

# Trajenta<sup>®</sup>

(linagliptin) 5mg tablets

## Frequently asked questions and answers

what?

why?

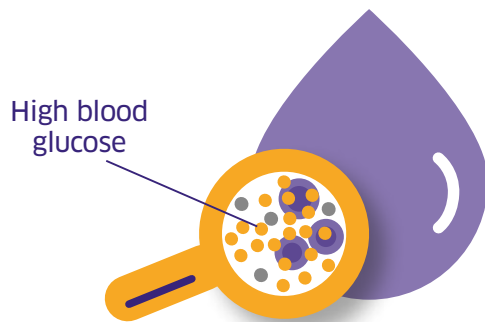
when?

how?

*Before starting your treatment, carefully read the Patient Information Leaflet included in your medication pack.*

*You have received this leaflet because you have been prescribed Trajenta for the treatment of type 2 diabetes.*

*If you have any questions about Trajenta that are not answered in this leaflet then speak to your doctor, nurse or pharmacist.*



## What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin to control the level of glucose (sugar) in your blood or when your body can't use insulin effectively. This causes high levels of glucose in your blood, which can lead to health problems like heart disease, kidney disease, nerve and eye problems.<sup>1</sup>

## What is Trajenta (linagliptin) and what is it used for?

Trajenta is a medicine used to treat high blood sugar levels in adult patients with type 2 diabetes. It helps the body to reduce the level of sugar in your blood.<sup>2</sup>

The active ingredient in Trajenta is called linagliptin. You will also see this name on the box.<sup>2</sup>

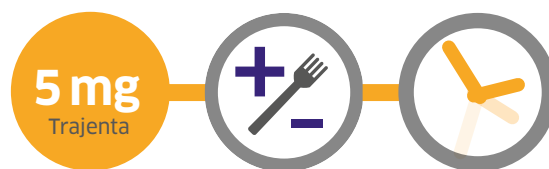
Trajenta may be given to you if your blood sugar levels cannot be adequately controlled with diet and exercise or with a single anti-diabetic medicine.<sup>2</sup>



## How do I take Trajenta (linagliptin)?

The recommended dose of Trajenta is one 5 mg tablet once a day.<sup>2</sup>

You can take your tablet at **any time of the day** and you can take it **with** or **without food**, but ideally it should be taken at the same time each day.<sup>2</sup>



If you are not sure whether you are taking Trajenta in the right way then talk to your doctor or your pharmacist.

Trajenta can be used on its own for patients who cannot take metformin. Trajenta can also be used with other anti-diabetic medicines that are taken by mouth, or given by injection, such as insulin.<sup>2</sup>

If you are taking another anti-diabetic medicine which belongs to a group of medicines called sulphonylureas or you are using insulin, then your doctor may reduce the dose of these medicines when you start taking Trajenta to avoid your blood sugar level going too low.<sup>2</sup>

## Please note

While you are taking Trajenta, it is important to keep going with your diet and exercise plan as advised by your doctor, pharmacist or nurse.<sup>2</sup>



## Can I take Trajenta (linagliptin) with other medicines?

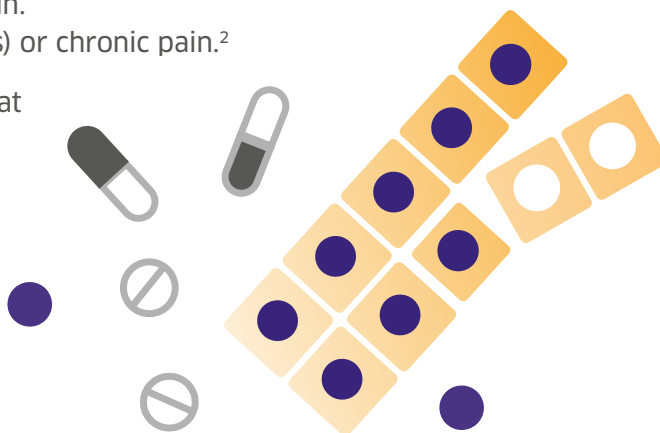
Yes you can take Trajenta with other medicines.

Tell your doctor about any other medicines you have recently taken or might take.<sup>2</sup>

### It is particularly important to tell your doctor:

If you are using medicines containing any of the following active substances:

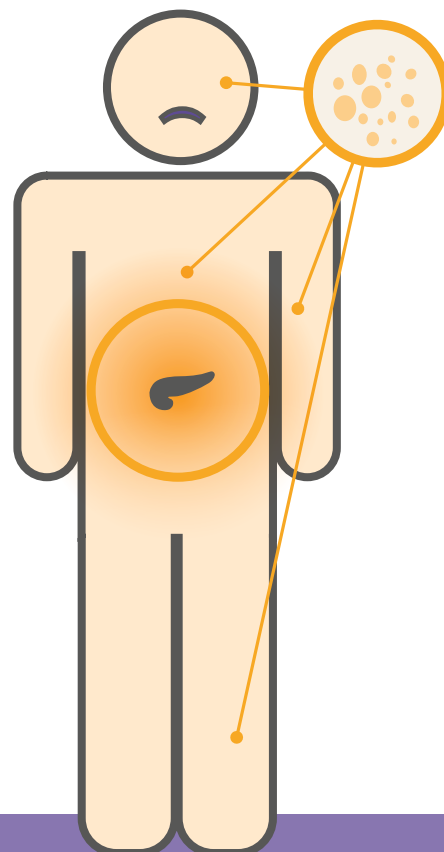
- Carbamazepine, phenobarbital or phenytoin. These may be used to control fits (seizures) or chronic pain.<sup>2</sup>
- Rifampicin. This is an antibiotic used to treat infections such as tuberculosis.<sup>2</sup>



### When should I not be taking Trajenta (linagliptin)?

You should not take Trajenta if you know that you are allergic to linagliptin or any of the other ingredients of this medicine. You can find a list of ingredients in the Patient Information Leaflet that you find in the box containing your tablets.<sup>2</sup>

- ✘ If you experience any type of blistering of the skin (which can occur anywhere on your body), then you should speak to your doctor, who may ask you to stop taking Trajenta.<sup>2</sup>
- ✘ You should also talk to your doctor about whether you should be taking Trajenta if you have or have ever had problems with your pancreas.<sup>2</sup>





### Can I take Trajenta (linagliptin) if I am pregnant or breast feeding?

No, if you are pregnant or breast feeding then you shouldn't take Trajenta.

If you think you might be pregnant or are planning to have a baby, then talk to your doctor.<sup>2</sup>

### Can I drive whilst I am taking Trajenta (linagliptin)?

Trajenta has not been shown to have any effect on a patient's ability to drive or use machines.<sup>2</sup>

You may be given Trajenta together with other blood sugar lowering medicines, such as sulphonylureas or insulin. Together these medications may cause your blood sugar levels to fall too low and this may affect your ability to drive and use machines.<sup>2</sup>

If your doctor does prescribe Trajenta for you with other blood sugar lowering medications, then speak to them about whether you should start or do more frequent blood glucose testing to avoid experiencing low blood sugar.<sup>2</sup>



### What should I do if I take more Trajenta (linagliptin) than I should?

If you take more Trajenta than you should then you should talk to a doctor immediately. Take your medicine pack with you.<sup>2</sup>

how many?

when?

any questions?

### What should I do if I forget to take Trajenta (linagliptin)?

If you forget to take your Trajenta then take it as soon as you remember.

If it is nearly time for your next dose then you should skip your missed dose. You should never take a double dose of Trajenta to make up for a forgotten dose or take two doses on the same day.

**DO NOT** stop taking Trajenta without talking to your doctor. If you stop taking Trajenta then your blood sugar levels may go up.<sup>2</sup>

What are the possible **side effects** of Trajenta (linagliptin)?



...and what should I do about them?

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

**Some side effects need immediate medical attention.**

You should stop taking Trajenta and see your doctor immediately if you experience the signs of **low blood sugar**. These signs include sweating, trembling, sweating, anxiety, blurred vision, tingling lips, paleness, mood change or confusion (hypoglycaemia).

You might experience these side effects if you are taking Trajenta together with another medicine that can cause low blood sugar such as metformin or a sulphonylurea.<sup>2</sup>

The signs of an **allergic reaction** (hypersensitivity) can include:

- Wheezing
- Shortness of breath
- Rash
- Hives
- Swelling of your face, lips, tongue and throat *that can cause difficulties in breathing or swallowing*



Some patients have experienced an **allergic reaction to Trajenta (linagliptin).**<sup>2</sup>

If you experience any of these signs then you should stop taking Trajenta and call your doctor straight away.

Your doctor may prescribe a medication to treat your allergic reaction and a different medicine for your diabetes.<sup>2</sup>

## It is rare, but some patients have experienced inflammation of the pancreas<sup>2\*</sup>

If you experience the following symptoms you should STOP taking Trajenta and contact your doctor straight away:<sup>2</sup>

- Severe and persistent pain in the area around your stomach. This pain could also reach around to your back, as well as,
- Nausea and vomiting

## Side effects

**Common** side effects\* are:

- Level of lipase in the blood increased

**Uncommon** side effects\* are:

- Inflamed nose or throat (nasopharyngitis), cough, constipation (in combination with insulin), level of amylase in the blood increased

**Rare** side effects\* include:

- Blistering of skin (bullous pemphigoid)

\* while taking Trajenta alone or in combination with other medicinal products for the treatment of diabetes

## Foot care

Having type 2 diabetes increases your risk of infection and sores on your feet. While taking Trajenta, it is particularly important that you check your feet regularly and follow the recommendations for skin and foot care that your doctor or nurse gives to you.<sup>2</sup>



## Is there anything else that I need to know?

There is more information about Trajenta in the information sheet that comes with your medicine. If you have any questions about taking it, speak to your doctor, nurse or pharmacist.

## Reporting side effects

If you develop any side effects (adverse events) while taking this treatment, please talk to your doctor, pharmacist, or nurse. This includes any possible side effects not listed in the package leaflet.

### UK

You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

**Adverse events can also be reported to: Boehringer Ingelheim Drug Safety on 0800 328 1627**

### IRELAND

Please report adverse events to the HPRA, online or by post. HPRA link for on-line reporting, or download a form: <https://www.hpra.ie/homepage/about-us/report-an-issue/human-adverse-reaction-form>.

**Adverse events can also be reported to Boehringer Ingelheim Drug Safety on 01 291 3960**

## Glossary

### Anti-diabetic medicine

This is a medicine that is designed to help manage blood glucose levels for patients who have diabetes.

### Glucose

The main type of sugar in the blood.

### Insulin

A hormone made by the pancreas. Changes in insulin help keep your blood sugar level from getting too high or too low. Insulin can also be given to patients with type 2 diabetes to help them manage their blood sugar levels.

### Hives

A reaction of the skin which can involve the development of swelling or wheals. It can be caused by an allergy, infection or stress.

### Hypersensitivity

Is a set of unwanted reactions produced by the immune system, often in response to experiencing an allergy.

### Metformin

An oral glucose lowering drug commonly prescribed to treat type 2 diabetes.

### Pancreas

This is an organ located within the abdomen that is responsible for producing many of the important hormones that the body needs to work properly, including insulin.

### Sulphonylureas

A group of glucose lowering drugs that are commonly used in the management of type 2 diabetes.

### Yellow card scheme

Used to collect information from both health professionals and the general public on suspected side effects. It allows patients to report side effects directly by going to [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

Name .....

Doctor .....

Surgery Address .....

Diabetes Nurse .....

Telephone .....

Email .....

Hospital/Clinic telephone number .....

Date I started Trajenta (linagliptin) .....

Date for next prescription .....

It may be helpful to record your **HbA1c and weight readings** to discuss with your doctor

Date	HbA1c

Date	Weight

This page may be useful for you to keep a note of information about your medication and your diabetes.





### **Helpful information**

We hope that this booklet helps to answer the questions you may have. You can talk to your nurse about anything that's worrying you about your treatment.

We've also included some links to a variety of websites that may also offer further information.

#### **UK:**

[www.diabetes.org.uk](http://www.diabetes.org.uk)

[www.nhs.uk/Conditions/Diabetes/Pages/Diabetes.aspx](http://www.nhs.uk/Conditions/Diabetes/Pages/Diabetes.aspx)

[www.diabetes.co.uk](http://www.diabetes.co.uk)

#### **Ireland:**

[www.diabetes.ie](http://www.diabetes.ie)

If you have any feedback  
on this piece of information please contact  
[communications.bra@boehringer-ingenelheim.com](mailto:communications.bra@boehringer-ingenelheim.com)