiga.  
(dapagliflozin)

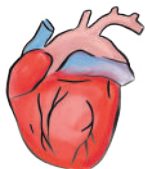


You are being given FORXIGA because it may help diabetes, heart and kidney problems.

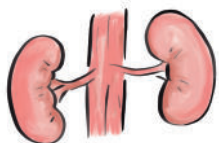
Why I am taking this, tick all that apply



- For my Type 2 diabetes.** When you have high levels of sugar in your blood, FORXIGA may help you to control your blood sugar when your body doesn't make enough insulin.



- For my heart.** FORXIGA may help you if you have heart trouble, when your heart isn't pumping enough blood around your body, arms, fingers, legs, toes and you might need to go to hospital.



- For my kidneys.** Diabetes and high blood pressure can lead to kidney trouble. Good control of your blood sugar and blood pressure are important in keeping your kidneys healthy, but may not always prevent kidney trouble from occurring. FORXIGA may also help if you have kidney trouble. It is important to treat kidney trouble early to stop it getting worse.

## How will FORXIGA help me?

- Helps to control your blood sugar levels e.g. taking more sugar out in your wee
- Keeps your heart strong and improves your symptoms
- It may reduce the need to go to hospital
- Keeps your kidney working well e.g. takes longer before you might need dialysis

## How do I take FORXIGA (dapagliflozin) and for how long?

- You should take one FORXIGA 10 mg tablet Once A Day.
- Take with a full glass of water.
- You should take FORXIGA for as long as your doctor tells you to take it, and as supported by your Aboriginal and Torres Strait Islander Health Worker or Health Practitioner or nurse.
- Please don't share the medicine, it could be harmful to others.

## Take with or without food

FORXIGA tablets can be taken with or without food. It doesn't matter! Take the tablet when you think it will be easy to remember.



## If you miss a dose

If you remember later in the day, you can still take the tablet. Take the next tablet at your normal time. **Do not take 2 tablets at the same time.**

## Take one FORXIGA tablet at the same time each day

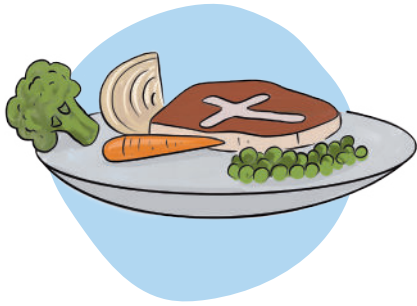
Taking your tablets at the same time each day will have the best effect. It will also help you remember when to take the tablets.

# What else can I do?

## Medicines are only part of staying healthy.

You will need to look after yourself. Be active every day, eat healthy tucker, get support from your family and community, keep taking your medicines and get regular checks up while you are taking FORXIGA.

Tell your Aboriginal and Torres Strait Islander Health Worker or Health Practitioner, nurse, doctor, dentist and pharmacist that you are taking FORXIGA.



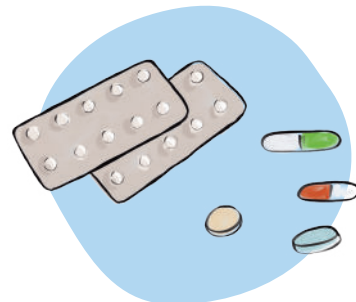
Eat healthy tucker



Exercise every day



Drink enough water



Keep taking your medicines, even if you feel good



Yarn with your health worker



Get good sleep



Do not drink alcohol (grog)

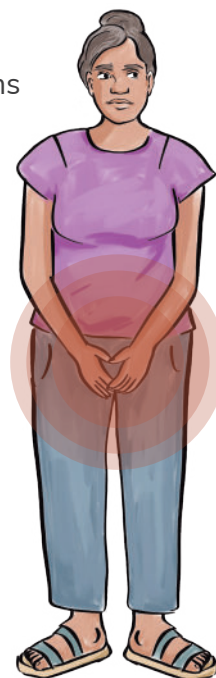
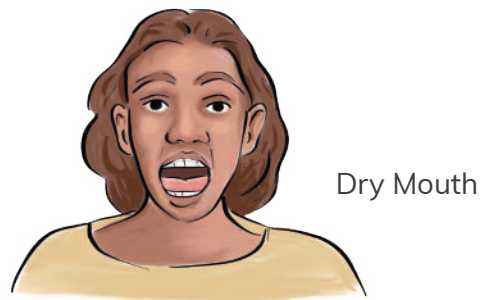
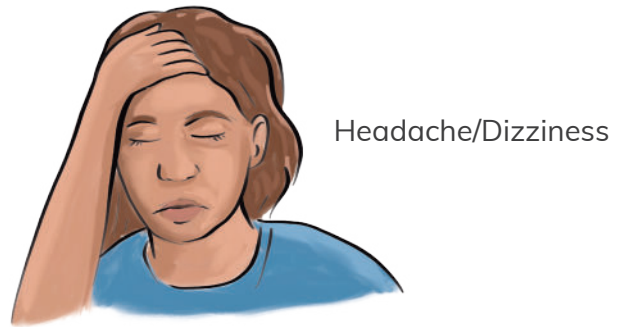


Quit smoking

# How will the medicine make me feel?

Though FORXIGA may help to keep you healthy it can sometimes cause side effects, for some people. Generally people don't feel too bad and sometimes side effects go away by themselves. Tell your doctor if you do not feel well.

Make sure you tell your doctor, nurse or Aboriginal and Torres Strait Islander Health Worker or Health Practitioner if you are not feeling well.



# Some side effects from FORXIGA can be:

## 1. Low Blood Sugar (hypoglycaemia or 'hypo')

- Weakness, trembling or shaking
- Sweating
- Light-headedness, dizziness, headache or lack of concentration
- Irritability, tearfulness or crying
- Hunger
- Tingling in the mouth

## 2. Dehydration (loss of water in the body)

Dehydration can occur in people taking FORXIGA

- Dry sticky mouth
- Feeling very thirsty
- Dizziness
- Wee less often than normal or not at all
- Severe diarrhoea or vomiting

## 3. Allergic reaction

- Shortness of breath, wheezing or severe difficulty in breathing; shock, swelling of the face, lips, tongue or other parts of the body; skin rash, itching or hives on the skin

## 4. Urinary Tract Infections (UTIs) and Genital Infections.

Having sugar in your wee increases your risk of infection.

- Burning or pain when you wee
- More frequent or urgent need to wee
- Fever, chills, or blood in your wee
- Painful when weeing
- Soreness and more severe irritation or, redness and swelling of your genitals
- An unpleasant odour or discharge associated with your genitals

## 5. Diabetic Ketoacidosis<sup>1</sup>

FORXIGA can cause a serious condition called diabetic ketoacidosis (DKA). DKA can happen if you have high blood sugar for too long and is a serious condition. It can be caused by not eating, having too much grog, not drinking enough water, major surgery or serious illness.

If you experience any of these symptoms of DKA tell your doctor IMMEDIATELY or go to Accident and Emergency at the nearest hospital. Tell the emergency doctor that you are taking FORXIGA.

- Feeling sick or being sick
- Stomach pain
- Excessive thirst
- Rapid weight loss
- Difficulty breathing

- Feeling weak and tired
- Confusion
- A sweet smell to your breath
- A sweet or metallic taste in your mouth
- A strange odour to your wee or sweat
- Frequent weeing

Speak to your doctor about taking FORXIGA in any of the following situations:

- If you are unable to eat or drink e.g., nausea, vomiting
- If you are unwell with an infection or illness
- If you are on a very low energy diet
- If you are having surgery or a procedure

## Other SYMPTOMS

Tell your Aboriginal and Torres Strait Islander Health Worker or Health Practitioner or doctor and IMMEDIATELY go to Emergency at the hospital if you experience any of the following:

- Pain or tenderness, redness, swelling of the genitals or the area from the genitals to the bottom, fever, and generally feeling unwell
- Shortness of breath, wheezing or severe difficulty in breathing
- Shock, swelling of the face, lips, tongue or other parts of the body
- Skin rash, itching or hives on the skin, hayfever, or you may feel faint

## Recommendations for surgery

Talk to your Aboriginal and Torres Strait Islander Health Worker or Health Practitioner or doctor if you are having surgery (including dental surgery) to discuss when to stop taking FORXIGA and when to start taking it again.

Tell your doctor if you are pregnant, breastfeeding or taking other medicines.

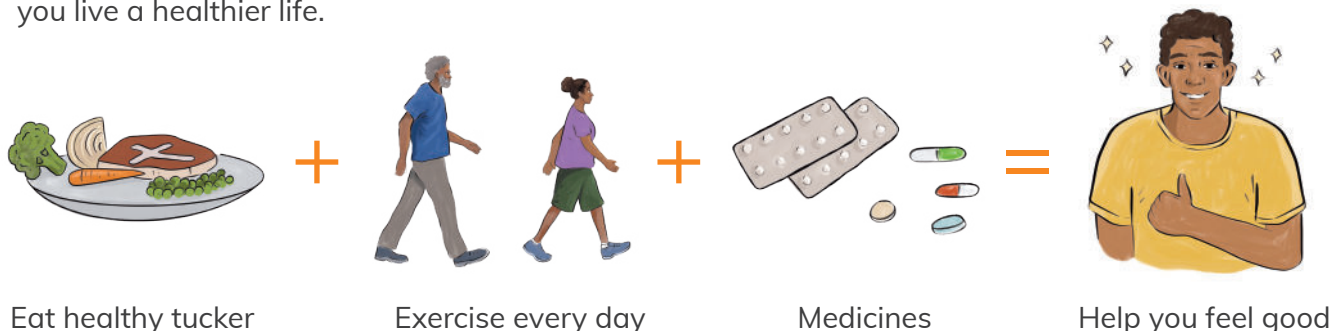


For more information about FORXIGA, please read the FORXIGA Consumer Medicine Information which you can get from your Aboriginal and Torres Strait Islander Health Worker or Health Practitioner, nurse, doctor, dentist and pharmacist.



# Live Healthy

Take FORXIGA as prescribed by your doctor. Taking your FORXIGA tablets and looking after yourself will help improve symptoms of your diabetes, heart and/or kidney problems and may help you live a healthier life.



## Notes:

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References: 1. FORXIGA Approved Consumer Medicine Information.

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For Medical Information enquiries or to report an adverse event or product quality complaint: Telephone 1800 805 342 or via <https://contactazmedical.astrazeneca.com>. AU-17729. October 2023.

This booklet has been developed for Aboriginal and Torres Strait Islander people who have been prescribed FORXIGA. The information contained in the booklet is not a substitute for medical advice. AstraZeneca encourages you to discuss the information in this booklet and to seek further information about your condition and/or treatment from your healthcare professional.

AstraZeneca acknowledges the Traditional Owners of this land which continues to be under their ongoing custodianship. We pay our respect to Elders past, present and emerging. The content of this booklet was developed in collaboration with NACCHO.

About the artist: Samantha Campbell is a proud Dagoman artist living on Arrernte country. She operates Coolamon Creative, a small creative studio with a focus on visual storytelling.



**NACCHO**  
National Aboriginal Community  
Controlled Health Organisation

