

Healthy Living With Diabetes

Oral Medications

Class of Drug: **GLITINIDES**

Brand Name:	Generic Name:	Maximum Daily Dose:
Prandin	Repaglinide	16 mg/day
Starlix	Nateglinide	360 mg/day

How they work

Glitinides lower your blood sugar by helping your pancreas make more insulin immediately following a meal.

How often and when they should be taken

They should be taken just before a meal. If a meal is skipped, skip a dose, or if a meal is added, add a dose.

Possible side effects:

- Low blood sugar (hypoglycemia)
- Headache
- Dizziness
- Slight weight gain

Risk for low blood sugar

Low blood sugar, or hypoglycemia, can happen when taking Glitinides.

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:

- These medications are used especially for those with a high blood sugar right after a meal, so make sure to take this medication only before a meal—“Eat a Meal, Take a Pill; Skip a Meal, Skip a Pill.”
- 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.