

Healthy Living With Diabetes

Oral Medications

Class of Drug:

ALPHAGLUCOSIDASE INHIBITOR

Brand Name:	Generic Name:	Maximum Daily Dose:
Precose	Acarbose	150 mg/day <132 lbs. 300 mg/day >132 lbs.
Glyset	Miglitol	300 mg/day

How they work

Alpha-glucosidase inhibitors work in a variety of ways. They:

- Lower your blood sugar by slowing the way your body absorbs carbohydrates.
- Help to decrease high blood sugar immediately following a meal.
- Will not cause a low blood sugar when taken alone.
- Can be used with other diabetes pills.

How often and when should it be taken

Alpha-glucosidase inhibitors are taken three times a day with the first bite of each meal.

Possible side effects:

- Diarrhea, Abdominal pain
- Gas, Bloating

Every Diabetic taking diabetes pills should know:

- The name of the medicine being taken.
- The amount to take and when to take it.
- What to expect will happen when taking the medicine.
- Side effects to report.
- What to do if unable to take medicine because of nausea or vomiting.

Important tips to remember:

- If you have a low blood sugar, taking glucose tablets or drinking fruit juice is the best way to bring your sugar up. Eating sucrose (table sugar) or sucrose containing food, like candy, will not increase your blood sugar if you are taking Precose or Glyset.
- If you miss a dose of this medicine, do NOT take 2 doses at once.
- Ask your doctor what your target blood sugar goal should be before breakfast and 2 hours after a meal.
- Keep all medications in original container and away from too much heat and moisture.
- Take your medicine at the same time each day.
- Talk to your doctor about any concerns or questions you may have.
- Ask your pharmacist to check all the medications you are taking to be sure that they work well together.
- Carry a written list of all the medications you are taking.
- Check your blood sugar as directed by your doctor and keep a written record.
- Wear a diabetes ID bracelet.