





Your Doctor Discussion Guide

Have you just started or are you currently taking JANUVIA? Your doctor is there to help answer your questions. You can use this discussion guide to help get the conversation started. Print it out and bring it with you to your next appointment.

Be Prepared for Your Visit

Consider bringing along the following:

-  A list of all the medicines that you take, including prescription and over-the-counter medicines, vitamins and herbal supplements, or take them along with you
-  Notes on your diet and exercise routine, as well as how you've been feeling

Questions About JANUVIA

Feel free to check all that apply and add any notes you have on the next page.

- Can JANUVIA help lower my blood sugar (A1C)?
- How do I take JANUVIA?
- What are the possible side effects of JANUVIA?
- Can my blood sugar go too low while taking JANUVIA?
- Do I still have to manage my diet and exercise routine while taking JANUVIA?
- If I'm already taking metformin, how might another medicine like JANUVIA help me?

WHAT IS JANUVIA?

JANUVIA (jah-NEW-vee-ah) is a once-daily prescription pill that, along with diet and exercise, helps lower blood sugar levels in adults with type 2 diabetes.

JANUVIA should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

IMPORTANT SAFETY INFORMATION

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Important Safety Information is continued on the next page. →

Discussing Your A1C Goals

I am doing everything I've been told to do, but I'm still not reaching my A1C goal. Why?

What is my current A1C? _____

What is my goal A1C? _____



Additional Notes: _____

IMPORTANT SAFETY INFORMATION (continued)

Before you start taking JANUVIA, tell your doctor if you have ever had heart failure (your heart does not pump blood well enough) or have problems with your kidneys. Contact your doctor right away if you have increasing shortness of breath or trouble breathing (especially when you lie down); swelling or fluid retention (especially in the feet, ankles, or legs); an unusually fast increase in weight; or unusual tiredness. These may be symptoms of heart failure.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

Some people who take medicines called DPP-4 inhibitors like JANUVIA, may develop joint pain that can be severe. Call your doctor if you have severe joint pain.

Some people who take medicines called DPP-4 inhibitors like JANUVIA may develop a skin reaction called bullous pemphigoid that can require treatment in a hospital. Tell your doctor right away if you develop blisters or the breakdown of the outer layer of your skin (erosion). Your doctor may tell you to stop taking JANUVIA.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit doctor.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the accompanying [Medication Guide](#) for JANUVIA® (sitagliptin) tablets and discuss it with your doctor. The physician [Prescribing Information](#) also is available.

Having trouble paying for your Merck medicine?
Merck may be able to help. Visit Merckhelps.com

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