**SGLT2 inhibitors**

are a class of type 2 diabetes medications used along with diet and exercise to lower *blood glucose*.

**How are they taken?**

Taken *orally* (by mouth)

**How do they work?**

Help to stop glucose from being taken in by the kidneys: the kidneys help to remove glucose from the blood. In people with type 2 diabetes, the kidneys can hold on to glucose, which can cause blood glucose levels to increase.

**What are the benefits?**

- Modest weight loss
- There is a low risk of *hypoglycemia* (blood glucose that is too low) with SGLT2 inhibitors. Hypoglycemia can cause tiredness/weakness, nervousness, shakiness, confusion, fast heartbeat, problems with vision, and fainting or seizures.

**What are the side effects?**

Most common:

- Yeast infections in men and women
- Urinary tract infection
- Increased need to urinate
- Stuffy or runny nose and sore throat

Also possible:

- Low blood pressure (*hypotension*)
- Kidney problems (*renal impairment*)
- Hypoglycemia if taken with a sulfonylurea or insulin
- High amounts of potassium in the blood (*hyperkalemia; canagliflozin*)
- Increased LDL-C (the “bad” cholesterol)
- Bladder cancer (dapagliflozin)
- Allergic reactions

SGLT2 inhibitors are FDA approved for use along with diet and exercise to lower blood glucose in adults with type 2 diabetes. These medications are not FDA approved for weight loss.

For informational purposes only. Consult full manufacturer’s prescribing information and medication guide for medication’s uses, actions, and side effects. The medications discussed are approved for use in the United States by the U.S. FDA.

**REFERENCES:**


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