

TABLETS FOR YOUR DIABETES

When taking tablets it is important to understand how they work, how many to take and the side effects. This brochure aims to give general information about diabetes tablets. If you are unable to control your blood glucose levels with healthy eating and physical activity, tablets are needed.

However, healthy eating and regular physical activity is still very important even if you are on tablets for your diabetes.

Blood Glucose Lowering Tablets



Group 1 – Sulphonylureas

This group of tablets helps the pancreas to secrete more insulin and also helps the insulin work better. This tablet should be taken 1/2hour before a main meal or with the first mouthful of food. However, due to reported hypoglycaemic events, pharmacists will instruct that this tablet be taken with or immediately after food.

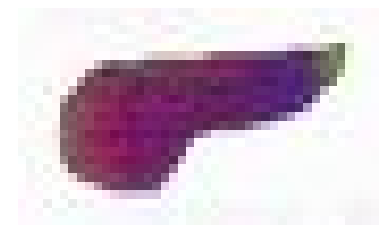
<u>Trade Name</u>	<u>Tablet Size</u>	<u>Daily Dose Range</u>
Daonil, Euglucon, Glimel	5mg	2.5 . 20mg
Diamicron Glyade	80mg	40 . 320mg
Minidiab Melizide	5mg	2.5 . 40mg
Rastinon	500mg or 1gm	500mg . 3g
Amaryl	1,2 or 4mg	1 . 8mg

Side effect of Sulphonylureas include:

- Low blood glucose/hypoglycaemia
- Weight Gain
- Mild Nausea/diarrhea
- Skin Rash

Care needs to be taken when combining this group with Aspirin & Warfarin.

– Meglitinides NovoNorm



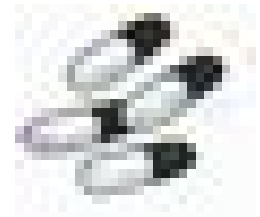
These tablets work like the sulphonylureas, making the pancreas release more insulin. However unlike the sulphonylureas this tablet only works for short periods. It starts working with an hour of taking it and only last up to 4 hours. It should only be taken with a normal meal. If you miss a meal you should not take the tablet. This tablet is only currently available on private prescription.

Trade Name	Daily Dose Range
NovoNorm	0.5mg . 16mg
Starlix	60mg . 360mg

Side effects: Hypoglycaemia



Group 3 – Biguanide (or Metformin)



This group works in three ways:
By delaying the absorption of glucose from the bowel, reducing glucose put into the blood by the liver and increasing insulin sensitivity.

This tablet should be taken with or after meals.

Trade Name	Tablet Size	Daily Dose Range
Diaformin	500mg	500-3,00mg
Diabex	800mg	
Glucophage		
Glucohexal		
Glucomet		
Novomet (Discontinued)		

Metformin is usually commenced at a low dose and increased slowly to minimize the following side effects:

- Nausea and diarrhea
- Loss of appetite
- Indigestion



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ste in the mouth, vitamin B12 deficiency and lactic

Group 4 – Acarbose (Glucobay)



This works by altering glucose absorption from the small intestine. It can be used on its own or in combination with other groups.

<u>Trade Name</u>	<u>Daily Dose Range</u>
Glucobay	50mg . 2200mg

To be taken with the first mouthful of food.

Side Effects: Diarrhea and flatulence

Group 5 - Thiazolidinidione

Actos – Pioglitizone

Avandia – Rosiglitzone



These tablets are new and work by reversing insulin resistance and decreasing glucose released from the liver in the blood. They make insulin work much more effectively to lower blood glucose levels. Actos also has the added benefit of improving blood lipids. These tablets are currently not available on the Pharmaceutics Benefits Scheme.

Side Effects: are rare but may cause liver failure.

What tablets are best for your?

Your doctor will make this decision based on your general health, the other medication you are taking and how diabetes is affecting your body. In Type 2 diabetes, some people do not have enough insulin or have insulin resistance (something that blocks the insulin from working) and some people can have both.

Daonil	Melizide
Glimel	Rastinon
Euglucon	Amaryl
Diamicron	NovoNorm
Minidiab	Starlix

If you have insulin resistance
The best tablets for you include:

Diaformin	Avandia
Diabex	Actos
Glucophage	
Glucohexal	
Glucomet	

Sometimes combinations of these tablets are needed.

When are tablets and diet not enough?

The nature of the diabetes is that it gets harder to control as the years go by, therefore, insulin may also be required to help control blood glucose levels. Other reasons include:

- Severe illness and infection
- Surgery or cortisone treatment

During pregnancy and breast-feeding, tablets for diabetes can't be taken, so insulin is needed.

- ❖ **Understand how your tablets work and side effects before you take them. If you ask your doctor or pharmacist.**
- ❖ **Always take your tablets as directed by your doctor.**

