



Diabetes Information Pack

Tablets

To obtain this information pack in Braille, by E-mail, on disk or on Audio Cassette,
phone the Patient Advice & Liaison Manager on 0117 900 2289.



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About Your Tablets

Treatments for people with Type 2 diabetes

People with Type 2 diabetes need to eat a healthy diet that contains the right balance of foods. If your doctor or diabetes nurse finds that this alone is not enough to keep your blood glucose levels normal, you may also need to take tablets to help you manage your diabetes.

There are several kinds of tablets for people with Type 2 diabetes. Some kinds help your pancreas to produce more insulin. Other kinds help your body to make better use of the insulin that your pancreas does produce. Another type of tablet slows down the speed at which your body absorbs glucose from the intestine.

Your doctor will discuss with you which kinds of tablet are going to work best for you and may prescribe more than one kind. Your doctor or nurse will tell you all about the tablets, when to take them, and how to monitor your blood glucose levels.

The tablets you are taking may alter the effect of other drugs or, alternatively, some drugs may alter the effect of the tablets you are taking to help manage your diabetes. If you are taking any other medications then talk to your Doctor or Pharmacist before taking this medicine.

Further Information

For further information please read the patient information leaflet that is provided. The patient information leaflet will provide detailed information about medication, possible side effects and interactions with other medications.

Please see the Pharmacist for a copy of the information leaflet if one is not included.

Information about this medication is available from the Electronic Medicines Compendium website - <http://emc.medicines.org.uk/> and select "Find a Medicine".

Important reminder

Do not give your tablets to anyone else, even if they suffer from the same condition as you. This medicine could be harmful to them or interfere with other treatments. Your medicine has been prescribed by your doctor specifically for you.

Acarbose

Acarbose is also called Glucobay.

How does Acarbose work?

Acarbose slows down the absorption of starchy foods from the intestine. This means that blood glucose rises more slowly after meals. On its own it cannot make your blood glucose go too low.

Take Acarbose chewed or crushed with the first mouthful of food, this will make it work more effectively.

Start with one Acarbose tablet (50mg) taken with your main meal. If your doctor recommends more than one tablet a day, starting with a small dose and then building up gradually should minimise any possible side effects.

An example is given in the table below, supposing you were prescribed 3 tablets a day and your main meal was in the evening.

	First Meal	Second Meal	Third Meal
Week 1-2	-	-	✓
Week 2-3 (If No Side effects)	✓	-	✓
Week 4-5 (If No Side effects)	✓	✓	✓

If you get side effects, particularly diarrhoea or wind, do not increase your dose before checking with your doctor. Any side effects may disappear if you stay on a lower dose for longer.

Acarbose is available in 50mg and 100mg tablets and can be taken up to three times a day.

Glibenclamide

Glibenclamide is also called Daonil, Semidaonil, Euglucon, Diabetamide or Gilken

How does Glibenclamide work?

Glibenclamide encourages the pancreas to work and produce more insulin. This should, in turn, lower blood glucose levels.

Glibenclamide is available in 2.5mg and 5mg tablets, taken once a day.

Take Glibenclamide with breakfast or your first main meal. It is important to have regular meals. Missing or being late for a meal, or taking more exercise than usual may make your blood glucose go too low (hypoglycaemia or 'hypo').

Hypos can be recognised by:

- Sweating and shaking
- Hunger and headaches
- Blurred vision
- Irritability
- Forgetfulness and confusion

How to treat a hypo

Take three glucose tablets or a sugary drink, followed by biscuits, a sandwich or the next meal if it is due.

Gliclazide

Gliclazide is also called Diamicon or Diaglyk.

How does Gliclazide work?

Gliclazide encourages the pancreas to work and produce more insulin. This should, in turn, lower blood glucose levels.

Gliclazide is available in 80mg tablets, and is taken once or twice a day. It is also available as 30mg M/R (slow release) tablets.

Take Gliclazide with, or shortly before food. It is important to have regular meals. Missing or being late for a meal, or taking more exercise than usual may make your blood glucose go too low (hypoglycaemia or 'hypo').

Hypos can be recognised by:

- Sweating and shaking
- Hunger and headaches
- Blurred vision
- Irritability
- Forgetfulness and confusion

How to treat a hypo

Take three glucose tablets or a sugary drink, followed by biscuits, a sandwich or the next meal if it is due.

Glimepiride

Glimepiride is also called Amaryl.

How does Glimepiride work?

Glimepiride encourages the pancreas to work and produce more insulin. This should, in turn, lower blood glucose levels.

Glimepiride is available in 1mg, 2mg, 3mg and 4mg tablets, taken once a day.

Take Glimepiride with breakfast or your first main meal. It is important to have regular meals. Missing or being late for a meal, or taking more exercise than usual may make your blood glucose go too low (hypoglycaemia or 'hypo').

Hypos can be recognised by:

- Sweating and shaking
- Hunger and headaches
- Blurred vision
- Irritability
- Forgetfulness and confusion

How to treat a hypo

Take three glucose tablets or a sugary drink, followed by biscuits, a sandwich or the next meal if it is due.

Glipizide

Glipizide is also called Glibenese or Minodiab.

How does Glipizide work?

Glipizide encourages the pancreas to work and produce more insulin. This should, in turn, lower blood glucose levels.

Glipizide is available in 2.5mg and 5mg tablets, and is usually taken once daily.

Take Glipizide before breakfast or lunch. It is important to have regular meals. Missing or being late for a meal, or taking more exercise than usual may make your blood glucose go too low (hypoglycaemia or 'hypo').

Hypos can be recognised by:

- Sweating and shaking
- Hunger and headaches
- Blurred vision
- Irritability
- Forgetfulness and confusion

How to treat a hypo

Take three glucose tablets or a sugary drink, followed by biscuits, a sandwich or the next meal if it is due.

Metformin

Metformin is also called Glucophage or Glucamet.

How does Metformin work?

Metformin works by making the insulin that you have available work more effectively. On its own it cannot make your blood glucose go too low.

Take Metformin with or just after food.

You will start with one Metformin tablet (500mg) taken with your main meal. Your doctor may suggest an increase in your dose.

An example is given in the table below, supposing you were prescribed 3 tablets a day and your main meal was in the evening,.

	First Meal	Second Meal	Third Meal
Week 1-2	✓	-	-
Week 2-3 (If No Side effects)	✓	-	✓
Week 4-5 (If No Side effects)	✓	✓	✓

If you get side effects, particularly diarrhoea or wind, do not increase your dose before checking with your doctor. Any side effects may disappear if you stay on a lower dose for longer. One month after starting Metformin, your doctor will check you have no side effects and review your dose.

Metformin is available in 500mg and 850mg tablets and can be taken up to three times a day.

Nateglinide

Nateglinide is also called Starlix.

How does Nateglinide work?

Nateglinide encourages the pancreas to work and produce more insulin. This should, in turn, lower blood glucose levels.

You can take Nateglinide up to 30 minutes before your meal. Nateglinide may only be taken with Metformin. It is important you continue to take this to keep your blood glucose level under control.

Nateglinide is available in 60mg, 120mg and 180mg tablets.

Missing or being late for a meal, or taking more exercise than usual may make your blood glucose go too low (hypoglycaemia or 'hypo').

Hypos can be recognised by:

- Sweating and shaking
- Hunger and headaches
- Blurred vision
- Irritability
- Forgetfulness and confusion

How to treat a hypo

Take three glucose tablets or a sugary drink, followed by biscuits, a sandwich or the next meal if it is due.

Pioglitazone

Pioglitazone is also called Actos.

How does Pioglitazone work?

Pioglitazone works by increasing your body's response to your own insulin. This results in the lowering of your blood glucose levels.

You can take Pioglitazone at any time, with or after a meal or on an empty stomach.

It is important you continue to take your existing diabetes medication to keep your blood glucose level under control. Pioglitazone may be continued with one other type of diabetes tablet, but not two.

You should have a blood test before you start Pioglitazone. Then every two months for the first year of taking it and periodically thereafter. Your doctor will explain this to you.

Pioglitazone may increase your weight. Your doctor or nurse will be able to discuss this with you.

Pioglitazone is available in 15mg and 30mg tablets and is once a day.

Missing or being late for a meal, or taking more exercise than usual may make your blood glucose go too low (hypoglycaemia or 'hypo').

Hypos can be recognised by:

- Sweating and shaking
- Hunger and headaches
- Blurred vision
- Irritability
- Forgetfulness and confusion

How to treat a hypo

Take three glucose tablets or a sugary drink, followed by biscuits, a sandwich or the next meal if it is due.

Repaglinide

Repaglinide is also called Novonorm.

How does Repaglinide work?

Repaglinide encourages the pancreas to work and produce more insulin. This should, in turn, lower blood glucose levels. As the effect does not last very long it is intended only to raise insulin production when food is taken.

Repaglinide is available in 0.5mg, 1mg and 2mg tablets, and is taken immediately before food.

- One meal, One dose
- No meal, No dose.

You can take Repaglinide up to 30 minutes before your meal. Missing or being late for a meal, or taking more exercise than usual may make your blood glucose go too low (hypoglycaemia or 'hypo').

Hypos can be recognised by:

- Sweating and shaking
- Hunger and headaches
- Blurred vision
- Irritability
- Forgetfulness and confusion

How to treat a hypo

Take three glucose tablets or a sugary drink, followed by biscuits, a sandwich or the next meal if it is due.

Rosiglitazone

Rosiglitazone is also called Avandia.

How does Rosiglitazone work?

Rosiglitazone works by increasing your body's response to your own insulin. This results in the lowering of your blood glucose levels.

You should have a blood test before you start Rosiglitazone. Then every two months for the first year of taking it and periodically thereafter. Your doctor will explain this to you.

Rosiglitazone may increase your weight. Your doctor or nurse will be able to discuss this with you.

Rosiglitazone is available in 4mg and 8mg tablets and once a day. The higher dose of 8mg can only be taken with Metformin.

You can take Rosiglitazone at any time, with or after a meal or on an empty stomach. It is important you continue to take your existing diabetes medication to keep your blood glucose level under control. Rosiglitazone may be continued with one other type of diabetes tablet, but not two.

Missing or being late for a meal, or taking more exercise than usual may make your blood glucose go too low (hypoglycaemia or 'hypo').

Hypos can be recognised by:

- Sweating and shaking
- Hunger and headaches
- Blurred vision
- Irritability
- Forgetfulness and confusion

How to treat a hypo

Take three glucose tablets or a sugary drink, followed by biscuits, a sandwich or the next meal if it is due.

Tolbutamide

How does Tolbutamide work?

Tolbutamide encourages the pancreas to work and produce more insulin. This should, in turn, lower blood glucose levels.

Tolbutamide is available in 500mg tablets, and is taken once to three times a day.

Take Tolbutamide with, or shortly before food. Missing or being late for a meal, or taking more exercise than usual may make your blood glucose go too low (hypoglycaemia or 'hypo').

Hypos can be recognised by:

- Sweating and shaking
- Hunger and headaches
- Blurred vision
- Irritability
- Forgetfulness and confusion

How to treat a hypo

Take three glucose tablets or a sugary drink, followed by biscuits, a sandwich or the next meal if it is due.