

diabetes medications

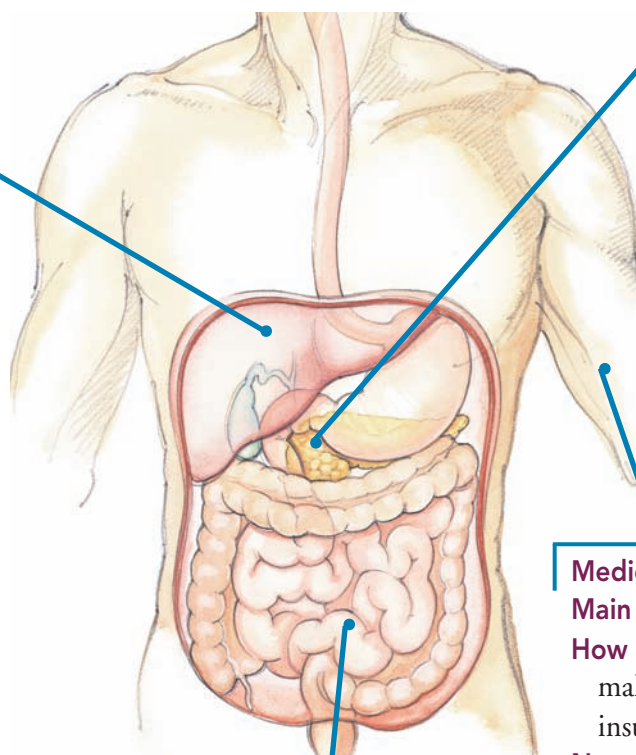
HOW THEY WORK

There are many types of diabetes medications which work in different ways to help you control your blood sugars. Learn about these medications and how they work so you are prepared to discuss your options with your diabetes care team. To lower the risk of complications, the goal for most people with diabetes is to get to an A1C test result of less than 7 percent or an estimated average glucose (eAG) result of below 150 mg/dL. Both the A1C and eAG measure your average blood sugar over the past 2–3 months.

Medication type: biguanides
Main site of action: liver
How it controls blood sugar:
keeps the liver from releasing too much glucose
Names: metformin (*Glucophage*)
metformin ER (extended release)

Medication type: insulin
Most patients will choose to add insulin to achieve or maintain their blood sugar goals. Insulin can be injected and helps the cells in the body get the blood sugar or glucose out of the bloodstream and into the cells where it can be used to provide energy for the body.

Medication type: injectable hormones
Injectable hormones are newer drugs that may also help you control your blood sugar level.
Names: pramlintide (*Symlin*)
exenatide (*Byetta*)



Medication type: sulfonylureas and glinides
Main site of action: pancreas
How it controls blood sugar:
helps pancreas to make more insulin
Names: glipizide (*Glucotrol*)
glyburide (*Micronase, DiaBeta*)
tolazamide (*Tolinase*)
glinides: repaglinide (*Prandin*),
nateglinide (*Starlix*)

Medication type: thiazolidinediones
Main site of action: muscle cells
How it controls blood sugar:
makes muscle cells more sensitive to insulin
Names: pioglitazone (*Actos*),
rosiglitazone (*Avandia*)

Medication type: alpha-glucosidase inhibitors
Main site of action: intestines
How it controls blood sugar: slows the digestion of carbohydrates; after-meal blood sugar peaks are lower
Names: miglitol (*Glyset*), acarbose (*Precose*)

Information to remember about diabetes medicines

- Diabetes medicines help to lower high blood sugar levels. They do *not* take the place of healthy eating and exercise.
- Know when and how to take the medicines. Do not skip a dose.
- Wear a medical alert bracelet and/or carry your *Personal Diabetes Record* card for emergencies.
- Bring an updated list of your medications to your doctor appointment.

To learn more about your diabetes medications, find information at our website: kp.org/medications or consult with a pharmacist.

Questions to ask your diabetes care team about your diabetes medications:

- When do I need to take the medicine—before a meal, with a meal, or after a meal?
- How often should I take the medicine?
- Should I take the medicine at the same time every day?
- What should I do if I forget to take my medicine?
- What kind of side effects could I have and what symptoms should I look for?
- How should I manage my medications when I am sick and can't keep my food or drinks down as usual?

Tips to help you remember to take your medications

Everyone struggles with remembering to do things regularly. There are a number of ways that can help you remember.

Below, check off things you might try:

- Make a simple chart and post it in an obvious place where you will see it every day, like on the mirror in the bathroom.
- Set an alarm clock or watch as a reminder.
- Establish a daily routine for taking your medications, such as at bedtime, mealtime, or the beginning of a daily TV show, such as the evening news.
- Use a pillbox that has sections, representing the days of the week.
- Record taking your medications on a wallet card or calendar.
- Can you think of others?

It's easy to get prescription refills at Kaiser Permanente pharmacies.

- Please re-order your medications at least 7 to 10 days before you run out.
- Use EasyFill, our automated phone prescription refill system. Find the number to call in the upper right-hand corner of your prescription label, or call the pharmacy near you.
- Refill prescriptions at our website: Visit kp.org. and click on “Refill prescriptions” under the “My Health Manager” tab.

For other healthy living resources, please visit kp.org/healthyliving and join our “HealthMedia® Care™ for Your Health” to get ideas to manage your condition.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have further questions, please consult your doctor. If you have questions or need additional information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used.