

Jardiamet

(Also called empagliflozin + metformin)

What is Jardiamet?

Jardiamet is used to treat type 2 diabetes. It is a combination of 2 medicines, empagliflozin and metformin, in a single tablet.

Jardiamet controls your blood glucose level by helping your kidneys remove glucose when you pee (an effect of empagliflozin) and by helping your body to make better use of the insulin it produces (an effect of metformin). Jardiamet is best used along with healthy eating and regular exercise.

Benefits to your heart

Jardiamet can also benefit people with heart disease, eg, with weight loss, lowering your blood pressure if it's high and reducing your chance of hospital admission due to heart failure. It may also help you to live longer.

Dose

In New Zealand Jardiamet is available as tablets in four strengths:

- **Jardiamet 5 mg/500 mg**
- **Jardiamet 5 mg/1,000 mg**
- **Jardiamet 12.5 mg/500 mg**
- **Jardiamet 12.5 mg/1,000 mg**

Check with your doctor or pharmacist which strength you are taking.

The usual dose of Jardiamet is 1 tablet 2 times a day.

Always take Jardiamet exactly as your doctor has told you. The pharmacy label on your medicine will tell you how much to take, how often to take it and any special instructions.

How to take Jardiamet

Timing: Take Jardiamet 2 times a day, in the morning and the evening. Jardiamet is best taken with or just after food, or a meal, to lessen the chance of stomach upset.

Drink plenty of water: Jardiamet may make you pee more often. Make sure you drink plenty of water so you don't get dehydrated.

Limit or avoid drinking alcohol while you are taking Jardiamet: It may affect the control of your blood glucose and increases your risk of side effects such as increased ketones (see below).

Missed dose: If you forget your dose, take it as soon as you remember that day. But if it is nearly time for your next dose, just take the next dose at the right time. Do not take double the dose.

Cautions while you are taking Jardiamet

Have a sick day plan

If you are unwell for any reason, such as have runny poos (diarrhoea) or vomiting (being sick), a urinary tract infection or dehydration (feeling very thirsty) from other causes, it's important to let your doctor know. **You will need to stop taking Jardiamet for a few days and start again when you feel better.**

Tell your healthcare provider of any changes to your diet

Tell your healthcare provider if you have changes to your diet, such as if are eating a lot less, planning to start a keto diet (low carbohydrate diet) or fasting for Ramadan.

Prepare before surgery or a colonoscopy

Tell your doctor if you are going to have surgery or a procedure such as colonoscopy that requires bowel preparation. You may have to stop Jardiamet at least 2 days before the operation or procedure.

Practise good genital hygiene

Because Jardiamet removes glucose through your pee, your risk of thrush is increased. Good hygiene helps prevent this. Tell your healthcare provider if you get signs of thrush such as itch, redness or discharge from your vagina or penis. Thrush is easily treated with antifungal medicine.

Are you pregnant or planning a pregnancy?

Tell your doctor if you become pregnant or are planning a pregnancy while you are taking Jardiamet.

Side effects

Like all medicines, Jardiamet can cause side effects, although not everyone gets them.

Common side effects

These are usually mild and go away with time. Talk to your doctor or pharmacist if these side effects bother you or do not go away.

- Peeing more often than usual.
- Pain or burning feeling when you pee.
- Mild skin rash or itchy skin.
- Increased risk of thrush: Tell your healthcare provider if you get signs of thrush such as itch, redness or discharge from your vagina or penis.

Rare and serious side effects

Tell your doctor straight away or phone Healthline 0800 611 116 if you have the following:

- Feel sick (nausea) or are sick (vomiting), feel very thirsty, confused or unusually tired, have stomach pain, fruity-smelling breath and deep or fast breathing. These can be signs of diabetic ketoacidosis.
- Fever, severe swelling, pain or redness in your genital area. Jardiamet can rarely cause a serious skin infection around your anus and genitals (vagina and penis).
- Feel weak, faint, dizzy or irritable and maybe a headache, tremor (shakes) or blurred vision. These are sign of low blood glucose (hypoglycaemia).
 - If you are taking Jardiamet with other medicines for diabetes, such as glipizide, gliclazide or insulin, you are at increased risk of very low blood glucose.
 - Drink a small glass of sweetened soft drink or fruit juice, or eat something sweet like lollies. Follow this with a snack such as a sandwich.
 - Contact your doctor or nurse immediately, as the doses of your medicines may need to be changed.

Interactions

Jardiamet may interact with a few medicines and herbal supplements, so check with your doctor or pharmacist before starting Jardiamet and before starting any new medicines.

For more information about empagliflozin, visit [hn.org.nz/jardiamet](https://www.healthnavigator.org.nz/jardiamet)