



YOUR GUIDE TO STARTING



This Patient Leaflet is for people who have been prescribed STEGLATRO for the treatment of type 2 diabetes.



**Steglatro® (ertugliflozin) 5 mg film-coated tablets/
15 mg film-coated tablets**

You have received this leaflet because you have been prescribed STEGLATRO for the treatment of type 2 diabetes. Before you start taking this medicine read all of this leaflet carefully, as well as the patient information leaflet that comes in your medication pack, as they contain important information for you.

- ▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. 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. By reporting side effects, you can help provide more information on the safety of this medicine.

By clicking the above link you will leave the MSD website and be taken to the MHRA website

This booklet is not a substitute for the Patient Information Leaflet (PIL) which is provided with your medicine - please ensure you read this.

The PIL is also available at <https://www.medicines.org.uk/emc/> or <https://www.emcmedicines.com/en-GB/northernireland/>.*

The information provided in this booklet is general educational information and does not take the place of professional medical advice. Always follow your doctor/nurse's instructions and talk with him/her about any questions or problems you have regarding your health and treatment.

*The link will take you to an external website for which MSD does not review or control the content





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WHAT IS STEGLATRO?

- STEGLATRO is a medicine that may be given to adults aged 18 years and older with type 2 diabetes.
- STEGLATRO can be used alone or together with other medicines that lower blood sugar.

WHAT IS TYPE 2 DIABETES?

We all have glucose in our blood, also known as 'blood sugar'. This blood sugar is released into our cells to give us energy. Insulin is a hormone that controls the release of this blood sugar. If your insulin is not working properly, you can have too much sugar in your blood – this is what happens in people with type 2 diabetes.

It could be that your body does not make enough insulin or the insulin that your body produces does not work as well as it should. When this happens, sugar builds up in the blood. This can lead to serious medical problems like heart disease, kidney disease, blindness and poor circulation.

WHY HAVE I BEEN PRESCRIBED STEGLATRO?

You have been prescribed STEGLATRO because you have been diagnosed with type 2 diabetes and your doctor believes STEGLATRO will help regulate your blood sugar levels. Adopting a healthy diet and taking up regular exercise can also help, but it's not always enough to fully manage diabetes. That's where STEGLATRO can help, together with these lifestyle changes, to lower the amount of sugar in your blood.

HOW DOES STEGLATRO WORK?

HOW DOES STEGLATRO WORK?

Your body needs sugar as a fuel, but having too much sugar can be harmful. The kidneys have an important job to do - making sure that you have the right amount of sugar in your blood, also known as 'blood sugar'. There is a protein in your kidneys called sodium-glucose cotransporter 2 (SGLT2), that helps sugar to pass into your blood.

STEGLATRO works by blocking the SGLT2 protein, so that sugar can't pass from your kidneys into your blood. This allows the kidneys to lower blood sugar levels and the excess sugar in the blood is removed in your urine.

WHAT CAN STEGLATRO DO FOR ME?

STEGLATRO prevents sugar from passing into the blood and therefore helps to lower blood sugar levels. By removing sugar from the body, STEGLATRO can also reduce body weight and blood pressure.*

*STEGLATRO is not indicated for weight loss or blood pressure reduction.

HOW DO I TAKE STEGLATRO?

Always take STEGLATRO exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

BEFORE TAKING STEGLATRO, TELL YOUR DOCTOR IF YOU ARE:

- Taking medicines which increase urine production (diuretics).
- Taking other medicines that lower the sugar in your blood, such as insulin, or medicines that increase insulin release from the pancreas.
- Pregnant or breast-feeding, or are planning to have a baby.

HOW TO TAKE STEGLATRO

- STEGLATRO is a medicine that comes in a small tablet that you swallow.
- If you have difficulties swallowing, the tablet can be broken or crushed.
- Take one tablet every morning. Try to take it at the same time; this may help you remember to take it.
- You can take your tablet with or without food.

HOW MUCH STEGLATRO SHOULD I TAKE?

- The starting dose of STEGLATRO is one 5 mg tablet per day.
- Your doctor will decide whether you need to increase your dose to 15 mg per day.
- Your doctor will prescribe the right dose for you. Do not change your dose unless your doctor has told you to.

CONTINUED...

HOW DO I TAKE STEGLATRO?

WHAT SHOULD I DO IF I TAKE MORE STEGLATRO THAN I SHOULD?

- If you take too much STEGLATRO, talk to a doctor or pharmacist straight away.

WHAT HAPPENS IF I FORGET TO TAKE STEGLATRO?

- If you forget a dose, take it as soon as you remember. However, if it is nearly time for your next dose, skip the missed dose and go back to your normal routine.
- Do not take a double dose (two doses on the same day) to make up for a forgotten dose.

WHAT HAPPENS IF I STOP TAKING STEGLATRO?

- Do not stop taking this medicine without talking to your doctor. Your blood sugar levels may increase if you stop taking the medicine.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist, or nurse.

WHAT ELSE SHOULD I KNOW ABOUT STEGLATRO?

POSSIBLE SIDE EFFECTS

Like all medicines, STEGLATRO may cause side effects, although not everybody gets them. To make sure you are prepared, here are some of the side effects to look out for.

VERY COMMON

- Yeast infection of the vagina (thrush)

COMMON

- Low blood sugar (hypoglycaemia or 'hypos')

Symptoms:

- Headache
- Drowsiness
- Irritability
- Hunger
- Dizziness
- Confusion
- Sweating
- Feeling jittery
- Weakness
- Fast heart beat

If you experience any symptoms of low blood sugar, your doctor may lower the dose of your insulin or other diabetes medicine

- Yeast infection of the penis (balanitis)
- Need to urinate more often, or in larger amounts, or at night
- Vaginal itching
- Blood tests may show changes in the amount of cholesterol, urea, or red blood cells

UNCOMMON

- Blood tests may show changes related to kidney function (such as 'creatinine')
- Painful urination

If you notice any of the side effects above, discuss them with your doctor at your next appointment

CONTINUED...

WHAT ELSE SHOULD I KNOW ABOUT STEGLATRO?

POSSIBLE SERIOUS SIDE EFFECTS

Some side effects can be serious and will need medical attention straight away

COMMON

DEHYDRATION

This can happen when you lose too much water from your body. This is more likely to happen if you are over 65 years old, or have kidney problems, or take medicines that increase your urine production (diuretics) or to lower blood pressure

Symptoms:

- Dry mouth
- Feeling dizzy, light-headed, or weak, especially when you stand up
- Fainting

RARE

DIABETIC KETOACIDOSIS

This is when you have increased levels of “ketone bodies” in your urine or blood

Symptoms:

- Rapid weight loss
- Feeling sick or being sick
- Stomach pain
- Excessive thirst
- Fast and deep breathing
- Confusion
- Unusual sleepiness or tiredness
- Sweet or metallic taste in your mouth
- Different odour to your urine or sweat



WHAT CAN I DO TO KEEP MYSELF WELL?

Here are some ways you can help yourself live better with type 2 diabetes

FOOTCARE

Diabetes can affect your circulation and the nerves in your feet, which can make it harder to notice any problems. To avoid infections or sores, check your feet regularly. Wear clean, well-fitting shoes and make sure your toenails are kept short and neat. If you feel any tenderness, pain, or have any discolouration, bruising or wounds that are slow to heal, go and ask your doctor for advice

If you do get a genital infection, treatment is available from your doctor or pharmacist. If you feel unwell, or have any pain, tenderness or swelling, go and see your doctor

STOP SMOKING

If you smoke, giving up will lower your risk of getting heart disease, having a stroke and many other serious diseases

EYE SIGHT

Diabetes can also affect your eyesight, so it's important to have regular eye tests to check your vision, examine your eyes and spot any changes early

LIMIT YOUR ALCOHOL INTAKE

Alcohol can make your blood sugar levels drop, so limit alcohol to 1-2 drinks a day

GENITAL INFECTIONS

Taking STEGLATRO may make some people more prone to genital infections, but there are things you can do to help prevent this. Good hygiene is essential. Wash the area with warm water and unperfumed gentle soap or shower gel, and wear comfortable, cotton underwear

CHECK-UP APPOINTMENTS

Make sure you attend any check-up appointments with your doctor or diabetes nurse. It's also a good idea to get your flu jab every year

THE IMPORTANCE OF A HEALTHY DIET.

FOOD GROUPS.

STANDARD DAILY PORTIONS

5+
Portions

Fruit & vegetables

3-4
Portions

Starchy carbohydrates

2-3
Portions

Proteins, such as beans, pulses, fish, eggs, meat

2-3
Portions

Dairy & alternatives

Small amounts

Fats & sugars

The food you eat not only makes a difference to how you manage your diabetes, but also to how well you feel and how much energy you have

EAT A WIDE RANGE OF FOOD FROM ALL 5 FOOD GROUPS

- Fruit and vegetables
- Starchy carbohydrates
- Proteins, such as beans, pulses, fish, eggs, meat
- Dairy and alternatives
- Fats and sugars

There's nothing you cannot eat if you have type 2 diabetes, but to keep healthy, you may need to make some changes to your diet

- Most people eat fewer vegetables than they should
 - try to increase the amount you eat, particularly green leafy vegetables
- Fruit is good for you, particularly pineapple, blueberries, watermelon and apples, but limit processed fruit, such as juices or very sweet fruits as they are high in sugar
- Keep sugar, fat and salt to a minimum
- Eat breakfast, lunch and dinner every day - do not skip meals
- Be careful with your portion size - most people eat more than they need
- The average daily calorie intake should be:
 - Men: 2,500kcal
 - Women: 2,000kcal

MAKE HEALTHY CHANGES TO YOUR DIET.

Make small healthy changes every week. Be creative – look for healthy alternatives to your favourite foods and make the switch. Here are some ideas below:

LIMIT...



Low fibre, processed foods, such as white bread, white rice



Salt, both salt you add to your food as well as salt that is included in processed food



Red meat and processed meat, such as beef, lamb, ham, bacon and sausages



Sweet food, such as biscuits, cake, chocolate



Fats such as butter, ghee, lard



Sugary drinks, such as fizzy drinks, energy drinks, fruit juice, tea or coffee with added sugar



Crisps, chips, salted nuts



Alcohol, no more than 14 units a week

REPLACE WITH...



High fibre foods, such as wholegrains like brown rice, whole oats, fruit, vegetables, pulses such as chick peas, beans and lentils, unsweetened yoghurt and milk



Herbs and spices



Fish, especially oily fish like salmon and mackerel, and white meat such as chicken and turkey



Whole fruit - this can be fresh, frozen, dried or tinned in juice (not in syrup)



Sunflower oil, rapeseed oil, cholesterol lowering spreads



Water, tea and coffee without sugar or use low-calorie sweeteners



Unsalted nuts, seeds



Low alcohol or alcohol-free alternatives



BEING ACTIVE.

GETTING ACTIVITY INTO YOUR DAILY LIFE

Our lives today are a lot less active than they used to be. Regardless of age, shape, size or ability, getting more active can help improve our health. This is especially important for people with diabetes. Not only does getting active make you feel more healthy, it can help you lose weight too

- If you're just starting out, try some gentle exercise, such as walking or swimming, and build up your activity gradually
- Try to do at least 30 minutes of moderate - vigorous physical activity five days a week.
- Make it part of your everyday life. Walk around while on the phone, take up gardening, park further away from the shops, or get off the bus one stop early - try to make lots of small changes
- Keep an activity diary and write down what you did, how long you did it and how you felt - that way you can track your progress
- Exercising with a friend can make it more fun, and can motivate you to stick with your training routine

TIPS TO HELP YOU REMEMBER TO TAKE YOUR MEDICINE.



Your medicine needs to be taken every day, to keep your glucose levels in check



Take your medicine at the same time every day, so it becomes a habit



Link the activity of taking your medicine with something that you do every day, such as when you brush your teeth in the morning



Set a daily reminder on your phone to take your medicine



If you need to take more than one medicine, maybe at different times of the day, pill boxes with daily compartments can make it easier to keep track of what to take, and when to take it



Make a note in your diary, reminding you to get a new prescription, at least a week before your medicine runs out



MY HEALTH INFORMATION.

MY HEALTHCARE TEAM

Your nurse: Name
 Contact details

Your doctor: Name
 Contact details

Your pharmacist: Name
 Contact details

MY MEDICINE

Medicine name:	Dose:	When I take it:
STEGLATRO		

USEFUL INFORMATION

- www.diabetes.org.uk*
- <https://www.nhs.uk/conditions/diabetes>*
- <https://www.diabetes.co.uk/type2-diabetes.html>*

* The links will take you to external websites for which MSD does not review or control the content