

Diabetes and starting tablets

Remember

Never double your dose of tablets because you have missed a tablet

If you forget to take a dose of tablets and more than one to two hours have passed, miss it out altogether and take the next dose at the normal time.

As time progresses, so does diabetes.

If you have any concerns or questions about tablets, contact your practice nurse or GP.

If you experience any side effects from the tablets, you must speak to your GP or practice nurse as soon as possible. Do not wait for your next diabetes appointment.

Stay in contact with your surgery and attend your appointments to ensure you receive the right treatment, to reduce the risks to your health.





Why you may need tablets

You have done very well in changing your diet and increasing your activity levels, however these two aspects alone may not bring your blood sugar levels low enough. This is not your fault, your body isn't able to cope, even with the improvements you have made.

There are various tablets available. Your GP or practice nurse will discuss with you, which tablets will most suit your lifestyle, the best time to take them and any possible side-effects. It is important to continue with the changes you have made to your diet and activity, as the tablets will work alongside them.

You will usually start on the lowest dose, which will be increased over the coming months if your blood sugar levels remain raised. Diabetes is a progressive condition that will require increasing medication over a period of time. Research has demonstrated that over time most people need more than one type of tablet and/or insulin treatment to achieve good blood sugar levels.

Remember, everyone is different and the treatment that works well for one person, may not suit another!

You have been prescribed _____ (name)

Take them _____ (times a day)

The five main groups of tablets are:

Sulphonylureas *eg Glimepiride, Gliclazide, Glibenclamide and Glidazide SR.*

Stimulates your body to make more insulin, which works over 8 - 12 hours. (Take 20 minutes before a meal).

Biguanides *eg Metformin and Metformin MR.*

Improves the way your body uses the insulin produced and reduces the amount of circulating sugar. (Take during a meal).

Alpha-glucosidase inhibitors *eg Acarbose*

Reduces the amount of starchy and sugar foods absorbed from the bowel, after meals. It slows down the uptake of starchy and sugary foods from the bowel (take with the first mouthful of each meal).

Glitazones *eg Rosiglitazone and Pioglitazone*

Improves the body's sensitivity to insulin, helping the sugar in the blood to be used more effectively. They also improve the quality of insulin produced. (Take at the same time each day).

Prandial glucose inhibitors *eg Prandin and Netaglinide*

These help your body to produce the right amount of insulin, to cope with the increase in blood sugar levels immediately after meals. (Take at the start of a meal).

If you have any problems taking any tablets, let your GP or Practice nurse know straight away.