

Medicine

Oral Medication

Some people with type 2 diabetes can control their blood sugar levels with life style changes such as following a meal plan and exercising. For many people with type 2 diabetes, following a meal plan and exercising is not enough. They also need medication. This does not mean your diabetes is getting worse. You just need medication to control your blood sugar.

Your provider will consider your life style when ordering medications. Your weight, how tall you are, how much exercise you get, what kind of work you do, and how much you eat are all important things your provider needs to know.

Things to talk to your provider about before starting a medicine:



- ✚ How much to take
 - ✚ When and how often to take the medicine
 - ✚ When and how often to check your blood sugar
 - ✚ What to do if you forget to take your medicine
 - ✚ What to do if you are sick
-
- ✚ The other medicines you are taking— bring your medicine with you to your provider visit. This includes herbal medicines.
 - ✚ Any side effects

Side Effects

Many medications can have side effects. Many times they only last a short time. Ask your provider what kind of side effects you might have and when you should call about them. Never stop taking your medication on your own. Always talk to your provider or nurse. You may need less medicine or a different medicine.

Diabetes medications

There are many different kinds of medicine for diabetes and there are new ones becoming available all the time. Sometimes your provider will have you take more than one kind of diabetes medicine.



Have you talked to your provider about the medicine you take? What medicine or medicines do you take?

Do you know when and how to take this medicine?

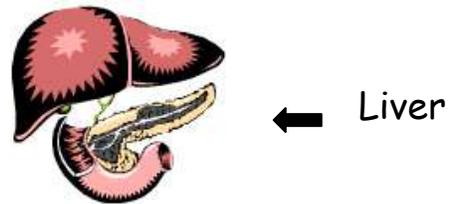
Check out your medicine here. Can you name your medicine and explain how it works? Be sure your medication is listed in **My Diabetic Record**.

Generic name:	Metformin
Brand name:	Glucophage

Glucophage controls blood sugar by keeping the liver from releasing too much glucose. It also helps the muscle and liver tissue to use insulin.

Duration: 24 hours

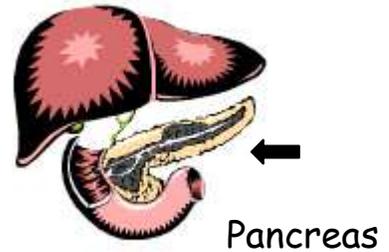
You can take this medicine with or without food.



Side effects: Gastrointestinal upset, abdominal discomfort and diarrhea. Taking Metformin with meals will reduce the side effects.

This medicine does not cause hypoglycemia (low blood sugar) unless used with another medicine.

Generic name: Tolbutamide
Tolazamide
Chlorpropamide and
many more
Brand name: Glipizide
Glyburide
Glimepiride



These medications help the pancreas to release more insulin.

Duration: 20 to 24 hours

This medicine should be taken before or with meals.

Side effects: weight gain is the most common side effect; also skin reactions and gastrointestinal upset.

This medication can cause hypoglycemia
(low blood sugar)



Generic name: Rosiglitazone and Pioglitazone
Brand name: Avandia and Actos

Avandia lowers blood sugar levels by making the muscle cells and liver cells better able to use the insulin your body makes. It also decreases the amount of glucose the liver makes.

Duration: 24 hours

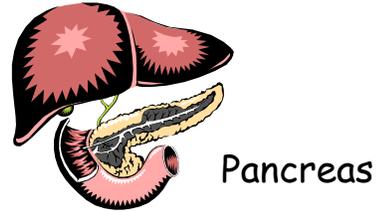
Take this medicine with or without food

Side effects: May cause edema or swelling

Liver Function should be watched while on this medicine.

This medicine does not cause hypoglycemia (low blood sugar) unless used with another medicine.

Generic name: Repaglinide
Brand name: Prandin



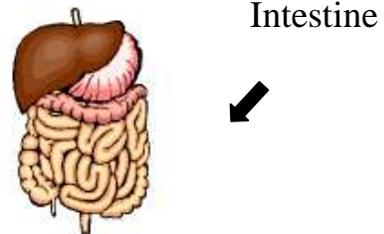
Prandin lowers blood sugar levels by helping the pancreas to make more insulin. It is used quickly.

Duration: maximum effect 1 hour lasts 2 to 3 hours

Must be taken 30 minutes or less before each meal.
If you skip a meal you DO NOT take the medicine.

Medicine can cause hypoglycemia.

Generic name: Acarbose
Brand name: Precose



Precose lowers blood sugar level by causing your body to not use as many of the carbohydrates (sugar). Precose works in the intestine. The blood sugar does not peak (go as high) as high after meals.

Duration: 1 to 3 hours

Take Precose 3 times a day.

Take pills with the first bite of the meal.

If you have hypoglycemia, your blood sugar may be slow to respond to treatment. Take 3 - 4 glucose tablets, one tube of glucose gel or 10 - 12 ounces of skim milk.

Side effects: G-I upset abdominal discomfort, diarrhea or gas

Diet should have more complex carbohydrates (unrefined) than simple carbohydrates.

Combination Therapy: Glucovance

Glucovance is a combination of Metformin (Glucophage) and Tolbutamide (Glipizide, Glyburide or Glimapiride).

This combination can cause hypoglycemia or low blood sugar.

Tips:

- ✚ Make sure you know **when** to take your medicine.
- ✚ When you take your medicine, you **need** to eat.
- ✚ Make sure you **refill your prescription before you run out**. Check if you have any refills left. If not, call your provider before you run out.
- ✚ Do not use herbal medicine without talking to your provider.
- ✚ Always talk to your provider about the medicine you are taking. Ask if there are any special tests you should have while taking the medicine. **Test your blood sugar** to see how the medicine is working.
- ✚ Ask if you should take your medicine when you are sick.
- ✚ Remember **medication is only one part of controlling your blood sugar**. Good nutrition divided into three meals a day and snacks if recommended by your provider are part of your diabetes care.



Write the names of your medicines and the doses in "**My Diabetic Record**".