

Healthy Living With Diabetes

Oral Medications

Class of Drug: **SULFONYLUREA**

Brand Name:	Generic Name:	Maximum Daily Dose:
Micronase	Glyburide	20 mg/day
Diabeta	Glyburide	20 mg/day
Glynase	Glyburide	20 mg/day
Glucotrol	Glipizide	40 mg/day
Glucotrol XL	Glipizide	20 mg /day
Amaryl	Glimiperide	8 mg/day

How they work

Sulfonylureas work to lower your blood sugar by:

- Helping your pancreas make more insulin.
- Helping your body use the insulin it makes more efficiently.

How often and when should it be taken

Always ask your doctor when your Sulfonylureas should be taken. Generally, they should be taken 30 minutes before a meal. Sulfonylureas may be used with insulin or other diabetes medication.

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 Sulfonylureas.

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.