

## Healthy Living With Diabetes

# Oral Medications

Class of Drug: **COMBINATION DRUGS**  
Sulfonylurea/Biguanide

<b>Brand Name:</b>	<b>Generic Name:</b>	<b>Maximum Daily Dose:</b>
Glucovance	Glyburide/Metformin	20 mg of glyburide/ 2000 mg of metformin

### How they work

Glucovance works to lower your blood sugar in a variety of ways:

- It helps your pancreas make more insulin.
- It stops your liver from releasing stored glucose into your bloodstream when it is not needed.
- It may help to lower your cholesterol level.

### How often and when should it be taken

Glucovance should be taken WITH MEALS, once or twice a day, as directed by your doctor.

### Possible side effects:

- Low blood sugar (Hypoglycemia)
- Cold sweats, dizziness
- Diarrhea, nausea, upset stomach, vomiting
- Skin rash, itching

### Risk for low blood sugar

Low blood sugar, or hypoglycemia, can happen when taking Combination Drugs.

Causes of low blood sugar:

- Too much insulin or too many diabetes pills.
- Too little food.
- Skipping meals or snacks.
- Too much exercise.

### Signs and symptoms of low blood sugar:

- Fast heart beat.
- Sudden dizziness or light-headedness.
- Sudden headache.
- Feeling tired.
- Feeling nervous, shaky or sweaty.
- Feeling confused.

## **Treating low blood sugar**

These are some foods you can eat or drink if your blood sugar is either below 70 mg/dL, or if you have symptoms of a low blood sugar:

- Fruit juice (½ cup)
- Regular soda (½ cup- NOT sugar free)
- 3-4 glucose tablets
- hard candy, 5-6 lifesavers
- 2-3 sugar cubes

## **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:**

- It is important to carry glucose tablets or hard candies in case you have a low blood sugar or feelings of a low blood sugar.
- If you miss a dose, do NOT take 2 doses at once.
- Ask your doctor about 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.