



For patients with chronic kidney
disease (CKD) who are being treated with
Forxiga® (dapagliflozin)

For English speaking patients treated by the Swedish healthcare system

Why has your doctor prescribed Forxiga for you?

Your doctor has prescribed Forxiga for the treatment of chronic kidney disease (CKD), a disease that affects about 10 % of all adults.

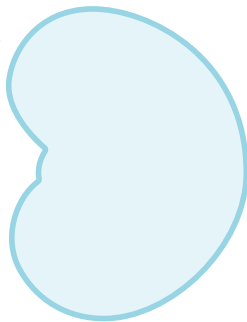
One important task of the kidneys is to clean and filter your blood from various substances. When you have chronic kidney disease, your kidneys may gradually lose their function. This means they would not be able to clean and filter your blood the way they should. Loss of kidney function can lead to serious medical problems and (may) require hospital care.

The goal of your treatment is to protect your kidneys from a decline in function and to reduce the need for hospitalisation.

What does Forxiga do?

Forxiga belongs to a group of medicines called SGLT2 inhibitors* and works by blocking the SGLT2 protein in your kidneys.

By blocking this protein, blood sugar (glucose), salt (sodium) and water are removed from your body via the urine. Forxiga helps protect your kidneys from losing their function, which can help some patients to live longer.



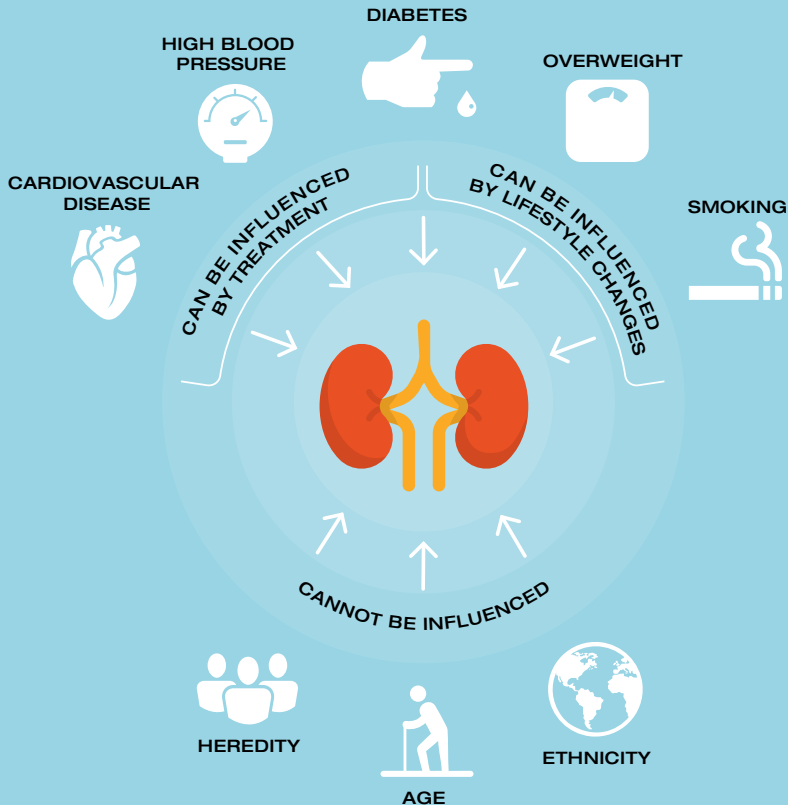
**SGLT2 inhibitors: sodium glucose co-transporter-2 inhibitors.*

What causes chronic kidney disease?

Chronic kidney disease is sometimes referred to as a “silent disease” since symptoms are very rare during the early stages of the disease. That is why many people may live with the disease for a long time before it is detected.

Diabetes, high blood pressure and cardiovascular disease increase the risk of developing chronic kidney disease.

The picture shows additional factors that may increase the risk of developing chronic kidney disease, including both those you can influence, such as weight, blood pressure and smoking, and others that are related to age, ethnicity and heredity.



How good is your kidney function?

Chronic kidney disease is usually divided into five different stages. The stage of disease is usually assessed by measuring the estimated glomerular filtration rate (eGFR), a measure of how well your kidneys are able to filter the blood. A simple blood test is used to measure eGFR.

The rate of deterioration in chronic kidney disease differs from one individual to the next. By performing regular measurements of your eGFR, your doctor will be able to detect a decline in function at an early stage and in such cases take the necessary measures to preserve your remaining kidney function.

Stage of disease		Estimated glomerular filtration rate (eGFR) in mL/min/1.73m ²	
Stage 1	Minimal disease with normal kidney function	90 or higher	
Stage 2	Mild decrease in kidney function	60–89	
Stage 3A	Mild to moderate decrease in kidney function	45–59	
Stage 3B	Moderate decrease in kidney function	30–44	
Stage 4	Severe decrease in kidney function	15–29	
Stage 5	End-stage or dialysis-requiring kidney disease	15 or lower	

The goal is to feel as good as possible

The aim of treatment for chronic kidney disease is to protect your kidneys from losing their function and make you feel as good as possible.

In addition to medication, healthy lifestyle habits are often an important part of treatment



What can you do to help preserve your kidney function?

Chronic kidney disease cannot be cured, but there is much you can do to reduce the risk that the disease will worsen.



If you have type 2 diabetes, it is important to keep your blood sugar at the right level. Well-controlled sugar reduces the risk of cardiovascular disease and damage to blood vessels, nerves, eyes and kidneys.



Keep an eye on your blood pressure. Well-managed blood pressure reduces the burden on your kidneys.



Check your cholesterol level regularly.



Try to eat a healthy and varied diet so that your body gets all the nutrients it needs. Talk to your nurse or dietician if you need tips and advice.



Talk to your doctor about all the medicines you are taking, including those you buy without a prescription, vitamins and natural remedies. Some products may be harmful to your kidneys.



Exercise regularly and try to keep your weight at a healthy level.



Don't smoke! Smoking damages your blood vessels and can worsen your kidney disease.



Come in for your scheduled rechecks with the doctor and always take the medicines prescribed by your doctor.

How to take Forxiga

- The tablet can be taken with or without food and should be swallowed whole with half a glass of water.
- The tablet may be taken at any time of the day. However, try to take it at the same time every day.



TIP!

If you take Forxiga at e.g. breakfast, dinner, or when you brush your teeth, it will be easier to remember to take your tablet.

If you forget to take Forxiga or have taken more than you should

- If 12 hours or more remain until your next scheduled dose, take one tablet as soon as you remember. Then take the next tablet at the usual time.
- If less than 12 hours remain until your next scheduled dose, skip the forgotten tablet. Then take the next dose at the usual time.
- Do not take a double dose of Forxiga to make up for a forgotten dose.
- If you take more Forxiga tablets than you should, talk to a doctor or go to a hospital immediately. Take the medicine pack with you.

Possible side effects

Like all medicine, Forxiga may cause side effects, but not everyone experiences them.

- Genital infections (thrush) may occur; symptoms include itching, irritation and redness on or near the genitals. Such infection is the result of the increased sugar concentration in the urine, which makes it easier for the infection to thrive.
- If you are also under treatment with other medicines for type 2 diabetes (e.g. insulin or sulphonylurea), there is a risk that your blood sugar may drop too low (“hypoglycaemia”). Symptoms of low blood sugar may include anxiety, tremors, sweating, fast heart beat, hunger, headaches, visual disturbances, mood swings and confusion.

The package leaflet provides complete information. Always contact your doctor if you experience any side effects from your treatment.

Important to know!

If you suddenly lose a lot of fluid, in situations such as persistent vomiting or diarrhea, or if you are unable to eat or drink as usual, you may become dehydrated. **Contact your doctor if you experience the following signs of dehydration: very dry or sticky mouth, strong thirst, fatigue, little or no urine and rapid heartbeat.** Your doctor may ask you to temporarily stop taking Forxiga until you recover.

Stop taking Forxiga and see a doctor as soon as possible if you develop a **urinary tract infection. If you notice blood in the urine, contact your doctor immediately!**



**Always tell the
healthcare staff that you
are being treated with
Forxiga when seeking
care!**

Notes

You have been prescribed Forxiga for the treatment of chronic kidney disease (CKD). In this brochure you can read about how the treatment works and what is important to consider.

Carefully read the package leaflet found in the package before you start taking Forxiga.

