

# The Benefits of SGLT2 Inhibitors

Sodium-Glucose Transport Protein 2 Inhibitors (SGLT2i)

## Have you been prescribed one of these medications?

- Bexagliflozin (Brenzavvy)
- Canagliflozin (Invokana)
- Dapagliflozin (Farxiga)
- Empagliflozin (Jardiance)
- Ertugliflozin (Steglatro)

SGLT2is help your body lower blood sugar by causing glucose to be removed through your urine.

## Did you know that SGLT2is can do more than lower your blood sugar? Other benefits include:

- Protect kidney function and reduce the need for dialysis
- Lowers the risk of having or dying from a heart attack, stroke, or heart failure
- Small decrease in blood pressure
- 2 - 5 pounds of weight loss

## How is the medication taken?

These are oral medications that should be taken once a day. Because they make you urinate more, you should take them in the morning.

## What should I expect after starting an SGLT2i?

After starting this medicine, you may see a small drop in kidney function measured by blood tests. **This is an expected short-term effect and may be associated with long-term improvement in kidney function.** Your health care team may check your blood tests after 1-2 months to monitor.

## What side effects might you experience?

\*Side effects are mild and may improve or go away in about 3-8 weeks.

- Increased urination
- Genital yeast infection
- Urinary tract infection
- Dizziness
- Dehydration

## How can I lessen or avoid side effects?

- Stay hydrated. Drink 6-8 glasses of water every day.
- Avoid drinking fluids too close to bedtime
- Practice good genital hygiene (rinse and wipe yourself dry after urinating) and shower daily (in hot summer months, consider showering multiple times per day)
- Use cotton underwear
- Monitor your blood sugar at home if also on insulin, glipizide, glyburide, or glimepiride. Your health care team may adjust these medications if your blood sugar is too low.
- Monitor your blood pressure at home. Notify your doctor if another doctor/specialist starts you on a blood pressure medication.

## When should I call my health care team?

If you experience:

- Unexplained fatigue, loss of appetite, or shortness of breath
- Intense pain of genitals or rectum with a fever and/or feeling unwell
- Unexplained falls
- Unexplained, frequent low blood sugars (less than 70mg/dL)

If you:

- Start a new blood pressure medication
- Are sick and cannot eat or drink normally
- Are scheduled for surgery, contact your health care team for instructions on when to stop your SGLT2i
- Decide to start following a low carb diet (less than 100 grams of total carbohydrates daily)

\*NOTE: These are the most common side effects. You may not experience any of these side effects. Please talk to your health care team if you have other concerns about side effects.

This handout should not be used as a substitute for medical advice from your health care team. It is your responsibility to review information provided by your pharmacy and consult with your doctor or health care team member prescribing these medications with any questions about your medication.

# Affording SGLT2 Inhibitors

For patients with:

For more diabetes resources for patients:  
[mct2d.org/patients](http://mct2d.org/patients)

## Commercial Insurance

SGLT2is are generally covered, but insurance may not cover all medications. Check with your insurance to see which are covered and tell your health care team. **MCT2D Coverage Guide:** [michmed.org/jmKmn](http://michmed.org/jmKmn) You may have a copay. Use the link below to find a copay savings card that may lower your out-of-pocket cost. If you have a high deductible plan, you will have to pay the full cost of the medication until your deductible is met.

## Medicare Part D

You may have a copay. Copay savings cards cannot be used with Medicare insurance. Talk to your doctor about Patient Assistance Programs. Patients with an annual income of less than \$50,000 may be able to get the medication for free.

## Michigan Medicaid

A least one of these medications will be covered by your insurance. These medications do not have a generic version. Check with your insurance to see which medication is preferred. This will have the lowest out-of-pocket cost to you.

## Lower Cost Medications

Brenzavvy is a lower-cost SGLT2i (\$50-60/month). Brenzavvy is available at [www.costplusdrugs.com](http://www.costplusdrugs.com).

### How much does the medication cost?

If you are not sure what the medication will cost, contact your health insurance company. Ask them the following questions:

What is/are my plans preferred SGLT2is?

How much is my copay for this medication?

What is my deductible for medications, and have I met it?

Deductible: \$ \_\_\_\_\_ Currently met: \$ \_\_\_\_\_

Is a 90-day supply available?  Yes  No

What is my preferred local pharmacy?

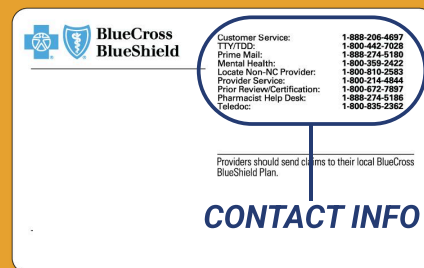
What is my preferred mail order pharmacy?

Are the medications I am on currently preferred?  Yes  No

### Find your insurance company contact information on the back of your insurance card.

If you cannot locate your card, you can search the web for your insurance company's phone number.

#### EXAMPLE CARD BACK



Medication Copay Savings Card  
Programs Reference Guide  
[michmed.org/dJJk5](http://michmed.org/dJJk5)



Patient Assistance Program  
(PAP) Guide  
[michmed.org/kQQRy](http://michmed.org/kQQRy)

