

Managing Your Diabetes with Medicine



*Healthy diet and exercise help control blood glucose but you may need medicine too. Your doctor may prescribe different medicines to control your blood glucose. You must **take your medicines just like your doctor tells you**. This will prevent side effects and keep blood glucose in a safe, healthy range.*

What kind of medicine could I take for diabetes?

- There are 2 types of medicine you may take for diabetes: **Oral medicine (pills you swallow) and insulin.**

Before you take an **oral medicine**, you need to know:

- There are many kinds of oral medicine for diabetes. Your insurance may not pay for all of them.
- Your doctor will choose the right medicine for you.
- **Metformin and Glipizide** are the most common oral medicines given for diabetes. They do not cost a lot and do not cause many side effects.

There are specialty oral medications that are not prescribed as often, but may be appropriate for some people. Some people may also need a combination of medicines to best control their blood glucose. Don't be afraid to ask your doctor or pharmacist questions about your medicines.

Insulin

This is an injection (shot) that you give yourself with a needle. You will have to take insulin if you have type 1 diabetes. But only some people with type 2 diabetes need insulin. Before you take insulin:

- You will learn how to give yourself the shots. A nurse, pharmacist, or diabetes educator will teach you.
- Your doctor may give you more than one type of insulin. Each works differently to control blood glucose. Follow the directions and schedule your doctor gives you.

The 3 main

Types of Insulin:

1. Short-acting

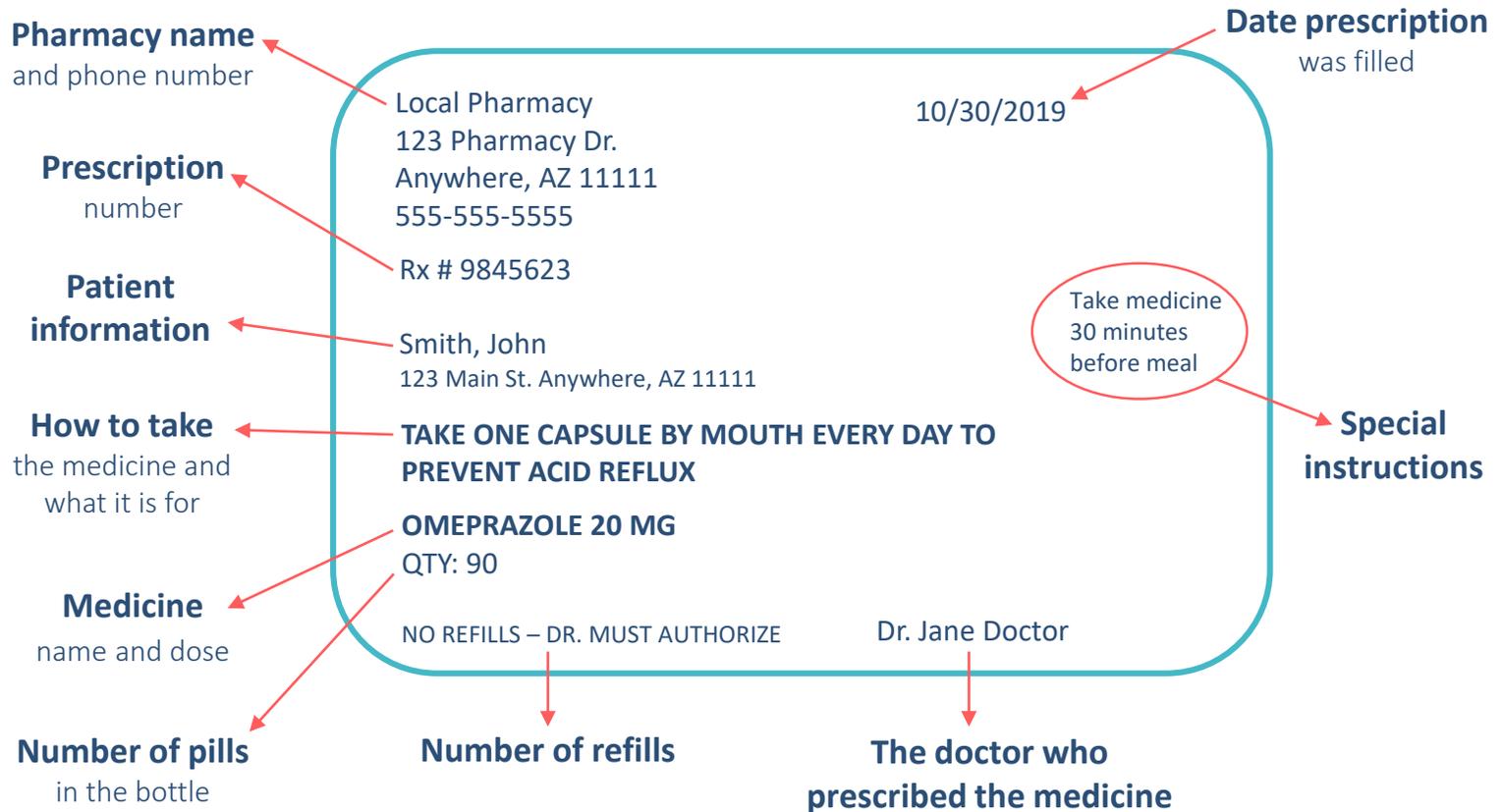
2. Intermediate-acting

3. Long-acting

- **Short- and intermediate-acting insulins work *faster* than long-acting insulins, and lower blood glucose *after meals*.**
- **Long-acting insulin works *longer* and controls blood glucose *between meals* and while you sleep.**
- **You need to know that you are more likely to get hypoglycemia (low blood glucose) when you take insulin.**
- **Check your blood glucose and eat often enough to keep blood glucose in target range.**
- **Ask your doctor or pharmacist if you have any questions.**

What does the medicine label mean?

The label on your medicine has important information. While not all of them look exactly the same, they all have the same information. See the medicine label below to learn about all of the parts.



How do I get more medicine?

If you are about to run out of medicine, you may be able to get more. This is called a **refill**. Do not wait until you run out of medicine to try to get a refill- plan ahead. If you need a refill, check the label on your medicine bottle to see if you have any left.

- If you have refills left, call or go to your pharmacy. Give them the prescription number. They will refill your prescription.
- If you do not have any refills, call your doctor's office and ask them for a refill.

Remember!

- Make sure you take your medicine exactly as it is prescribed.
- Know the names of the medicines you take.
- If you have questions about your medicine and how to take it, ask your doctor or pharmacist.

For Your Information:

Keep in mind that your treatment plan may need to be adjusted or even completely changed over time to best suit you and your needs. Again, ask questions if you need more information. Knowing the names of your medications, instructions on how to take them properly, and the correct dosages are essential to managing your diabetes well.