

Healthy Living With Diabetes

Oral Medications

Class of Drug:

THIAZOLIDINEDIONES (TZDs)

Brand Name:

Actos
Avandia

Generic Name:

Pioglitazone
Rosiglitazone

Maximum Daily Dose:

45 mg/day
8 mg/day

How they work

TZDs work in a variety of ways. They:

- Stop your liver from releasing stored glucose into the bloodstream when it is not needed.
- Help muscle cells use glucose for energy.
- May help to increase HDL (good cholesterol).
- Will not cause a low blood sugar when taken alone.
- Can be used with other diabetic pills.

How often and when should it be taken

TZDs are taken once a day on an empty stomach or with food.

Possible side effects:

- Weight gain
- Swelling in the feet and legs
- Headache
- Upset stomach, diarrhea
- Sore throat
- Low blood sugar (when taken with other diabetes pills)

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:

- When taking these medications, it is important to have a blood test taken every two months for the first year to check your liver function. Your doctor will tell you how often these blood tests should be taken after the first year.
- When taken with another diabetes medication, TZDs may cause a low blood sugar.
- If you miss a dose, do NOT take 2 doses at once.
- 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.