

Remember!

- Insulin should be kept in the refrigerator until it is opened. Once opened, keep it at room temperature.
- There are different types of insulin. Each type works differently to help you control your diabetes.
- Some people take more than one kind of insulin to help control their diabetes.

If you cannot afford your medicines

- Ask your doctor for a cheaper alternative
- Ask your doctor for samples
- Check to see if your medicine is available in a generic form
- Ask your doctor or go on the computer for information about patient assistance program for your medicine.

If you would like to learn more about diabetes, contact the
Diabetes Association of Greater Cleveland.

Ask to talk with a health educator.



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Insulin and Diabetes Pills

A “survival skills” presentation
developed by the
Diabetes Association
of Greater Cleveland

Do you take diabetes pills? Yes No

Here are the names of diabetes pills. Circle the pills you take.

Glimepiride	Amaryl	Glipizide
Glucotrol	Glipizide XR	Glyburide
Glynase	Glyburide micronized	Diabeta
Starlix	Nateglinide	Prandin
Actos	Repaglinide	Glucotrol XL
Pioglitazone	Avandia	Rosiglitazone
Metformin	Glucophage	Metformin XR
Glucophage XR	Precose	Acarbose
Glyset	Miglitol	Glucotrol XL
Januvia	Sitagliptin	Metaglip
ActosPlus Met	Avandamet	Janumet
Avandaryl	Glucovance	Onglyza
Saxagliptin		

How often do you take your **diabetes pills**?

When do you take your **diabetes pills**?

_____ before meals which meals _____
_____ after meals which meals _____
_____ with meals which meals _____
_____ at bedtime

If you take diabetes pills, keep these things in mind.

- Make a list of all the medicines you take and keep it in your wallet or purse.
- Pills have a brand name and a generic name. Know them both.
- Know the right way to take your pills. Some pills should be taken with food. Others should be taken without food (on an empty stomach).
- Remember to use your pills by the “use by” date on the package.
- Ask if your pills can cause side effects. Ask what those side effects might be.

Remember!

- There are different types of diabetes pills. Each type of pill works differently to help you control your diabetes.
- Some people take more than one pill to help control their diabetes.

Do you take insulin? **Yes** **No**

Here are the names of insulins. Circle the insulins you take.

Lispro	Novolog	Humalog
Glulisine	Apidra	Regular
Novolin R	Humulin R	Glargine
Lantus	Detemir	Levemir
NPH	Novolin N	Humulin N
Humalog 75/25	Novolog 70/30	Humulin 70/30
Novolin 70/30	Humulin 50/50	

How often do you take your **insulin**?

When do you take your **insulin**?

_____ before meals which meals _____
_____ after meals which meals _____
_____ with meals which meals _____
_____ at bedtime

If you take insulin, keep these things in mind.

- How should your insulin look? Some insulin should look cloudy. Others should look clear.
- Insulin should never be stringy, clumpy or have crystals in it.
- Know when to take your insulin.
- Remember to use your insulin by the “use by” date on the package.