

# Empagliflozin



Prescribing information for Empagliflozin: [United Kingdom](#) and [Republic of Ireland](#).  
Adverse event reporting information can be found at the bottom of the page

# Linagliptin

5mg tablets

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## All onboard? Addressing treatment non-adherence in the management of adults with type 2 diabetes



### What is the difference between adherence and compliance?

**Adherence** is the extent to which a person's behaviour, taking medication, following a diet, and/or executing lifestyle changes corresponds with agreed recommendations from a healthcare provider<sup>1</sup> – it is a **positive, proactive and mutually agreed** process, and the language used by NICE<sup>2</sup>

In contrast, **compliance** is the extent to which a patient acts in accordance with the prescribed interval and frequency of dosing regimen<sup>3</sup> – it is a **passive and healthcare provider-led** process



### Factors affecting adherence in adults with type 2 diabetes

#### Lower adherence

- Younger age<sup>4</sup>
- Stress<sup>4</sup>
- Depression<sup>5</sup>
- Side effects<sup>6</sup>
- Lack of knowledge<sup>6</sup>
- Prioritising medication for other 'more important' conditions<sup>6</sup>
- Medication costs<sup>5</sup>

#### Higher adherence

- Fewer daily doses<sup>7</sup>
- Having a routine<sup>6</sup>
- Perceived support (family and healthcare)<sup>6</sup>
- Good relationship with clinician<sup>6</sup>
- Perceived improvement in clinical status/achieving targets<sup>7</sup>

### What are the potential consequences of treatment non-adherence?



Medical complications<sup>8</sup>



All-cause mortality<sup>9</sup>



Reduced quality of life<sup>10</sup>



Inefficient use of healthcare resources<sup>11</sup>



It has been demonstrated that simpler, less frequent dosing regimens result in improved treatment adherence.<sup>7,12</sup> Medications such as Linagliptin and Empagliflozin are taken once daily.<sup>13,14</sup>

### Additional tips for addressing treatment non-adherence in adults with type 2 diabetes



Support people who are finding treatment adherence a challenge – don't blame them, the language you use is important<sup>15</sup>



Discuss the potential consequences of non-adherence<sup>15</sup>



Talk to the patient about the value of the treatment<sup>15</sup>



Regular communication to keep the patient engaged may improve adherence<sup>15</sup>



Take time to understand the person's perception of risk<sup>15</sup>



Digital support could be offered to aid adherence (but consider digital poverty)<sup>16</sup>

Empagliflozin is indicated in adults for the treatment of insufficiently controlled type 2 diabetes mellitus as an adjunct to diet and exercise.<sup>14</sup>

- as monotherapy when metformin is considered inappropriate due to intolerance
- in addition to other medicinal products for the treatment of type 2 diabetes

Empagliflozin is **simple to initiate**: 10 mg **once daily dosing**, with or without food, swallowed whole with water<sup>14</sup>

- The recommended starting dose is 10 mg empagliflozin once daily for monotherapy and add-on combination therapy with other medicinal products for the treatment of diabetes<sup>14</sup>
- In patients tolerating empagliflozin 10 mg once daily who have an eGFR  $\geq 60$  mL/min/1.73 m<sup>2</sup> and need tighter glycaemic control, the dose can be increased to 25 mg once daily. The maximum daily dose is 25 mg<sup>14</sup>

Linagliptin is indicated in adults with type 2 diabetes mellitus as an adjunct to diet and exercise to improve glycaemic control as<sup>13</sup>:

- monotherapy when metformin is inappropriate due to intolerance, or contraindicated due to renal impairment
  - in combination with other medicinal products for the treatment of diabetes, including insulin, when these do not provide adequate glycaemic control
- Linagliptin is always 5 mg once daily<sup>13</sup>

Please review the Summary of Product Characteristics for Linagliptin and Empagliflozin for the full information on dosing, adverse events, contraindications, special warnings and precautions for use before prescribing. Available at: [www.medicines.org.uk](http://www.medicines.org.uk) (UK) and <https://www.medicines.ie> (ROI).<sup>13,14</sup>

1. Chakrabarti S. *World J Psychiatry*. 2014;4:30–36; 2. National Institute for Health and Care Excellence. Medicines adherence: involving patients in decisions about prescribed medicines and supporting adherence [CG76]. 2009. Available at: <https://www.nice.org.uk/guidance/cg76> (accessed May 2026); 3. Cramer J, et al. *Value Health*. 2008;11:44–47; 4. Horii T, et al. *PLoS One*. 2019;14:e0223431; 5. Krass I, et al. *Diabet Med*. 2015;32:725–737; 6. Gow K, et al. *Curr Diab Rep*. 2024;24:19–25; 7. Garcia-Pérez LE, et al. *Diabetes Ther*. 2013;4:175–194; 8. Burnier M. *Eur J Intern Med*. 2024;119:1–5; 9. Ho PM, et al. *Arch Intern Med*. 2006;166:1836–41; 10. Majeed A, et al. *Patient Prefer Adherence*. 2021;15:475–481; 11. Polonsky WH and Henry RR. *Patient Prefer Adherence*. 2016;10:1299–307; 12. Claxton AJ, et al. *Clin Ther*. 2001;23:1296–1310; 13. Linagliptin Summary of Product Characteristics. Available at: [www.medicines.org.uk](http://www.medicines.org.uk) (UK) and <https://www.medicines.ie> (ROI) (accessed May 2026); 14. Empagliflozin Summary of Product Characteristics. Available at: [www.medicines.org.uk](http://www.medicines.org.uk) (UK) and <https://www.medicines.ie> (ROI) (accessed May 2026); 15. WHO. Adherence to long-term therapies – Evidence for action. 2003. Available at: <https://iris.who.int/server/api/core/bitstreams/121c6b73-8651-442f-9560-e3b1d9c8a75c/content> (accessed May 2026); 16. Shrivastava TP, et al. *J Diabetes Sci Technol*. 2021;17:458–466.

Adverse events should be reported. Reporting forms and information can be found at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) (UK) or <https://www.hpra.ie/homepage/about-us/report-an-issue> (IRE). Adverse events should also be reported to Boehringer Ingelheim Drug Safety on 0800 328 1627 (freephone) (UK) or 01 2913960 (IRE), or by email: [PV\\_local\\_uk\\_ireland@boehringer-ingelheim.com](mailto:PV_local_uk_ireland@boehringer-ingelheim.com)