

Medication

Take your medication as prescribed



Take your medication(s) regularly at the correct time(s)



If you miss your dose, follow your healthcare professional's instructions on what to do



Eat meals regularly to prevent hypoglycaemia (low blood sugar)



Avoid taking alcohol with medication



Inform your healthcare professional if you are:



- **Taking metformin** before going for any scans (e.g. X-ray) or procedures
- **Pregnant or planning to get pregnant** before taking medication



- Experiencing **persistent symptoms of hypoglycaemia** (low blood sugar)

Types of tablets	Action	Comment
<p>Sulphonylureas</p> <p>e.g.</p> <ul style="list-style-type: none"> - Chlorpropamide (Anti-D Tablet®) - Glibenclamide (Glyboral®) - Gliclazide (Diamicron®) - Tolbutamide (Tolmide®) - Glimepiride (Amaryl®) - Glipizide (Minidiab®) 	<p>Help the pancreas to release more insulin.</p>	<ul style="list-style-type: none"> • Take the tablet(s) immediately before meals. Do not miss or delay meals. Otherwise, your blood sugar level may fall too low. • Inform your doctor if you have G6PD deficiency. • May also cause weight gain.
<p>Biguanides</p> <p>e.g.</p> <ul style="list-style-type: none"> - Metformin (Glucophage®, Glucophage XR®) 	<p>Help the body to use insulin more effectively and also decrease the amount of sugar made by the liver.</p>	<ul style="list-style-type: none"> • Take the tablet(s) with meals or after meals. • May cause stomach discomfort, nausea, vomiting, diarrhoea, loss of appetite and metallic taste in your mouth but should get better over time once your body becomes familiar with the medication. • Take metformin with meals or after meals to reduce stomach side effects. • Make sure to ask your doctor for advice if you need to have an examination involving the injection of dye/contrast or if you need to have major surgery. You may need to stop taking this medicine for a certain time before and after the examination or the surgery.

Types of tablets	Action	Comment
<p>Alpha-glucosidase inhibitors</p> <p>e.g.</p> <ul style="list-style-type: none"> - Acarbose (Glucobay®) 	<p>Help to stop the quick rise of blood sugar after a meal by delaying the breakdown of carbohydrates and absorption of sugar by the intestines.</p>	<ul style="list-style-type: none"> • Take the tablet(s) with the first mouthful or immediately before each of the three main daily meals. • May cause stomach discomfort, bloating or gas, or diarrhoea. These symptoms may happen but should get better over time once your body becomes familiar with the medication.
<p>Meglitinides</p> <p>e.g.</p> <ul style="list-style-type: none"> - Repaglinide (Novonorm®) - Nateglinide (Starlix®) 	<p>Help the pancreas to release more insulin.</p>	<ul style="list-style-type: none"> • Take the tablet immediately before meals. Do not miss or delay meals. Otherwise, your blood sugar level may fall too low. May cause weight gain.
<p>Thiazolidinediones (TZD)</p> <p>e.g.</p> <ul style="list-style-type: none"> - Pioglitazone (Actos®) 	<p>Help to lower blood sugar level by making body tissues more sensitive to insulin.</p>	<ul style="list-style-type: none"> • Take the tablet with or without food. • Talk to your healthcare professional if you have heart conditions or have fallen down more than once in the past year.
<p>Dipeptidyl peptidase-4 (DPP-4) inhibitors</p> <p>e.g.</p> <ul style="list-style-type: none"> - Sitagliptin (Januvia®) - Linagliptin (Trajenta®) - Vildagliptin (Galvus®) - Saxagliptin (Onglyza®) 	<p>Help to lower blood sugar level by increasing levels of a group of gastrointestinal hormones, which in turn increase insulin secretion and decrease blood sugar levels.</p>	<ul style="list-style-type: none"> • Take the tablet with or without food. • Inform your doctor promptly if you have severe and persistent stomach pain, which might reach through to your back, with or without nausea and vomiting, as these could be signs of an inflamed pancreas (pancreatitis).
<p>Sodium Glucose Co-transportase (SGLT-2) inhibitors</p> <p>e.g.</p> <ul style="list-style-type: none"> - Dapagliflozin (Forxiga®) - Empagliflozin (Jardiance®) - Canagliflozin (Invokana®) 	<p>Help to lower blood sugar level by removing excess sugar from the body via the urine.</p>	<ul style="list-style-type: none"> • Take the tablet with or without food. • May cause weight loss. • May cause genital and urinary tract infections, and low blood pressure. • Stop the medication and see your doctor if you experience fever, persistent vomiting, dehydration, sweet fruity breath and/or ketones in urine.
<p>Glucagon-like peptide-1 (GLP-1) receptor agonist</p> <p>e.g.</p> <ul style="list-style-type: none"> - Liraglutide (Victoza®) - Exenatide Extended Release (Bydureon®) - Dulaglutide (Trulicity®) 	<p>Help to lower blood sugar level by slowing digestion of sugars.</p>	<ul style="list-style-type: none"> • This is a non-insulin injection that can be given with or without food. • Some patients may experience nausea, vomiting and diarrhoea. • Inform your doctor promptly if you have severe and persistent stomach pain, which might reach through to your back, with or without nausea and vomiting, as these could be signs of an inflamed pancreas (pancreatitis).