

PATIENT GUIDE



For the
treatment
of type 2
diabetes



 NOVARTIS

Treating your type 2 diabetes with GALVUS

What is GALVUS?

GALVUS belongs to a group of medicines called 'oral anti-diabetics'.

GALVUS helps to lower blood sugar levels by improving the levels of insulin, and lowering the levels of glucagon, after a meal.

Why will I be taking GALVUS?

Your doctor will prescribe GALVUS either alone (if you are unable to take metformin) or in combination with certain other medicines (metformin, or a sulfonylurea medicine, or pioglitazone, or metformin and a sulfonylurea, or insulin injections), if that medicine or medicines do not sufficiently control your blood sugar level.

GALVUS does not replace your need for a healthy diet and exercise. It is important that you continue to follow the diet and/or exercise recommended for you whilst you are on treatment with GALVUS.

Some of the benefits of GALVUS

- ✓ GALVUS provides comprehensive glucose control during both fasting times when you're not eating, and right after meals when blood glucose levels are increased
- ✓ GALVUS is not associated with weight gain in people taking the medicine



How does GALVUS work?

Insulin helps to lower the level of sugar in your blood, especially after meals. Glucagon is another substance which has the opposite effect - it triggers the production of sugar by the liver, causing the blood sugar level to rise.

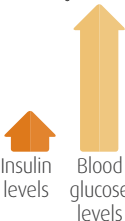
Insulin and glucagon need to work in partnership with each other to keep blood glucose levels balanced.



When you eat, the glucose levels in your blood rise.



Your pancreas responds by producing insulin, but if you have Type 2 Diabetes there is not enough insulin available to move the glucose out of your blood into the cells in your body where it is needed for energy. This means that blood glucose levels stay too high.

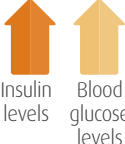


In people with Type 2 Diabetes, glucagon's presence can also raise blood glucose levels too high.



(not actual size)

GALVUS acts to help the body so that more naturally produced insulin is available to move the glucose out of your blood into your cells. GALVUS also lowers levels of glucagon in the blood to prevent too much glucose being produced.




How do I take GALVUS?

Your doctor will prescribe you a 50mg or 100mg dose of GALVUS to take daily.

- The 50mg dose should be taken once a day in the morning
- If your doctor has prescribed 100mg a day (two GALVUS 50mg tablets), take one 50mg tablet in the morning and one 50mg tablet in the evening.
- Do not take two tablets together at any one time

You should swallow GALVUS tablets whole with a glass of water. Your doctor will monitor your blood glucose levels and may increase or decrease the dose of GALVUS to maintain good control of your diabetes.

Your doctor will prescribe GALVUS either alone or in combination with other antidiabetic medicines, if that medicine or medicines do not sufficiently control your blood sugar level.

A clear glass filled with water, positioned on the right side of the page. The glass is partially filled, and the water level is visible. The background is a soft, light blue gradient.

Once you start taking GALVUS, you should continue to take it as prescribed for as long as your doctor tells you to.

When do I take GALVUS?

- ✓ Take your medicine at about the same time each day
- ✓ It does not matter if you take this medicine before or after food







What are the possible side effects of treatment with GALVUS?

Side effects of GALVUS include:

- Swelling of the hands, ankles or feet
- Weakness or dizziness
- Headache
- Trembling
- Low blood glucose
- Nausea
- Chills
- Constipation
- Diarrhoea
- Wind (flatulence)
- A burning sensation in the chest rising up to the throat ('heartburn')
- Weight increase
- Excessive decreased blood glucose
- Itchy rash
- Peeling of skin or blisters
- Joint pain
- Excessive sweating

Do not be alarmed by these lists of possible side effects. You may not experience any of them.

Other side effects not listed here may occur in some patients. Tell your doctor if you notice anything else that is making you feel unwell.

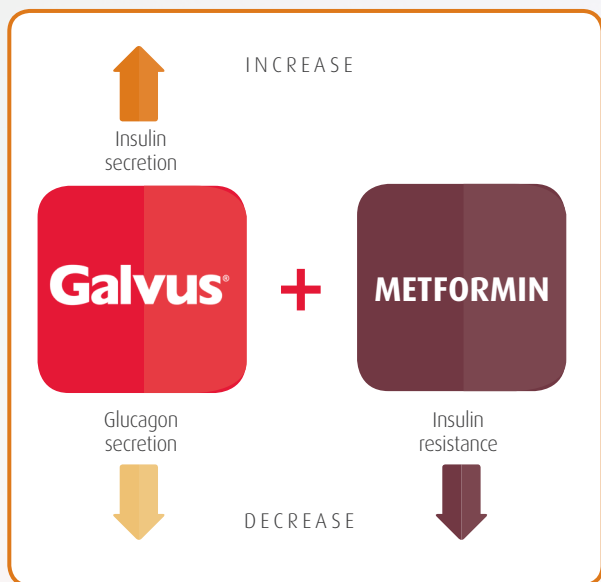
For further details, please refer to the GALVUS Consumer Medicine Information provided with this booklet.

Talk to your doctor if you have any concerns.

Treating your type 2 diabetes with GALVUMET

What is GALVUMET?

GALVUMET is a type of 'oral anti-diabetic' medicine. It contains two ingredients used to lower blood sugar levels: **GALVUS** and **metformin**.



PRESCRIPTION ONLY MEDICINE
KEEP OUT OF REACH OF CHILDREN


Galvumet® 50/850
Vildagliptin 50 mg and
Metformin Hydrochloride 850 mg

 **NOVARTIS** 60 film coated tablets

AUST R 161217

Why will I be taking GALVUMET?

Your doctor may prescribe GALVUMET if you are already taking GALVUS and metformin tablets separately, or if your diabetes cannot be adequately controlled by metformin alone.

How do I take GALVUMET?

Your doctor will usually prescribe one tablet of GALVUMET to take twice a day. Take your medicine at about the same time each day, either with or just after food. You should swallow GALVUMET tablets whole with a glass of water.



Your doctor will monitor your blood glucose levels and may increase or decrease the dose of GALVUMET to maintain good control of your diabetes.

Ensure that you speak to your pharmacist or doctor to obtain the most up to date information on the medicine.

What are the possible side effects of treatment with GALVUMET?

Side effects of GALVUMET include:

- Skin reddening or itching
- Peeling of skin or blisters
- Joint pain
- Swelling of the hands, ankles or feet
- Low blood glucose
- Diarrhoea
- Abdominal pain
- A burning sensation in the chest rising up to the throat ('heartburn')
- Metallic taste
- Loss of appetite
- Constipation
- Wind (flatulence)
- Weight increase

Do not be alarmed by these lists of possible side effects. You may not experience any of them.

Other side effects not listed here may occur in some patients. Tell your doctor if you notice anything else that is making you feel unwell.

For further details, please refer to the GALVUMET Consumer Medicine Information provided with this booklet.

Talk to your doctor if you have any concerns.

How long do I take GALVUS or GALVUMET for?

- ✓ You should continue taking your medicine for as long as your doctor tells you to.
- ✓ Your doctor will check your progress to make sure the medicine is working and will discuss with you how long your treatment should continue.
- ✓ Ensure that you speak to your pharmacist or doctor to obtain the most up to date information on the medicine.

Things to do when you are taking GALVUS or GALVUMET

- ✓ Tell your doctor immediately if you become pregnant, as these medicines should not be taken during pregnancy
- ✓ Make sure you check your blood sugar levels regularly

To ensure GALVUS or GALVUMET stay effective:

- ✓ Keep your medicine in the original container until it is time to take it
- ✓ Store the pack in a cool dry place where the temperature stays below 30°C
- ✓ Do not store GALVUS, GALVUMET, or any other medicine in the bathroom or near a sink
- ✓ Do not leave it in the car or on window sills
- ✓ Keep the medicine where children can't reach it

References: 1. GALVUS Consumer Medicine Information March 2017 2. GALVUMET Consumer Medicine Information September 2018

Galvus® (vildagliptin) 50mg is a prescription medicine available as tablets for the treatment as an adjunct to diet and exercise to lower blood sugar levels in patients with type 2 diabetes mellitus. The tablet contains vildagliptin 50mg. Do not take Galvus if you are allergic to vildagliptin or any of its ingredients. You should not take this medicine if you have type 1 diabetes. Galvus is a fully funded medicine. Normal doctor visit fees and prescription charges apply. Check with your doctor to see if Galvus is right for you. This medicine has risks and benefits. Tell your doctor if you notice any of the following side effects: infections, visual disturbances, decrease in heart rate, signs of liver disorders, sudden onset of severe headache, nausea & vomiting, severe upper stomach pain. Side effects can include headache, liver enzymes increased, nausea, diarrhoea, cough, influenza, sinusitis, low blood glucose, weight increase and back pain. These are not all the possible side effects for Galvus. Galvus should not be used in pregnancy and breastfeeding. Caution when driving, operating machinery or doing jobs that require you to be alert. Be careful when doing any of the following things which increase the risk of your blood glucose becoming too low: drinking alcohol, not eating enough, doing unexpected or vigorous exercise. Refer to Consumer Medicine Information (CMI) at the website www.medsafe.govt.nz for full details. Use strictly as directed. If symptoms continue or you need further information or you have side effects see your doctor. Galvus is the registered trademark of Novartis AG, Novartis New Zealand Ltd, Auckland.

Galvumet® (vildagliptin/metformin hydrochloride) 50mg/850, 50mg/1000mg are prescription medicines available as tablets for the treatment as an adjunct to diet and exercise to lower blood sugar levels in patients with type 2 diabetes mellitus. The tablet contains vildagliptin 50mg and either 850mg or 1000mg of metformin hydrochloride. Do not take Galvumet if you are allergic to vildagliptin or metformin or to any of its ingredients, or any other similar medications. You should not take this medicine if you have type 1 diabetes, severely reduced kidney function, your doctor has told you to stop taking this medication because of liver problem, have had a recent heart attack or have heart failure, you have serious circulation problems including shock and breathing difficulties, you have serious complications of your diabetes, you have diabetic ketoacidosis or are going to have a contrast x-ray. Galvumet is a fully funded medicine. Normal doctor fees and prescription charges apply. Check with your doctor to see if Galvumet is right for you. This medicine has risks and benefits. Tell your doctor if you notice any of the following side effects: skin reddening or itching, peeling of skin or blisters, joint pain, swelling of the hands, ankles or feet, low blood glucose, diarrhea, abdominal pain, a burning sensation in the chest rising up to the throat ('heartburn'), metallic taste, loss of appetite, constipation, wind (flatulence), weight gain, nausea, excessive sweating, weakness, dizziness, trembling, headache, chills. These are not all the possible side effects for Galvumet. Galvumet should not be used in pregnancy and breastfeeding. Caution when driving, operating machinery or doing jobs that require you to be alert. Be careful when doing any of the following things which increase the risk of your blood glucose becoming too low: drinking alcohol, not eating enough, doing unexpected or vigorous exercise. Refer to Consumer Medicine Information (CMI) at the website www.medsafe.govt.nz for full details. Use strictly as directed. If symptoms continue or you need further information or you have side effects see your doctor. Galvumet is the registered trademark of Novartis AG, Novartis New Zealand Ltd, Auckland. NZ-00384 October 2018 TAPS NA10520 essence NV8890

