

Diabetes Pills

Taking diabetes pills can help keep blood sugar levels in a normal range and control your diabetes. People who take diabetes pills still need to eat the right way, exercise and check their blood sugar.

Diabetes pills only work in people whose bodies still make some insulin. The pills are **not** insulin. Diabetes pills do not cure diabetes, but they can help control it.

Different pills work in different ways to help control blood sugar levels. Your doctor may decide that you need more than one kind of diabetes pill.

Important!

- There are different types of diabetes pills, so know the type you take.
- Pills have a brand name and a generic name. It is important to know both names.
- Some pills start to work in a few days. Others may take weeks.
- Do not skip taking your pills or stop taking them unless you talk to your doctor first.
- Some diabetes pills work differently than others, so never share your pills with other people who have diabetes.

If you take diabetes pills, ask your doctor these questions:

- What is the brand name **and** generic name of the pill?
- How many pills do I take?
- When (what time) do I take the pills?
- Should I take the pills with food or without food?
- What side effects might happen when I take the pills?
- Should I take the pill if I am sick or cannot eat?

Here is how to use this chart:

Find the name of the medicine you are taking and read across the row. You will learn the brand name and generic name. You will also learn how the medicine works and what the side effects might be.

Brand name	Generic name	How the pills work	Common side effects
Amaryl, Diabinese, Diabeta, Micronase, Glynase, Glucotrol, Glucotrol XL	glimepiride, chlorpropamide, glyburide, glipizide	Helps your body make more insulin	Hypoglycemia (low blood sugar) weight gain sun sensitivity
Starlix, Prandin	nateglinide, repaglinide	Help your body to make more insulin after you eat a meal	Hypoglycemia, (low blood sugar) weight gain
Glucophage, Glucophage XL	metformin	Decrease amount of sugar or glucose (glue-kos) your body makes	Upset stomach diarrhea, gas, bloating (usually gets better over time)
Actos, Avandia	pioglitazone, rosiglitazone	Help muscle cells use the insulin your body already makes	Weight gain water retention
Januvia	sitagliptin	Help your body make more insulin less sugar or glucose (glue-kos) after meals	Stuffy or runny nose sore throat headache
Precose, Glyset	acarbose, miglitol	Slows down digestion of carbohydrates	Gas, bloating diarrhea (usually gets better over time)

**If you would like to learn more about diabetes,
contact the Diabetes Association of Greater Cleveland.
Ask to talk with an educator.**



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