

## If you are on a Sodium-Glucose Cotransporter-2 Inhibitors (SGLT2-I), you will find this information useful:

### SGLT2-I are used for treating type 2 diabetes and include:

- Dapagliflozin : Forxiga ®
- Empagliflozin : Jardiance ®
- Canagliflozin : Invokana®



### SGLT2-I work by:

- Increasing the amount of sugar being passed out through your urine.
- Reducing blood sugar levels.



It has also been shown to have added benefits to protect the heart and kidney.

### Possible side effects:

- Fungal genital infections.
- Urinary tract infections.
- Dehydration.
- Diabetes ketoacidosis (DKA)— This is a rare event where certain acids (ketones) build up in your blood. This may happen even when your blood glucose level is normal.



### When you are on SGLT2-I, pay particular attention to:

- Personal genital hygiene.
- Regular voiding of urine.
- Adequate hydration.

### Consider seeking medical attention for:

- Genital itch, redness or discharge.
- Painful urination, or foul-smelling urine.

### Situations which increase the risk of DKA:

- Prolonged periods without eating.
- Dehydration.
- Intercurrent illness.
- Reducing/omitting your insulin.
- Alcohol.

### Symptoms of DKA include:

- Nausea, vomiting, abdominal pain.
- Rapid breathing.
- Dizziness and thirst (from dehydration).

### When to stop taking SGLT2-I\*:



- Fever > 37.5°C, and/or any infection
- Vomiting/Diarrhoea ++
- Fasting for a procedure (see overleaf)

### Sick day guidance

- Temporarily stop taking SGLT2-I and seek medical advice as needed.
- Stay adequately hydrated.
- Check blood glucose levels more frequently.

Restart SGLT2-I when you are feeling better and are eating normally again.

### Some diets can increase the risk of DKA, you may prefer to avoid these:

- Extreme low-carbohydrate diets.
- Ketogenic diet.
- Excessive alcohol intake.



# Sodium-Glucose Cotransporter-2 Inhibitors (SGLT2-I): Useful tips

## When to stop taking your SGLT2-I before surgery or a procedure.

- For elective surgery, hold off SGLT2-I **2 days** before surgery\*.
- For procedures requiring bowel preparation, hold off SGLT2-I **2 days** before procedure.

\*

-3 Day	-2 Day	-1 Day	Day of Surgery	Day after surgery
✓	X	X	X	✓

- For procedures requiring fasting\*\*, hold off SGLT2-I **on the morning of** procedure.

\*\*gastroscopy, bronchoscopy, interventional radiology procedures

## When can SGLT2-I be restarted?

Restart SGLT2-I when you are eating and drinking normally OR as advised by your doctor.

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