Important:

Eat Healthy
Exercise everyday
Test your blood glucose often
Always take medicine as prescribed
Check your feet everyday
Avoid alcohol
Stop smoking

Who should not take Januvia?

Talk with your doctor about whether to take this type of medicine if

- You are pregnant, planning to get pregnant, or breastfeeding
- You have kidney disease
- You have type 1 diabetes

Brand Name | Generic Name
-------------|-----------------
Januvia      | Sitagliptin phosphate (sih-tuh-GLIP-tin) (FOSS-fayt)
DPP-4 Inhibitor

My dose is:_______mg

My pill is:   or

The color of my pill is:______________

How it works

♦ Helps the pancreas make more insulin, which lowers blood glucose.

♦ Helps liver from putting stored glucose into your blood.

How to take this medicine

• Take Januvia 1 time each day exactly as your doctor tells you.
• You can take Januvia with or without food.
• If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of Januvia at the same time.

Possible Side Effects*

- May cause low blood glucose (hypoglycemia) if taken with other diabetes pills or insulin
- A cold
- Runny nose
- Sore throat
- Headache

*If you think you may be having a side effect, talk to your provider before you stop taking the medicine.

Caution

Do not stop taking this medicine without first checking with your provider. Stopping may cause your blood glucose to rise.
**Combination Diabetes Pills**

Combination pills contain two different types of diabetes pills. Several combination pills are available.

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avandamet</td>
<td>pioglitazone (py-oh-GLIH-tuh-zohn) + metformin (met-FOR-min)</td>
</tr>
<tr>
<td>Avandaryl</td>
<td>rosiglitazone (rohss-ih-GLIH-tuh-zohn) + glimepiride (gly-MEP-ih-ryd)</td>
</tr>
</tbody>
</table>

**What does this type of pill do?**

Avandamet is a combination of two pills. One pill lowers the amount of glucose made by your liver. Both types help your insulin work the way it should.

To learn more about the types of pills in Avandamet, see the brochure on TZD and Biguanide.

Avandaryl is a combination of two pills. One pill helps your insulin work the way it should. The other pill helps make more insulin.

To learn more about the types of pills in Avandaryl, see the brochure on Sulfonylurea and TZD.
<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duetact (DOO-uh-tak)</td>
<td>pioglitazone (py-oh-GLIH-tuh-zohn) + glimepiride (gly-MEP-ih-ryd)</td>
</tr>
</tbody>
</table>

**What does this type of pill do?**

Duetact is a combination of two pills. One pill helps your insulin work the way it should. The other pill helps your body make more insulin.

To learn more about the types of pills in Duetact, see the brochure on TZD and Sulfonylurea.

<table>
<thead>
<tr>
<th>Brand Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Glucovance (GLOO-koh-vanss)</td>
<td>glyburide (GLY-buh-ryd) + metformin (met-FOR-min)</td>
</tr>
</tbody>
</table>

**What does this type of pill do?**

Glucovance is a combination of two pills. One pill helps your body make more insulin. The other pill lowers the amount of glucose made by your liver and helps your insulin work the way it should.

To learn more about the types of pills in Glucovance, see the brochure on Sulfonylurea and Biguanide.

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Janumet</td>
<td>sitagliptin (sih-tuh-GLIP-tin) + metformin (met-FOR-min)</td>
</tr>
</tbody>
</table>

**What does this type of pill do?**

Janumet is a combination of two pills. One pill helps your body make more insulin after meals. It also helps keep your liver from putting stored glucose into your blood. The other pill lowers the amount of glucose made by your liver and helps your insulin work the way it should.

To learn more about the types of pills in Janumet, see the brochure on DPP-4 inhibitor and Biguanide.

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metaglip</td>
<td>glipizide (GLIP-ih-zyd) + metformin (met-FOR-min)</td>
</tr>
</tbody>
</table>

**What does this type of pill do?**

Metaglip is a combination of two pills. One pill helps your body make more insulin. The other pill lowers the amount of glucose made by your liver and helps your insulin work the way it should.

To learn more about the types of pills in Metaglip, see the brochure on Sulfonylurea and Biguanide.