

## Education Worksheet

Before you start taking Forxiga, you must take part in an education session with your Doctor or Nurse. This is to educate you about DKA and help minimise your risk of DKA.

- Your Doctor or Nurse may complete the Education Worksheet with you. With your Doctor or Nurse, write down any important guidance in the Worksheet below.
- Keep a copy of the Worksheet including any additional written guidance with you at all times.

### Write down:

#### 1) What 'sick days' are for you

- How to handle sick days – including what food to eat and how to handle interrupting Forxiga treatment

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#### 2) How and when to monitor ketones (this advice may differ from the general ketone monitoring guidance on page 10)

How:

When:

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#### 3) Actions you should take in DKA risk situations relevant only to you (circle any that apply and write specific actions below the list)

##### Risk Situation

- 1) Illness or infection (i.e. sick day rules)
- 2) Fasting
- 3) Sudden decreases in insulin dose (missed dose/issues with pen or pump)
- 4) Physical exercise
- 5) Drinking alcohol
- 6) Surgery
- 7) Loss of too much fluid from your body (dehydration)

Actions for risk situations (if applicable) and other guidance:

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**Note to Doctor/Nurse:** Select specific situations which apply to the patient and note any other important guidance

#### 4) How and when to talk to a Doctor or Nurse or get urgent medical help

How:

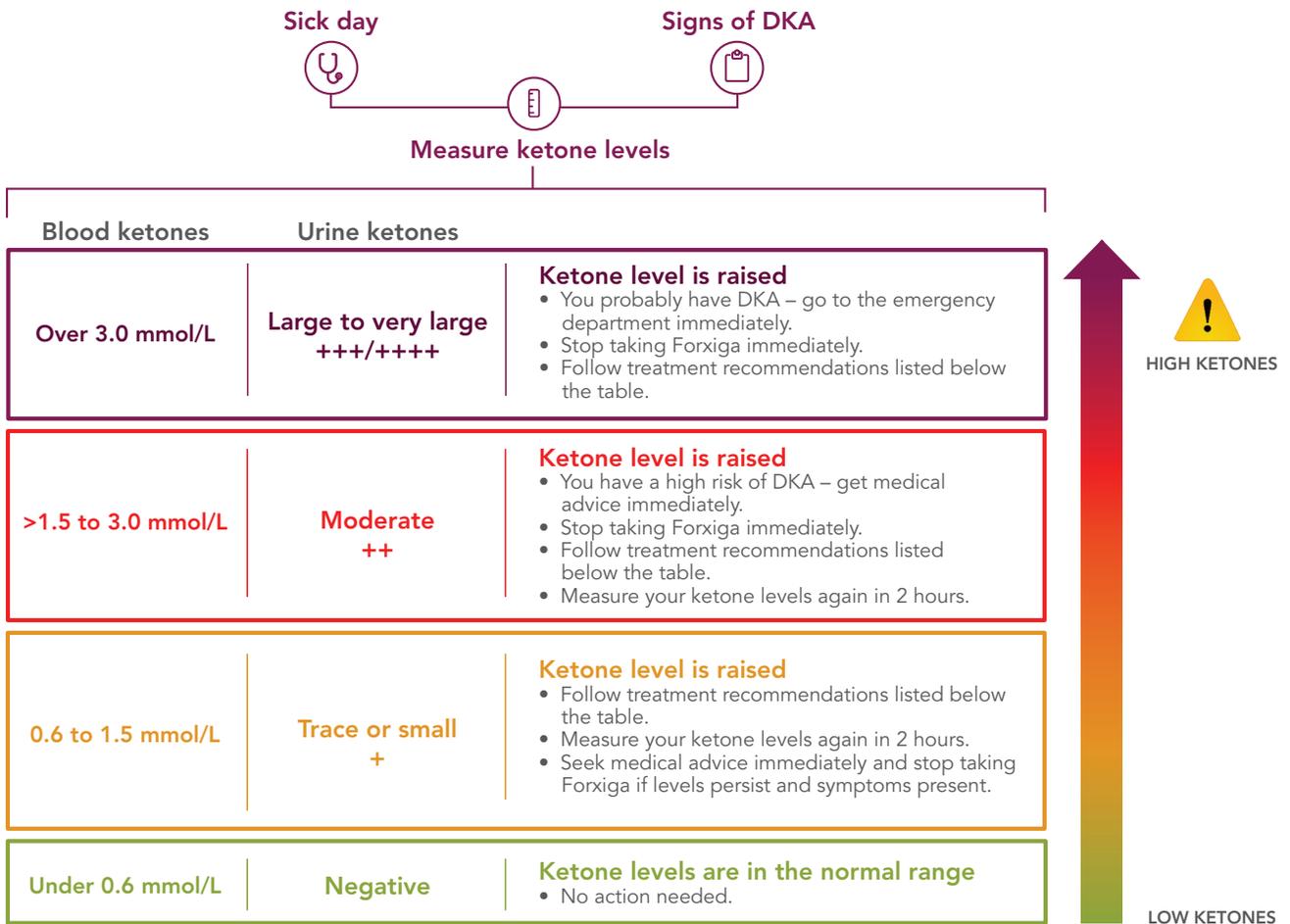
When:

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## General guidance on ketone monitoring

- Measure your ketone levels regularly for 1-2 weeks after you start taking Forxiga.
- In the diagram below, there is some general guidance on how to monitor ketones (urine or blood).
- Where possible, measurement of blood ketones is preferred to measurement of urine ketones.
- Specific guidance individual to you will be written on the Worksheet by your Doctor or Nurse, and on your ketone meter – this may be different to this general guidance.
- **Always follow your Doctor or Nurse’s specific guidance and the readings on your ketone meter.**



### Treatment recommendations for any raised ketones (or clinician’s guidance)

- You may need to take extra insulin and drink water.
- Check your blood sugar - you may need to take extra carbs if blood sugar is normal or low.

Doctor’s name: \_\_\_\_\_ Doctor’s signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient’s name: \_\_\_\_\_ Patient’s signature: \_\_\_\_\_ Date: \_\_\_\_\_

This guide is for people with type 1 diabetes and their carers only.