



Health Navigator New Zealand Website

Video animation transcript: How to take empagliflozin: Jardiance and Jardiamet

[Introduction]

Audio	Visual
<p>[Background music plays throughout the video]</p>	
<p>[Doctor] Empagliflozin is a medicine used to treat type 2 diabetes. You might know it as Jardiance or Jardiamet.</p>	<p>On a white background, a title is displayed: How to take empagliflozin: Jardiance and Jardiamet</p> <p>The title fades, and we see a female GP sitting in her examination room.</p>
<p>[Ken] Jardiance helps control my diabetes, and can protect my kidneys and heart, lower my blood glucose and blood pressure, help with weight loss and reduce my chance of having a heart attack or stroke.</p>	<p>Ken walks through the warehouse where he works.</p>

[How to take Jardiance and Jardiamet]

Audio	Visual
<p>[Doctor] Ken and I have worked together so he can self-manage his diabetes.</p> <p>[Ken] And avoid side effects.</p>	<p>The female GP – Ken’s doctor – sits in her rooms.</p> <p>Ken stands in the warehouse where he works.</p>
<p>[Ken] Timing’s important. I take my Jardiance once a day at the same time.</p> <p>And, if forget it, I can take it if it’s more than 12 hours till my next dose.</p> <p>Otherwise I skip it – and take the next one when it’s due. Kei te pai!</p>	<p>Ken stands in the kitchen at home. There’s a medicine bottle and glass of water on the counter.</p> <p>Ken holds a tablet in his hand, then puts it in his mouth.</p> <p>The screen splits in two. On the left side of the screen, a list of tips appears:</p> <p>How to take Jardiance</p> <ul style="list-style-type: none">• Take your tablets once a day at the same time each day.• Swallow your tablets with a drink of water.• Take Jardiance with or without food. <p>On the right side of the screen, Ken picks up the glass and drinks, swallowing the tablet.</p>

Audio	Visual
<p>[Doctor] For Jardiamet, you take it twice a day at the same time.</p> <p>If you forget your dose, take it as soon as you remember, unless it's nearly time for your next dose. Then just take it at the usual time.</p> <p>Empagliflozin works best when taken long-term. So renew your prescription every 3 months.</p>	<p>A male pharmacist works at the counter of a pharmacy.</p> <p>The screen splits in two. On the left side of the screen, a list of tips appears:</p> <p>How to take Jardiamet (empagliflozin + metformin)</p> <ul style="list-style-type: none"> • Take your tablets twice a day at the same time each day. • Swallow your tablets with a drink of water. • Take Jardiamet with or just after food. <p>On the right side of the screen, the pharmacist continues working.</p> <p>The split screen ends. Ken stands at the counter of the pharmacy. He and the pharmacist wear face masks.</p> <p>The pharmacist holds a brown bag that contains Ken's repeat prescription. They chat.</p>

[How to lower your risk of side effects]

Audio	Visual
<p>[Ken] There's some important kaupapa you need to know while you're taking these medicines to reduce your risk of a rare but serious side effect, called ketoacidosis.</p>	<p>Ken is being driven in a car along a beach road.</p>
<p>[Doctor] Talk to your GP or nurse before any big changes to your diet such as low carb, keto or fasting.</p>	<p>The female GP sits in her rooms.</p>

Audio	Visual
<p>If you're feeling unwell, stop taking your medicine until you're eating and drinking normally again.</p> <p>If you feel sick, vomit or have tummy pain, go to your GP or hospital immediately to check for ketoacidosis.</p>	<p>The screen splits in two. On the left side of the screen, a list of tips appears:</p> <p>While you are taking empagliflozin: (Jardiance or Jardiamet)</p> <ul style="list-style-type: none"> • Talk to your GP before making diet changes. • Have a sick day plan. Stop taking it if you are feeling unwell. • Avoid or limit alcohol. • Seek medical help if you have tummy symptoms. <p>On the right side of the screen, Ken's GP continues sitting in her rooms.</p>
<p>[Ken] These meds increase the chance of a groin infection like thrush. So tāne ma, keep your uri clean!</p>	<p>Ken stands in the kitchen at home. There is a glass of water on the counter.</p> <p>The screen splits in two. On the left side of the screen, a list of tips appears:</p> <p>While you are taking empagliflozin: (Jardiance or Jardiamet)</p> <ul style="list-style-type: none"> • Tāne – wash your penis, foreskin and groin area once a day. <p>A green tick mark appears next to the bullet point.</p>

Audio	Visual
<p>[Doctor] And women should wash their groin and vulval area two times a day.</p>	<p>Ken's GP continues sitting in her rooms.</p> <p>The screen splits in two. On the left side of the screen, a list of tips appears</p> <p>While you are taking empagliflozin: (Jardiance or Jardiamet)</p> <ul style="list-style-type: none"> • Wāhine – wash groin and vulval areas two times a day. <p>A green tick mark appears next to the bullet point.</p>
<p>[Ken] If you've got surgery or a procedure like a colonoscopy due, you'll need to stop taking empagliflozin for a while, so ask your GP what's right for you.</p>	<p>Ken walks on the lawn in front of a medical centre. An older woman sits on a bench, reading a magazine. A woman sits in a wheelchair, with a medical aide pushing the chair down the sidewalk for her.</p>
<p>[Doctor] It's important to talk to your GP as soon as possible if you're trying to get pregnant, are pregnant or breastfeeding.</p>	<p>Ken's GP sits in her rooms, chatting with a pregnant woman. She takes notes as they chat. Both women wear face masks.</p>

[Conclusion and credits]

Audio	Visual
<p>[Ken] If you stick to the plan and listen to this simple advice, you'll be doing your best to avoid these side effects. But if you do get any, please get help straight away!</p>	<p>On a white background, a list of resources appears.</p> <p>Tell your healthcare team or Healthline 0800 611 116 immediately if you notice:</p> <ul style="list-style-type: none">• being sick (vomiting)• feeling very thirsty (dehydrated)• being confused or unusually tired• stomach pain• sweet-smelling breath• deep or fast breathing• fever (high temperature)• severe swelling, pain or redness in your bottom and genitals• feeling weak, faint, dizzy• feeling irritable• headache• tremor (shakes)• blurred vision
<p>[Ken] Ka pai mokopuna mā!</p>	<p>Ken plays soccer with his grandson. The grandson kicks a soccer ball past Ken. Ken's family stands to the side, cheering.</p>
<p>[Background music]</p>	<p>Credits are shown:</p> <ul style="list-style-type: none">• Health Navigator New Zealand logo• PHARMAC logo• Hn.org.nz