**Sulfonylurea**

My dose is: __________ mg

My pill is:  ☐  or  ☐

The color of my pill is: ______________

**How it works**

- Helps pancreas make more insulin, which then lowers blood glucose.

- Helps body use the insulin it makes to lower blood glucose.

**How to take this medicine**

- Take this medicine with the first meal of the day (breakfast), or as directed by your doctor or pharmacist.

- Take this medicine at the same time everyday.

- If you miss a dose, take it as soon as possible. If it is close to the time for your next dose, skip the missed dose and take your regular dose as scheduled.

- Avoid alcohol – drinking alcohol with this medicine can hurt you.

**Possible Side Effects***

- Low blood glucose (hypoglycemia)
- Skin rash or itching
- Upset stomach
- Weight gain

*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.
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 sulfonylureas?
Talk with your doctor about whether to take this type of medicine if

- You are allergic to sulfa drugs
- You are pregnant, planning to get pregnant, or breastfeeding

Your Diabetes Medicine

Sulfonylurea
(SUHL-foh-nil-yoo-REE-uh)

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaryl</td>
<td>glimepiride (gly-MEP-ih-ryd)</td>
</tr>
<tr>
<td>DiaBeta</td>
<td>glyburide (GLY-buh-ryd)</td>
</tr>
<tr>
<td>Glynase</td>
<td></td>
</tr>
<tr>
<td>Micronase</td>
<td></td>
</tr>
<tr>
<td>Diabinese</td>
<td>chlorpropamide (klor-PROH-puh-myd)</td>
</tr>
<tr>
<td>Glucotrol</td>
<td>glipizide (GLP-ih-zyd)</td>
</tr>
<tr>
<td>Glucotrol XL</td>
<td>glipizide – long acting</td>
</tr>
</tbody>
</table>

Available only in generic form:
- Tolazamide (tahl-AZ-uh-myd)
- tolbutamide (tahl-BYOO-tuh-myd)
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 Glucophage, Glucophage XR, or Riomet?
Talk with your doctor about whether to take this type of medicine if
- You have advanced kidney or liver disease
- You drink excessive amounts of alcoholic beverages
- You are pregnant, planning to get pregnant, or breastfeeding

Your Diabetes Medicine

Biguanide
(by-GWAN-nyd)

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucophage</td>
<td>metformin (GLOO-coh-fahj)</td>
</tr>
<tr>
<td>Glucophage XR</td>
<td>metformin – long acting</td>
</tr>
<tr>
<td>Riomet</td>
<td>metformin - liquid</td>
</tr>
</tbody>
</table>

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Biguanide

My dose is: _______ mg

My pill is: □ or □ or

The color of my pill is: _______________

How it works

- Lowers blood glucose by stopping the liver from making too much glucose.

How to take this medicine

- Take this medicine with a meal two or three times a day. Your provider will tell you which meals to take it with.

- Avoid alcohol – drinking alcohol with this medicine can hurt you.

- If you are going to have an x-ray that includes an injection, let your provider know you are taking Metformin. You may need to stop taking the medicine the day before the x-ray.

Possible Side Effects*

- May cause low blood glucose (hypoglycemia) if taken with other diabetes pills or insulin
- Weakness, feeling tired, dizzy
- Loss of appetite
- Nausea or upset stomach
- Vomiting
- Weight loss
- Diarrhea

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

Before you start taking Metformin, make sure your provider knows that your kidneys and liver work well. A blood test can check these.

Caution

Do not stop taking this medicine without first checking with your provider. Stopping may cause your blood glucose to rise.
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 Glyset or Precose?
Talk with your doctor whether to take this pill if:
• You have bowel disease or other intestinal condition
• You have advanced kidney or liver disease
• You are pregnant, planning to get pregnant, or breastfeeding

Your Diabetes Medicine
Alpha-Glucosidase Inhibitor
(AL-fuh-gloo-KOH-sih-dayss)

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glyset</td>
<td>miglitol (MIG-lish-tol)</td>
</tr>
<tr>
<td>Precose</td>
<td>acarbose (A-kahr-bohss)</td>
</tr>
</tbody>
</table>

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Alpha-Glucosidase Inhibitor

My dose is:________ mg
My pill is:  or
The color of my pill is:____________

How it works

- Helps keep blood glucose in balance by slowing down the absorption of starches in foods (such as, bread, fruit, starchy vegetables, milk). This is done by slowing the breakdown of starch to simple sugars and glucose in the small intestine.

- Helps slow the rise of blood glucose or lower it throughout the day, but mostly right after a meal.

How to take this medicine

- Take this medicine with the first bite of a meal, or as directed by your provider.

Possible Side Effects*

- May cause stomach problems such as gas, bloating, and diarrhea that usually go away after you take the medicine for awhile.

If you take Glyset or Precose and get low blood glucose (hypoglycemia), only glucose tablets or glucose gel will bring your blood glucose level back to normal quickly.

*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.
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 Prandin or Starlix?

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

- You are pregnant, planning to get pregnant, or breastfeeding
- You have liver disease

### Your Diabetes Medicine

**Meglitinide**
(meh-GLIH-tih-nyde)

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prandin</td>
<td>repaglinide (ruh-PAG-luh-nyde)</td>
</tr>
<tr>
<td>Starlix</td>
<td>nateglinide (nuh-TAG-luh-nyde)</td>
</tr>
</tbody>
</table>

Partners in Care – Pili ‘Ohana Partnership

National Diabetes Information Clearinghouse ● 1-800-860-8747
Meglitinide

My dose is:________mg
My pill is:  o  or  o
The color of my pill is:_____________

How it works

• Helps the pancreas make insulin quickly, which lowers blood glucose when you eat.

How to take this medicine

• Take at the start of each meal, or up to 30 minutes before the start of your meal.

• Use as directed by your provider.

• If you miss a meal, do not take the medicine. If it is close to the time for your next dose, skip the missed dose and take your regular dose as scheduled.

Possible Side Effects*

♦ May cause low blood glucose (hypoglycemia)
♦ Weight gain
♦ Back pain or headache
♦ Upset stomach

*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.
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 Actos or Avandia?

- If you have heart failure, you should not take this type of pill.
- Avandia may increase the risk of heart attack, chest pain, or discomfort from blocked blood vessels.

Your Diabetes Medicine

Thiazolidinedione
(THY-uh-ZOHL-ih-deen-DY-ohn)
TZD

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Generic Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actos (AK-toss)</td>
<td>pioglitazone (py-oh-GLIH-tuh-zohn)</td>
</tr>
<tr>
<td>Avandia (uh-VAN-dee-uh)</td>
<td>rosiglitazone (rohss-ih-GLIH-tuh-zohn)</td>
</tr>
</tbody>
</table>

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Thiazolidinedione

My dose is: __________mg
My pill is:   or
The color of my pill is: __________

**How it works**

- Helps to make the muscle cells more sensitive to the body’s insulin so that the insulin can work better to keep blood glucose in balance.

**How to take this medicine**

- Take this medicine at the same time everyday as directed by your provider.
- May be taken alone or with other diabetes medicine.
- If you miss a dose, take it as soon as possible. If it is close to the time for your next dose, skip the missed dose and take your regular dose as scheduled.

**Possible Side Effects***

- This type of pill can cause congestive heart failure
- May cause low blood glucose (hypoglycemia) if taken with other diabetes pills or insulin
- Weight gain
- May make birth control pills less effective in preventing pregnancy

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

Before you start taking Pioglitazone, make sure your provider knows your liver works well. A blood test can check this. This blood test should be checked regularly.

**Caution**

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

Name of my insulin: ____________________

Time of the day I take my insulin:

_________a.m.       _________a.m.

_________p.m.       _________p.m.

**How it works**

- Lowers blood glucose by moving glucose from the blood into the cells to provide energy to fuel the body.

- Lowers blood glucose whether you eat or not. You need to match your eating and exercise with your insulin.

**How to take this medicine**

- Take this medicine as directed by your provider.

- Always eat on time.

- Check your blood glucose often.

- You may need to change your insulin dose based on your blood glucose and what you are going to eat. Check with your provider.

**Possible Side Effects***

- Weight gain
- Low blood glucose (hypoglycemia)

Check your blood sugar if you experience hypoglycemia. If blood glucose is between 60 and 70, then drink or eat something.

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

**Caution**

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