

What to know about SGLT2 inhibitors

Sodium-glucose co-transporter 2 (SGLT2) inhibitors are prescription medicines that can help improve kidney and heart health for people living with chronic kidney disease (CKD). They can also help people with type 2 diabetes manage blood sugar levels.

How do they help?

SGLT2 inhibitors help protect the small filters in your kidneys, called glomeruli, to slow kidney damage over time. They also help lower the risk of heart attack, stroke, and/or heart failure flare-ups. If you have type 2 diabetes, SGLT2 inhibitors also lower your blood sugar levels. If you do not have type 2 diabetes, it is still safe to take these medications to help your heart and kidneys.

How do they work?

SGLT2 inhibitors help your kidneys remove extra sugar from your body through urine, which lowers your blood sugars. They also help your kidneys remove some of the extra salt and fluid in your body. This lowers your blood pressure and the pressure in the small filters of your kidneys. Lower pressure in the small filters of your kidneys helps protect kidney function over time. Because these medicines help remove extra sugar, salt, and fluid, you may urinate more often or make more urine each time.

Common types of SGLT2 inhibitors

Most SGLT2 inhibitors have names that end in “flozin.” They are usually taken by mouth once a day. Examples include:

- Farxiga® (dapagliflozin)
- Jardiance® (empagliflozin)
- Invokana® (canagliflozin)
- Steglatro® (ertugliflozin)
- Brenzavvy® (bexagliflozin)
- Inpefa® (Sotagliflozin)

Are they effective?

Studies show SGLT2 inhibitors can:

- Slow kidney disease from getting worse
- Lower your risk of life-threatening heart problems
- Reduce protein in the urine
- Help lower blood sugar and A1C levels in type 2 diabetes
- Help you stay out of the hospital if you have heart failure

Even in later stages of CKD, many people may continue to see kidney and heart benefits from these medicines.

What are the side effects?

You may notice side effects when taking SGLT2 inhibitors. Talk to your care team if you notice any of the following:

- Feeling dehydrated
- Urinary tract or genital fungal infections
- Low blood pressure
- Low blood sugar
- Temporary changes in kidney lab results (eGFR)



We are here to help

Your care team can help answer your questions about SGLT2 inhibitors. Reach out for any support you need.