



Medications

"You expect me to do WHAT NOW?"

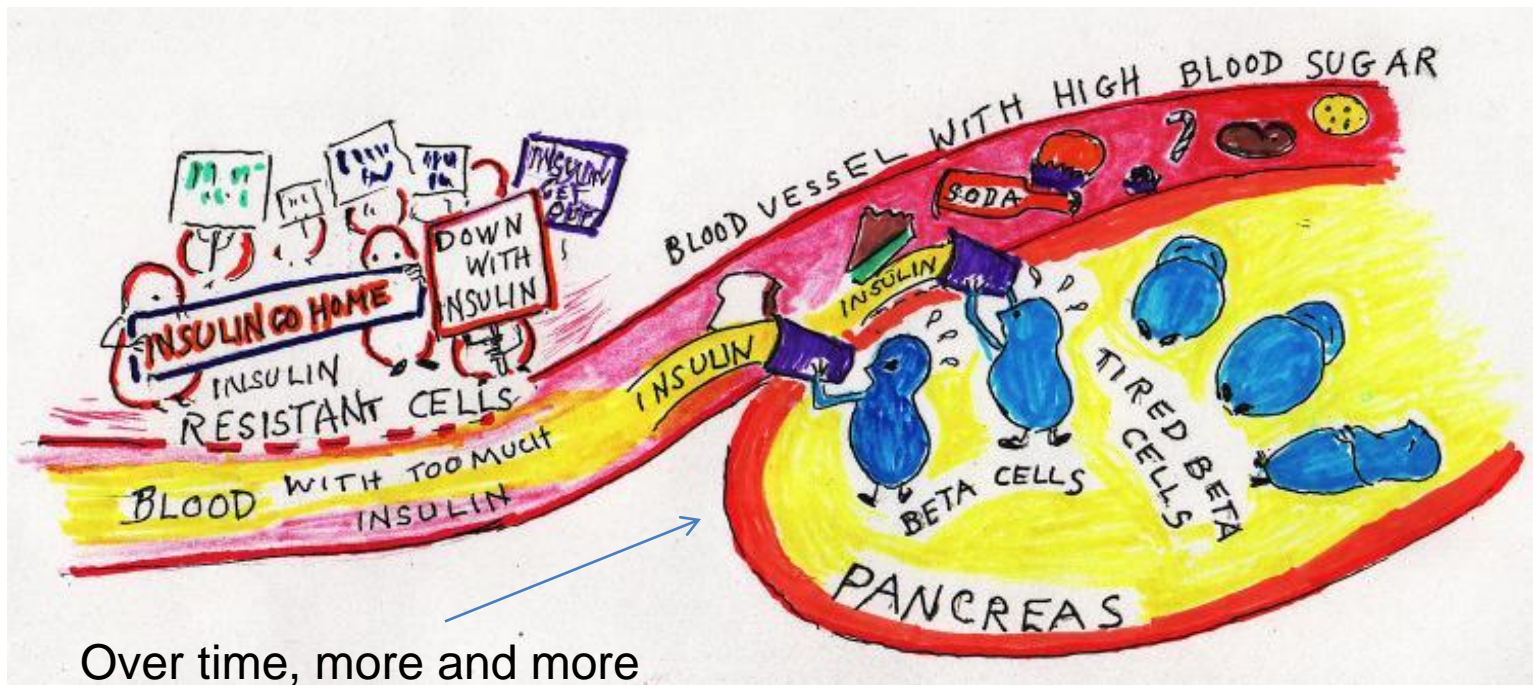


Part 1

Medications that are *not* insulin

WHY

- Type 2 diabetes does progress over time because.....



Over time, more and more beta cells stop making insulin.

Remember



You did **NOT** fail!

It's **NOT** your fault!



How is this decision made?



Your provider looks at many things when deciding when to start a medication.

Some of the things your provider will consider are:

CHECKLIST

1. Blood work, HgA1c, kidney and liver function



2. Blood sugar logs



3. How long have you had diabetes



4. What other conditions are present

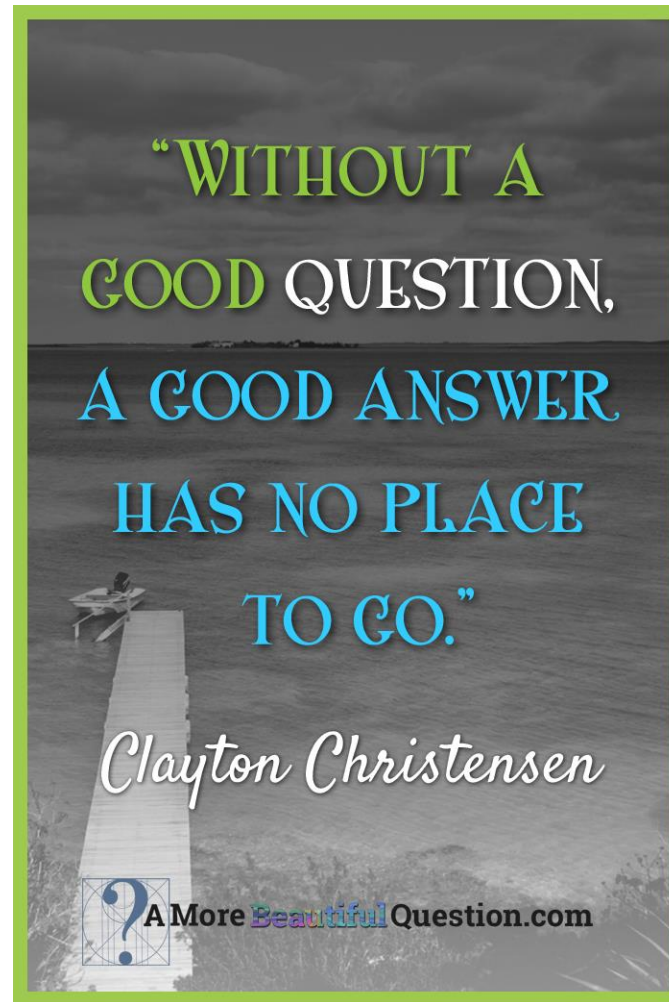


5. What other medications are you on



Your Responsibility

Ask Questions!





What was your blood work?

Why is it being started?

How does it work?

How and when do I take it?

What are the side effects to watch for?

When or why should I call?

How do I know if it is working?

**Find out for
yourself**



"You expect me to do WHAT NOW?"



FIRST

An important message from Pete!



“This information will get you started, but you should talk to your doctor, an educator or a pharmacist for more information.”

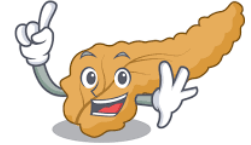
Let's Begin

Some of Pete's' relatives will join you along the way.



gg104233248 www.gograph.com

Metformin or Glucophage



What: This is a pill, usually taken once or twice a day.

How: Take with your first bite of food.

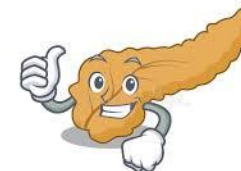
Side Effects: Usually with the GI tract, can cause nausea, gas, bloating or diarrhea.

Let your provider know: If the side effects do not go away in 1-2 weeks.

Is it working: Check your blood sugars! Keep records to review with your provider.

Actos(Pioglitazone)

What: This is a pill taken daily .



How: It is ok to take with or without food.

Side Effects: May cause fluid retention and weight gain. May increase the risk of developing osteoporosis.

Let your provider know:

- a. If your weight increases more than 7 pounds
- b. You notice new swelling in your legs or feet
- c. You develop muscle aches, abdominal pain, flank pain

Is it working? Check your blood sugars! Keep records to review with your provider.

Januvia, Tradjenta, Onglyza, Nesina



What: This is a pill taken daily.

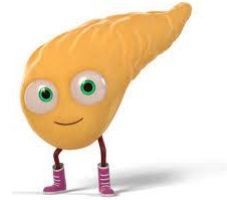
How: OK to take with or without food.

Side Effects: Very few! Rare diarrhea, runny nose, abdominal pain or headache.

Let your provider know: If you experience any of the side effects.

Is it working? Check your blood sugar before and 2 hours after your first bite and compare with what your provider or educator gave you as a goal.

Glyburide, Glipizide, Glimepiride



What: This is a pill.

How: Taken once or twice a day, 30 minutes before your first bite!

Side Effects: Low blood sugar, possibly weight gain.

Let your provider know: If you are experiencing low blood sugars.

Is it working? Check your blood sugars! Keep records to review with your provider.

Prandin, Starlix



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What: This is a pill.

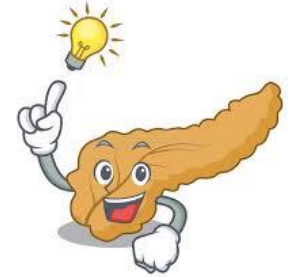
How: Taken 30 minutes before your first bite! If you skip a meal, don't take!

Side Effects: Low blood sugar.

Let your provider know: If you are experiencing low blood sugar.

Is it working? Check your blood sugars before and 2 hours after your first bite! Keep records to review with your provider.

Miglitol & Acarbose



What: This is a pill.

How: Take with your first bite of food.

Side Effects: Usually with the GI tract, can cause nausea, gas or diarrhea.

Let your provider know: If you experience any side effects or they do not go away in 1-2 weeks.

Is it working? Check your blood sugars! Keep records to review with your provider.

Invokanna, Farxiga, Jardiance & Steglatro



What: This is a pill.

How: Take first thing in the morning before you eat as they can increase the number of times you run to the bathroom to urinate.

Side Effects: For both men and women, possible yeast infections, urinary track infections.

Let your provider know: If you experience any of the side effects.

Is it working? Check your blood sugars! Keep records to review with your provider.

Note: It has been shown that this group of medications protects the heart and kidneys separate from their ability to help lower blood sugar.

Victoza, Bydureon, Byetta, Trulicity, Tanzeum, Adlyxin & Ozempic

What: Taken by injection with a special device.

New!! Ozempic is now available as a pill called, **Rybelsus**.



How: Be careful! Some of these are taken twice a day, some once a day and some weekly. Check out the next slide for more details.

Side Effects: Nausea

Let your provider know: If you experience this side effect.

Is it working? Check your blood sugars! Keep records to review with your provider.

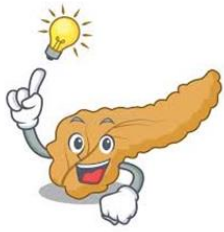
Note: It has been shown that this group of medications protects the heart and kidneys separate from their ability to help lower blood sugar.

Taking a Shot!



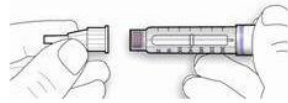
- As you just learned, Victoza, Bydureon, Byetta, Trulicity, Tanzeum, Adlyxin and Ozempic are all available as a shot you give yourself.
- When will depend on which one your provider orders.
- Some basic guidelines.





What You Will Need

1. Alcohol pads to clean your skin.
2. Pen needles for Victoza and Byetta you will screw on the end of the medication pen.



3. The directions that came with your medications and your doctors orders.
4. A sharps container – you have a choice, either the traditional red or a laundry container with a screw top lid.

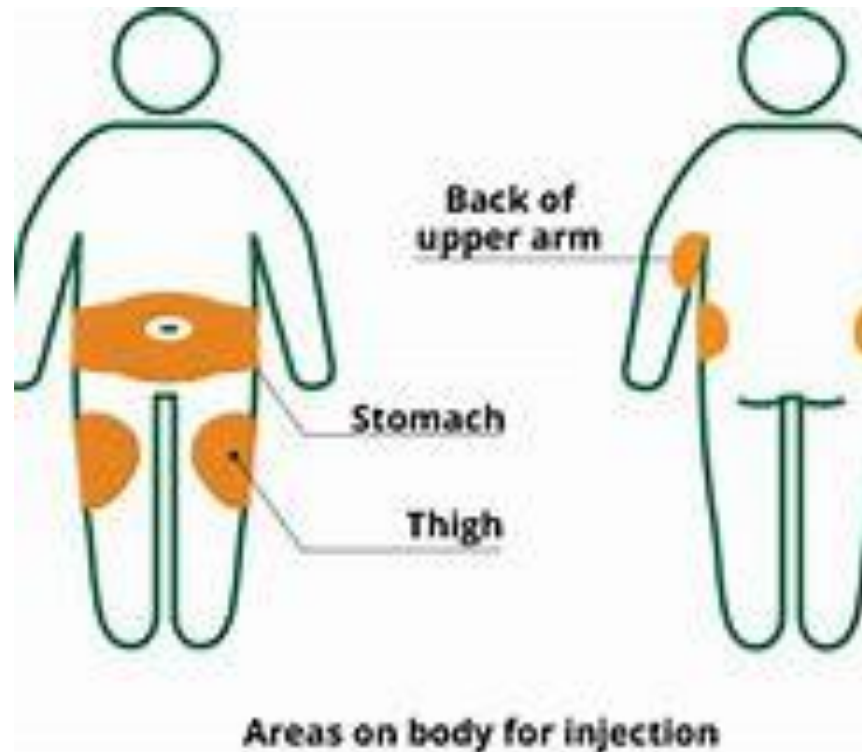


Once full, these can be brought to an area hospital or check with your trash pickup company or land fill.



Where Do You Take a Shot?

Any of these sites will work, make sure you change where you give the medication within each area every time.





How much will this cost?

Will this be covered by my insurance?

Good Questions! And not one answer for either!

To answer this question you can;

1. Call your insurance company and ask!
2. Talk to your pharmacist and have them check for you.



What if my medication is not listed?
How does it work?

Good Questions again!

New medications are being added all the time.
Talk to your provider, pharmacist or Diabetes
Care and Education Specialist.

Also, this is the section of diabetes medications
that are *not* insulin. There is a whole separate
section for insulin.

An Important Reminder From Pete



"You expect me to do WHAT NOW?"



“This information will get you started, but you should talk to your doctor, an educator or a pharmacist for more information.”