

# Living Well with Diabetes

## Information about Jardiance® (empagliflozin)

Your provider recommended that you start a new diabetes medicine called Jardiance® (empagliflozin). Jardiance helps people with type 2 diabetes manage blood sugar levels. It also helps to protect their hearts. This medicine can help people with type 2 diabetes that are at higher risk for heart-related health problems such as stroke, lower their risk of death.

### How Jardiance works:

Jardiance is used, along with a healthy eating and physical activity plan, to improve blood sugar levels. Jardiance works by helping the kidneys get rid of glucose from the bloodstream. You will probably see a drop your hemoglobin A1C result the next time you get tested. And you might also see a weight loss of up to 10 pounds.

### How to take Jardiance:

Jardiance is easy to take. You may take it with or without food. Your dose is 12.5 mg (half of a 25 mg pill) once a day. The pharmacy will give you a pill splitter so you can cut the pill in half to get the right dose.

### Common side effects:

The most common side effect of this medicine is slight increased risk for urinary tract infections (UTI) or genital yeast infections. This happens because Jardiance increases the amount of sugar released from your body into your urine, creating an opportunity for bacteria to grow.

To help prevent these infections, stay well hydrated during the day by drinking plenty of water and other liquids. It is also important to check your feet regularly for early signs of infection and prevent growing sores.

Other effects of this medicine include a slightly lower blood pressure and increased urination.

### When to call your provider:

Stop taking the medicine and call your provider or the Consulting Nurse if you:

- Have serious nausea and vomiting, and cannot drink enough liquids
- Develop new, unexplained pain
- Have sores or infections in your legs, feet, or groin

**Consulting Nurse Service:** Available to Kaiser Permanente members 24 hours a day:  
1-800-297-6877

### For more information

Visit [kp.org/wa](http://kp.org/wa) for more information about diabetes and other health topics.