

Medicine To Treat: _____

Diabetes

- Sulphonylureas*
- Meglitinides*
- Biguanides*
- Thiazolidinediones*
- α -glucosidase inhibitors*



ABOUT YOUR MEDICINE

Your doctor has just prescribed for you:

| MEDICINE | HOW DOES MY MEDICINE WORK? | HOW SHOULD I TAKE MY MEDICINE? |
|--|---|---|
| <p>Sulphonylureas eg: Chlorpropamide Glibenclamide Gliclazide Glipizide Tolbutamide Glimepiride</p> | <p>Helps the pancreas to release more insulin.</p> | <p>Take the tablet(s) everyday half an hour before meal(s). Do not miss or delay meals.</p> |
| <p>Meglitinides eg: Repaglinide Nateglinide</p> | <p>Helps the pancreas to release more insulin.</p> | <p>Take the tablet(s) immediately before each main meal.</p> |
| <p>Biguanides eg: Metformin</p> | <p>Helps the body to use insulin more efficiently.</p> | <p>Take the tablet(s) with meal(s) or after meal(s).</p> |
| <p>Thiazolidinediones eg: Rosiglitazone</p> | <p>Helps the body to use insulin more efficiently.</p> | <p>May be taken with or without food.</p> |
| <p>α-glucosidase inhibitors e.g Acarbose</p> | <p>Helps to stop the quick rise of blood glucose after a meal</p> | <p>Take the tablet(s) with the first mouthful or immediately before each of the 3 main meals.</p> |

Keep all medication out of reach of children.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF THE MEDICINE?

1. Low blood sugar (Hypoglycaemia)

If you take your medicine but do not eat on time, your blood sugar may become too low. You may experience weakness, dizziness, hunger, sweating, trembling, blurred vision, unsteady walk or fast heartbeat.

If you have any of these symptoms, take glucose tablets or half a glass of fruit juice or 2 - 4 teaspoons of sugar, honey or syrup immediately and you should feel better in about 15 minutes. Get to your doctor or a hospital immediately if the symptoms do not improve.

2. Stomach discomfort / Bloating feeling or gas / Diarrhoea

These symptoms may occur. Consult your doctor if any of these symptoms are severe or do not go away.

3. Nausea or vomiting / Loss of appetite

You may experience these symptoms if you are taking metformin, repaglinide, nateglinide or rosiglitazone. The medicine should be taken after food or with food to help reduce these symptoms. Consult your doctor if any of these symptoms are severe or do not go away.

4. Skin rash

Rashes may occur when you are taking these medicines. If rashes are experienced, inform your doctor immediately.

WHAT PRECAUTION SHOULD I FOLLOW?

Before taking your medicine, inform your doctor if:

- you are allergic to this medicine or any other medicines.
- you are taking other prescription and non-prescription medicines.
- you have a heart condition, kidney or liver problem.

Discard all medication that is outdated or no longer required.

- you are going for any surgery.
- you are pregnant or planning to get pregnant.
- you are breast-feeding.

WHAT MUST I DO WHILE TAKING THE MEDICINE?

- Learn the name and dose of your medicine.
- Take your medicine regularly and exactly as prescribed by your doctor.
- Do not stop taking your medicine without consulting your doctor.
- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double the dosage.
- Drinking alcohol without taking food may lead to a very low blood sugar level.
- Test your blood sugar as directed by your doctor.
- If you visit another doctor, be sure to tell him you are taking this medicine.
- If you are taking metformin, let your doctor know before any scan or x-ray procedure. You may need to stop taking it for a few days.

HOW SHOULD I STORE MY MEDICINE?

- Store in a cool, dry place.
- Do not keep different types of medicines together in one container. Keep each medicine separately in its original labelled container.