

# PROGRESS TRACKER



Please visit  
[www.XIGDUOXRMedGuide.com](http://www.XIGDUOXRMedGuide.com)  
for Medication Guide, and  
[www.XIGDUOXRPI.com](http://www.XIGDUOXRPI.com) for US Full  
Prescribing Information, including  
**Boxed WARNING** about lactic  
acidosis, for XIGDUO XR.

 ONCE-DAILY  
**xigduo XR**  
(dapagliflozin/metformin HCl  
extended-release) <sup>5/1000 mg</sup>  
tablets

This book belongs to:

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Date:

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A way to help track the adult type 2 diabetes treatment plan that your doctor has recommended in addition to diet and exercise.

### Important Safety Information for XIGDUO® XR (dapagliflozin and metformin HCl extended-release)

What is the most important information I should know about XIGDUO XR?

XIGDUO XR can cause serious side effects, including lactic acidosis. Metformin, one of the medicines in XIGDUO XR, can cause a rare, but serious, side effect called lactic acidosis (a build-up of lactic acid in the blood) that can cause death. Lactic acidosis is a medical emergency and must be treated in a hospital. Stop taking XIGDUO XR and call your healthcare provider right away if you have any of the following symptoms which could be signs of lactic acidosis: feel cold in your hands or feet, feel very weak or tired, unusual (not normal) muscle pain, trouble breathing, unusual sleepiness or sleep longer than usual, stomach pains, nausea or vomiting, feel dizzy or lightheaded, or have a slow or irregular heartbeat.

You have a higher chance of getting lactic acidosis with XIGDUO XR if you have severe kidney problems, your kidneys are affected by certain x-ray tests that use injectable dye, have liver problems, drink alcohol (very often or a lot of alcohol in short-term “binge” drinking), get dehydrated (lose a large amount of body fluids), have surgery, have a heart attack, severe infection, or stroke.

Please see additional Important Safety Information, including **Boxed WARNING** about lactic acidosis, for XIGDUO XR on page 12. Please visit [www.XIGDUOXRMedGuide.com](http://www.XIGDUOXRMedGuide.com) for Medication Guide, and [www.XIGDUOXRPI.com](http://www.XIGDUOXRPI.com) for US Full Prescribing Information.

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## My Diary

This diary can help you better track your adult type 2 diabetes treatment plan. It can be used to remind yourself to take your medication and to record and track your daily exercise and diet as recommended by your doctor. Monitoring your lifestyle and medication can help you better manage your type 2 diabetes.

### Setting Goals

Setting specific, measurable goals can help you stay motivated. Ask your doctor to help you set goals when it comes to your A1C levels, diet and exercise. Three months is a good time to check in and measure your progress.

### My 3 Month Goals

Diet	
Exercise plan	
A1C	
Weight	

### Tracking Your Progress

Here are some guidelines to help you keep track of your daily progress as you work to manage your type 2 diabetes.

It is important to track your daily blood glucose levels every day, in addition to the A1C test your doctor gives you at each quarterly visit.

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Self-monitoring your blood glucose levels can be a very helpful part of your daily routine. It can provide a guide to whether your blood glucose is too high or too low, so that you and your doctor can see how you are doing. The ADA recommends that your blood glucose level should be between 70 and 130 milligrams per deciliter (mg/dL) before meals, and less than 180 mg/dL within 2 hours after eating a meal. Individual goals may vary. Ask your doctor about your personalized goals.

Every few months your doctor will test your A1C level. This gives an indication of how your blood glucose levels have been over the previous few months, and will help your doctor understand whether or not it is necessary to change your treatment.

Here is an example of how to use this tracker:

Week 1		Sun	Mon
Blood Glucose	Time Level	8:30 AM / 135	8:00 AM / 137
	Time Level	7:00 PM / 162	7:30 PM / 164
Diet	Breakfast	Oatmeal	Scrambled eggs
	Lunch	Turkey w/ salad	Tuna salad
	Dinner	Fish & veggies	Chicken & veggies
Exercise plan		Walked 30 min	Walked 30 min
Medication taken as prescribed?		✓	✓

Your doctor may ask you to check your blood glucose more or less frequently than twice a day.

# Month 1

Current A1C Score \_\_\_\_\_

Current Weight \_\_\_\_\_

## Diet tip:

Healthy snacks can keep you from getting hungry between meals. Some examples include: 3 cups of popcorn or 2/3 cup of light yogurt. Talk to your doctor before changing your diet.

Week 1		Sun	Mon	Tue
Blood Glucose	Time Level			
	Time Level			
Diet	Breakfast			
	Lunch			
	Dinner			
Exercise plan				
Medication taken as prescribed?				

Wed	Thu	Fri	Sat

Week 2		Sun	Mon	Tue
Blood Glucose	Time Level			
	Time Level			
Diet	Breakfast			
	Lunch			
	Dinner			
Exercise plan				
Medication taken as prescribed?				

Wed	Thu	Fri	Sat

### Notes:

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## Helpful tip:

Don't be shy; if you have any questions about type 2 diabetes or your treatment plan, don't hesitate to ask a member of your health care team.

Week 3		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Blood Glucose	Time Level							
	Time Level							
Diet	Breakfast							
	Lunch							
	Dinner							
Exercise plan								
Medication taken as prescribed?								
Week 4		Sun	Mon	Tue	Wed	Thu	Fri	Sat
Blood Glucose	Time Level							
	Time Level							
Diet	Breakfast							
	Lunch							
	Dinner							
Exercise plan								
Medication taken as prescribed?								

**Notes:**

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## Month 2

Current Weight \_\_\_\_\_

### Exercise tip:

Everybody can fit exercise into their daily routine. Get off the bus a stop early and walk the rest of the way to work and home, or take the stairs instead of an escalator or elevator. Talk to your doctor before starting an exercise routine.

Week 1		Sun	Mon	Tue
Blood Glucose	Time Level			
	Time Level			
Diet	Breakfast			
	Lunch			
	Dinner			
Exercise plan				
Medication taken as prescribed?				

Wed	Thu	Fri	Sat

Week 2		Sun	Mon	Tue
Blood Glucose	Time Level			
	Time Level			
Diet	Breakfast			
	Lunch			
	Dinner			
Exercise plan				
Medication taken as prescribed?				

Wed	Thu	Fri	Sat

**Notes:**

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## Helpful tip:

Keep your stress levels down.  
Try deep breathing exercises or listening to calming music.

Week 3		Sun	Mon	Tue
Blood Glucose	Time Level			
	Time Level			
Diet	Breakfast			
	Lunch			
	Dinner			
Exercise plan				
Medication taken as prescribed?				

Wed	Thu	Fri	Sat

Week 4		Sun	Mon	Tue
Blood Glucose	Time Level			
	Time Level			
Diet	Breakfast			
	Lunch			
	Dinner			
Exercise plan				
Medication taken as prescribed?				

Wed	Thu	Fri	Sat

**Notes:**

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## Month 3

Current Weight \_\_\_\_\_

### Helpful tip:

Pill boxes can be found at your local pharmacy that contain a compartment for every day of the week. They can help you keep track of which oral medications you have taken and when.

Week 1		Sun	Mon	Tue
Blood Glucose	Time Level			
	Time Level			
Diet	Breakfast			
	Lunch			
	Dinner			
Exercise plan				
Medication taken as prescribed?				

Wed	Thu	Fri	Sat

Week 2		Sun	Mon	Tue
Blood Glucose	Time Level			
	Time Level			
Diet	Breakfast			
	Lunch			
	Dinner			
Exercise plan				
Medication taken as prescribed?				

Wed	Thu	Fri	Sat

**Notes:**

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## Helpful tip:

Use a grocery list when shopping for food to help you choose healthier options.

Week 3		Sun	Mon	Tue
Blood Glucose	Time Level			
	Time Level			
Diet	Breakfast			
	Lunch			
	Dinner			
Exercise plan				
Medication taken as prescribed?				

Wed	Thu	Fri	Sat

Week 4		Sun	Mon	Tue
Blood Glucose	Time Level			
	Time Level			
Diet	Breakfast			
	Lunch			
	Dinner			
Exercise plan				
Medication taken as prescribed?				

Wed	Thu	Fri	Sat

**Notes:**

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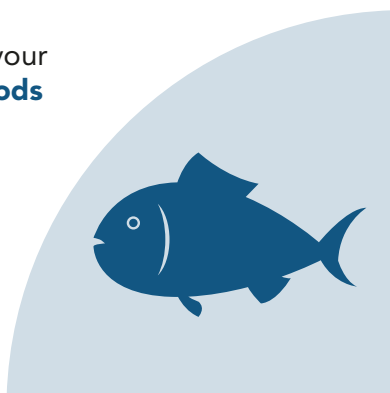
## Maintaining a Healthy Diet

Healthy eating can be made easier by following some simple nutritional guidelines. Use the food wheel to give yourself an idea of what you should eat and how much of it. You can use your diary to record what you eat each day. Writing it down can show you how healthy your diet really is and may help you to make changes in your everyday eating habits.

### Protein

Use one quarter of your plate for **protein foods**

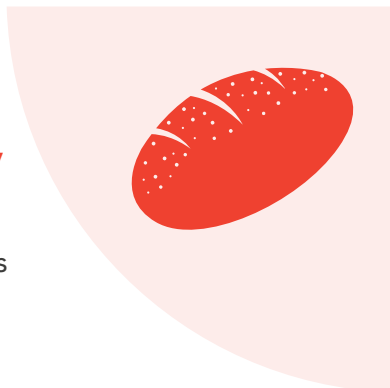
- Skinless chicken or turkey
- Nuts
- Eggs
- Lean cuts of pork or beef
- Fish or seafood



### Carbs

Limit one quarter of your plate to **starchy foods**. Starchy foods are the ones that are high in carbohydrates

- Tortillas
- High-fiber cereal
- Pasta
- Cooked beans and peas



It can be difficult to change your eating habits, but even small changes can make a difference. Begin your day with a healthy breakfast and continue to make smart choices throughout the day. Focus on filling your plate with a balance of healthy options. It is important to talk to your doctor before changing your diet.

### Veggies

Make room on almost half of your plate for **non-starchy vegetables**

- Carrots
- Spinach
- Zucchini
- Asparagus
- Cauliflower
- Eggplant



### Milk & Fruits

Drink an 8-ounce glass of **non-fat or low-fat milk**, or swap it out for 2/3 cup of light yogurt or a small roll. Round out your meal with a piece of fruit or a half-cup of fresh fruit salad.

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## Making Exercise Part of My Everyday Routine

Regular exercise is an important part of managing adult type 2 diabetes. Consistent exercise can help lower blood glucose, and improve your A1C. It's important to start slowly if you haven't exercised before, and you should check in with your doctor before increasing your level of physical activity. Use your diary to record your daily exercise. It's a great way to mark your progress and stay motivated.

Incorporating exercise into your life can be as simple as taking the stairs instead of the elevator, or getting off the bus one stop early and walking the rest of the way. Try and include your friends and family in your exercise plans; having support will motivate you to work towards your goals.

It is vital to remember to make your exercise goals realistic and attainable, so that you can really notice the progress you are making. And don't forget to praise yourself when you achieve the exercise goal that you and your doctor agreed upon.

### Exercise tip: 4 easy ways to burn 100 calories\*

1. 15 minutes of walking uphill



2. 15 minutes of treading water



3. Take a leisurely bike ride for 20 minutes



4. 30 minutes of slow dancing or ballroom dancing



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\* Please talk to your doctor before changing your exercise routine.

# Important Safety Information for XIGDUO® XR (dapagliflozin and metformin HCl extended-release)

## What is the most important information I should know about XIGDUO XR?

**XIGDUO XR can cause serious side effects, including lactic acidosis. Metformin, one of the medicines in XIGDUO XR, can cause a rare, but serious, side effect called lactic acidosis (a build-up of lactic acid in the blood) that can cause death. Lactic acidosis is a medical emergency and must be treated in a hospital. Stop taking XIGDUO XR and call your healthcare provider right away if you have any of the following symptoms which could be signs of lactic acidosis: feel cold in your hands or feet, feel very weak or tired, unusual (not normal) muscle pain, trouble breathing, unusual sleepiness or sleep longer than usual, stomach pains, nausea or vomiting, feel dizzy or lightheaded, or have a slow or irregular heartbeat.**

**You have a higher chance of getting lactic acidosis with XIGDUO XR if you have severe kidney problems, your kidneys are affected by certain x-ray tests that use injectable dye, have liver problems, drink alcohol (very often or a lot of alcohol in short-term “binge” drinking), get dehydrated (lose a large amount of body fluids), have surgery, have a heart attack, severe infection, or stroke.**

## Who should not take XIGDUO XR?

### Do not take XIGDUO XR if you:

- have moderate to severe kidney problems or are on dialysis. Your healthcare provider should do blood tests to check how well your kidneys are working before and during your treatment with XIGDUO XR
- are allergic to dapagliflozin, metformin, or any of the ingredients in XIGDUO XR. Symptoms of a serious allergic reaction may include: skin rash, raised red patches on your skin (hives), swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing. If you have any of these symptoms, stop taking XIGDUO XR and contact your healthcare provider or go to the nearest hospital emergency room right away

## What are the possible side effects of XIGDUO XR?

**Serious side effects can happen** in people who take XIGDUO XR, including:

- **Dehydration** (the loss of body water and salt) which may cause you to feel dizzy, faint, lightheaded, or weak, especially when you stand up (orthostatic hypotension). You may be at a higher risk of dehydration if you have low blood pressure, take medicines to lower your blood pressure, including water pills (diuretics), are 65 years of age or older, are on a low-salt diet, or have kidney problems. Talk to your doctor about what you can do to prevent dehydration
- **Ketoacidosis** occurred in people with type 1 and type 2 diabetes during treatment with dapagliflozin, one of the medicines in XIGDUO XR. Ketoacidosis is a serious condition which may require hospitalization and may lead to death. Symptoms may include nausea, tiredness, vomiting, trouble breathing, and abdominal pain. If you get any of these symptoms, stop taking XIGDUO XR and call your healthcare provider right away. If possible, check for ketones in your urine or blood, even if your blood sugar is less than 250 mg/dL.
- **Kidney problems.** Sudden kidney injury occurred in people taking XIGDUO XR. Talk to your doctor right away if you reduce the amount you eat or drink, or if you lose liquids; for example, from vomiting, diarrhea or excessive heat exposure
- **Serious urinary tract infections (UTI)**, some that lead to hospitalization, occurred in people taking dapagliflozin, one of the medicines in XIGDUO XR. Tell your doctor if you have any signs or symptoms of UTI including a burning feeling when passing urine, a need to urinate often, the need to urinate right away, pain in the lower part of your stomach (pelvis), or blood in the urine with or without fever, back pain, nausea, or vomiting
- **Low blood sugar (hypoglycemia)** can occur if you take with another medicine that can cause low blood sugar, such as sulfonylureas or insulin. Symptoms of low blood sugar include shaking, sweating, fast heartbeat, dizziness, hunger, headache and

irritability. Follow your healthcare provider's instructions for treating low blood sugar

- **Bacterial infections under the skin of the genitals and areas around them.** Rare but serious infections that cause severe tissue damage under the skin of the genitals and areas around them have happened with dapagliflozin, one of the medications in XIGDUO XR. This infection has happened in women and men and may lead to hospitalization, surgeries and death. Seek medical attention immediately if you have fever or you are feeling very weak, tired or uncomfortable and you also develop any pain or tenderness, swelling, or redness of the skin in the genitals and areas around them
- **Vaginal yeast infections** in women who take XIGDUO XR. Talk to your healthcare provider if you experience vaginal odor, white or yellowish vaginal discharge (discharge may be lumpy or look like cottage cheese), or vaginal itching
- **Yeast infection of skin around the penis (balanitis)** in men who take XIGDUO XR. Talk to your healthcare provider if you experience redness, itching, or swelling of the penis; rash of the penis; foul smelling discharge from the penis; or pain in the skin around penis. Certain uncircumcised men may have swelling of the penis that makes it difficult to pull back the skin around the tip of the penis
- **Increase in bad cholesterol (LDL-C).** Your healthcare provider should check your LDL-C during treatment with XIGDUO XR
- **Bladder cancer.** In studies of dapagliflozin in people with diabetes, bladder cancer occurred in a few more people who were taking dapagliflozin than in people who were taking other diabetes medications. There were too few cases of bladder cancer to know if bladder cancer was related to dapagliflozin. Tell your healthcare provider right away if you have blood or a red color in your urine or pain while you urinate

## What should I tell my doctor before taking XIGDUO XR?

### Tell your healthcare provider:

- **all of your medical conditions**, including problems with your kidneys, liver, bladder, heart, or pancreas
- **if you have had, or have risk factors for, ketoacidosis** (including type 1 diabetes, are eating less due to illness, surgery, or change in your diet, are going to have surgery, or binge drink)
- **if you are going to get an injection of dye or contrast agents for an x-ray procedure**
- **if you are pregnant, or plan to become pregnant.** XIGDUO XR may harm your unborn baby
- **if you are breastfeeding, or plan to breastfeed.** It is unknown if XIGDUO XR passes into your breast milk
- **about all the medicines you take**, including prescription and nonprescription medicines, vitamins, and herbal supplements

**The most common side effects of XIGDUO XR include** yeast infections of the vagina or penis, stuffy or runny nose and sore throat, diarrhea, headache, nausea, and vomiting.

## Approved Uses for XIGDUO® XR (dapagliflozin and metformin HCl extended-release)

### What is XIGDUO XR?

XIGDUO XR contains 2 prescription medicines called dapagliflozin and metformin. XIGDUO XR is used along with diet and exercise to improve blood sugar (glucose) control in adults with type 2 diabetes when treatment with either dapagliflozin or metformin has not controlled your blood sugar.

XIGDUO XR is not for people with type 1 diabetes or diabetic ketoacidosis (increased ketones in your blood or urine).

*Please see accompanying Medication Guide and US Full Prescribing Information for XIGDUO XR, including **Boxed WARNING** about lactic acidosis.*

*You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.*

Please remember to take your tracker and additional notes or questions to your next doctor's visit to help facilitate a more meaningful conversation with your doctor about your adult type 2 diabetes treatment in addition to diet and exercise.

## Notes:

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