Your guide to Forxiga® (dapagliflozin) in Chronic Kidney Disease

Forxiga for you

This booklet, funded and produced by AstraZeneca, is intended for use when you have been prescribed Forxiga for treatment of your chronic kidney disease (CKD).

It introduces you to your new medicine and will help you develop an understanding of CKD. You will find more details on your condition and techniques to manage it inside.

It is not a substitute for the patient information leaflet (PIL) which is provided with the medicine and should be read carefully.

https://qrs.ly/iccnvoo

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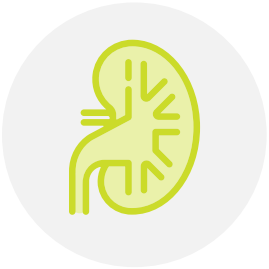
An overview of CKD



Your kidneys

Your kidneys regulate the levels of salt and water in your blood. They remove harmful products by passing them out in your urine and help to maintain your blood pressure. They also produce a hormone that helps make red blood cells which carry oxygen around the body.

What is CKD?

CKD is a condition where your kidneys do not work as well as they should. This means that waste products are not passed out in your urine and are stored in your body. CKD is a progressive disease meaning it may get worse over time if not managed or detected early enough.

What is end-stage kidney disease?

End-stage kidney disease is a final stage of CKD. At this point, the kidneys have limited function remaining and the support of dialysis may be required.

What is dialysis?

Dialysis is a term used to describe the treatment process that removes waste from your blood, essentially carrying out the work of your kidneys.

See page 5 for more information on the link between CKD and heart problems

Causes and symptoms of CKD

Key factors that can increase your risk of developing CKD include:

High blood pressure

If you have diabetes

Other factors that can increase your risk of CKD include:

- Heart issues
- Obesity
- Diseases that attack your kidney such as lupus
- Taking certain medications e.g. ibuprofen
- Inflammation in your kidney
- Cysts in your kidney
- Having an enlarged prostate

Why do some patients not have any symptoms?

Kidney disease does not tend to cause symptoms when it's at an early stage. This is because the body is usually able to cope with a significant reduction in kidney function.

Early-stage CKD sometimes remains undiagnosed as there are only mild changes to the kidneys. Kidney disease is often only diagnosed at this stage if a routine test for another condition, such as a blood or urine test, detects a problem.

You should make your healthcare provider aware of the following symptoms as these could be indictors of advanced CKD:

- Rapid weight loss or poor appetite
- Swollen ankles, feet or hands
- Shortness of breath
- Exhaustion
- Blood in your urine
- Difficulty urinating
- Itchy skin

What do the numbers from your doctor mean?

Your doctor can measure your kidney function with a simple blood test and a urine test – this will allow the doctor to see the extent of kidney damage. When your kidneys are not functioning properly, protein can leak into your urine. The protein measured by your doctor is called albumin.

Your 'eGFR' (blood test)

Your doctor will receive results from your blood test which measures your estimated glomerular filtration rate (also known as eGFR). This is used to calculate your kidney function; it measures the level of creatinine, which is a waste product in your blood. Your eGFR will also indicate the stage of your CKD – the number is approximately the percentage of how much of your kidneys are working.

Lower eGFR = Increased kidney damage

Stage of CKD	eGFR
Stage 1	90 or higher
Stage 2	89 to 60
Stage 3a	59 to 45
Stage 3b	44 to 30
Stage 4	29 to 15
Stage 5	Less than 15

Your 'UACR' (urine test)

Your doctor will receive results from your urine test which measures your urine albumin-to-creatinine ratio (also known as UACR). It is used as an indicator of CKD as the presence of proteins in urine can suggest the kidneys are not fulfilling their function correctly. A normal amount of albumin in your urine is less than 3mg/mmol. Anything above 3mg/mmol may mean you have kidney disease, even if your eGFR number is above 60.

Higher UACR = More severe the disease

Why do I need to take medication for CKD?

There is no cure for CKD. However, treatment aims to prevent the disease from getting worse.

Taking medicine for CKD is vital as they help to manage your blood pressure, slow the progression of the disease and help prevent complications, such as heart problems.

Is there a link between CKD and heart problems?

Having CKD increases the risk of heart attacks, strokes, heart failure and other heart issues.

As the blood-filtering units of your body, your kidneys are prone to problems with the blood vessels and therefore blood flow. This can cause issues with the heart.

This is a key reason to continue taking your medication as prescribed by your healthcare professional.

Remember

Left untreated, CKD can lead to future complications such as heart issues

Why have I been prescribed Forxiga?

You have likely been prescribed Forxiga as your kidneys need support to function more efficiently.

It can help to support your kidneys long term by slowing progression of the disease. You may have recently had a blood test (eGFR) and/or a urine test (UACR) that indicated to your doctor that your kidneys are not functioning as well as they should. These tests can also tell your doctor the stage of your CKD.

How should I take Forxiga?

Swallow the tablet whole with water

Take it once every day

Taking your tablet at the same time each day is a good way of remembering to take it

How does Forxiga work?

For many years, Forxiga has been used to treat type 2 diabetes. It has now also been shown to help protect the kidneys and delay CKD progression.

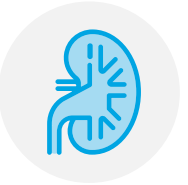
Forxiga is an SGLT2 inhibitor that we now recognise has a positive effect when treating CKD. It works by blocking the SGLT2 protein in your kidney. By blocking this protein, blood sugar, salt and water are removed from your body via the urine.

Remember

...to follow your treatment regime with Forxiga to help delay dialysis and slow progression to end-stage kidney disease

Forxiga aims to protect your kidneys in the long term

Forxiga may:



Help to protect your kidneys and keep them working whilst helping to delay progression to dialysis

Help some patients to live longer

Help to lower your blood pressure and weight

Reduce hospital admissions for heart failure in people suffering with CKD

If you are taking different medicines for your CKD, remember that each medicine has a different role to play in supporting the functioning of your kidneys.

Remember

...you should follow your treatment regime as prescribed by your doctor, even if you do not have any CKD symptoms

With all treatments, benefits need to be balanced with potential side effects

Like all medicines, Forxiga can sometimes cause side effects – although not everybody gets them.

Contact your doctor or the nearest hospital straight away if you have any of the following side effects:

Dehydration

Signs of dehydration include a fast heartbeat, very dry or sticky mouth, feeling very thirsty, very sleepy or tired and passing little or no urine.

Diabetic ketoacidosis (DKA)

If you also have type 2 diabetes, you have an increased risk of developing DKA when you are unwell.

Stop taking Forxiga and contact your doctor or your nearest hospital straight away if you have symptoms of DKA.

Signs of DKA include: thirst, feeling and/or being sick, rapid weight loss, deep sighing breaths, stomach pain, drowsiness and sweet-smelling breath (like pear drops or acetone).

Low blood sugar levels in people who have type 2 diabetes

Low blood sugar levels (hypoglycaemia) are seen in 1 in 10 patients with type 2 diabetes who are taking Forxiga with a sulphonylurea or insulin. Signs include shaking, sweating, feeling anxious, fast heart beat, feeling hungry, headache, change in vision, a change in your mood or feeling confused. Talk to your doctor about how to treat low blood sugar levels.

Soft tissue infection

Although seen very rarely, a serious soft tissue infection of the genitals or area between the genitals and the anus can occur.

Water infections

Although water (urinary) infections are common, severe infections are rare. Signs include: fever and/or chills, a burning sensation when urinating, pain in your back or side and blood in your urine.

You can reduce your risk of infections by maintaining good genital hygiene

Other side effects with Forxiga include the following which are common (may affect 1 in 10 people):

- Thrush
  - Around 1 in 10 women and 1 in 20 men may experience thrush. Symptoms of thrush, including itching or discomfort of the genital area, can be managed effectively with an anti-fungal cream
- Back pain
- Passing more water (urine) than usual or needing to pass water more often
- Dizziness
- Rash
- Changes in the amount of cholesterol or fats in your blood, increases in the amount of red blood cells in your blood, decreases in creatinine renal clearance at the start of treatment (all shown in tests carried out by your healthcare team)

Further information

Your Forxiga Patient Information Leaflet (in your medication box) has more information on potential side effects. If you have any questions, speak to your doctor, nurse or pharmacist.

Reporting side effects

If you get any side effects, including those not listed in this booklet, talk to your doctor, pharmacist or nurse. You can also report side effects directly via the Yellow Card Scheme at: **https://yellowcard.mhra.gov.uk**, or search for MHRA Yellow Card in the Google Play or Apple App Store.

Sick day rules: managing type 2 diabetes if you become unwell and what to do with your medication

You may have both kidney disease and type 2 diabetes because Forxiga can be prescribed for both. If you do have type 2 diabetes, it's important to know what to do with Forxiga when you are ill, as it is likely to affect your blood sugars.

For those with type 2 diabetes, certain 'sick day rules' should be followed when you have an acute illness. If you have an acute illness, seek medical attention and let your HCP know you are on Forxiga - illnesses include:

- Abscess
- Injury (e.g. fracture)
- Any other symptoms that interfere with normal eating or drinking
- Any illness that leads to hospital admission

- A common cold
- COVID-19 infection
- Influenza
- Urinary tract infection
- Chest infection
- Pneumonia

While you are unwell it is likely that your blood glucose will increase even if you are eating less than usual. High blood glucose and dehydration can lead to serious conditions, such as diabetic ketoacidosis (DKA). If you are too unwell to eat and drink, stop taking Forxiga until recovered.

Remember

Seek advice from your doctor, nurse or pharmacist if you have any questions about managing your diabetes when you are ill.

Stop Forxiga if you're unwell and not eating/ drinking normally

- If applicable, you will need to stop or adjust other T2D medications (metformin, sulfonylureas, GLP-1 analogues) during the period you are unwell – see appropriate patient information leaflets for guidance

Look out for symptoms of high blood glucose. These include thirst, passing more urine than usual and tiredness. Seek medical advice if you have these symptoms

Restart Forxiga when you are feeling better and able to eat and drink normally for 24–48 hours – when restarting, just take Forxiga as normal

Additional tips for when you are ill

- Stay hydrated
- Do not fast: maintain carbohydrate intake
- If applicable, never stop insulin; you may have to adjust the dose
- If you are worried about other symptoms not related to your diabetes, please seek medical advice
- Seek medical attention if you are unable to control your blood glucose (persistently over 18 mmol/L) or unable to stay hydrated due to vomiting

How to manage fluid restriction for kidney disease when you're unwell

You may have been instructed to restrict your fluid intake to manage your kidney disease. Contact your doctor to understand how to manage your fluid intake when you're ill.

Remembering to take your medicine

Taking your medicine as prescribed by your doctor will support the proper functioning of your kidneys. So, if you have questions about your medicine, simply speak to your healthcare team.

Be in charge of your medicine

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Know what you are taking and why it's important to take it

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If remembering is hard, consider setting an alarm on your phone or a calendar reminder

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Ask a family or friend to give you a reminder to take your medication in case you forget

Develop a routine

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Taking your medicine at the same time each day may help you remember to take it

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Consider using a pill box with days of the week on if you are taking lots of different tablets

–

Leave yourself notes in places around your home

Ask for advice

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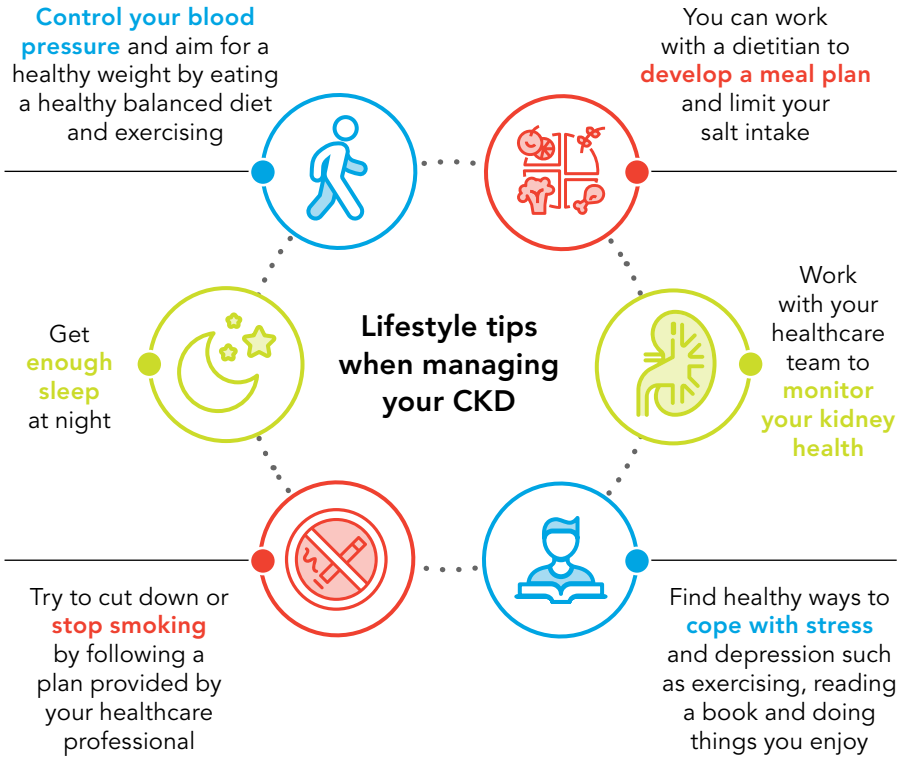
Should you experience side effects when you start a new medicine, speak to your healthcare team for advice on how to manage these

Continue taking your medication, unless advised by your healthcare team to stop (or if you have type 2 diabetes, you should follow sick day rules)

Living with chronic kidney disease

Making positive lifestyle choices can help to prevent your condition from worsening and can also help decrease your risk of heart complications.



Managing your lifestyle and following your treatment regimen with Forxiga can help delay CKD worsening

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Health care professional contact details

Name:

Contact number:

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