

Medication

Take your medication as prescribed



Take your medication(s) regularly at the correct time(s)



If you miss your dose, follow your healthcare professional's instructions on what to do



Eat meals regularly to prevent hypoglycaemia (low blood sugar)



Avoid taking alcohol with medication



Inform your healthcare professional if you are:



- **Taking metformin** before going for any scans (e.g. X-ray) or procedures
- **Pregnant or planning to get pregnant** before taking medication
- Experiencing **persistent symptoms of hypoglycaemia** (low blood sugar)



Types of tablets	Action	Comment
Sulphonylureas e.g. <ul style="list-style-type: none">- Chlorpropamide (Anti-D Tablet®)- Glibenclamide (Glyboral®)- Gliclazide (Diamicron®)- Tolbutamide (Tolmide®)- Glimepiride (Amaryl®)- Glipizide (Minidiab®)	Help the pancreas to release more insulin.	<ul style="list-style-type: none">• Take the tablet(s) immediately before meals. Do not miss or delay meals. Otherwise, your blood sugar level may fall too low.• Inform your doctor if you have G6PD deficiency.• May also cause weight gain.
Biguanides e.g. <ul style="list-style-type: none">- Metformin (Glucophage®, Glucophage XR®)	Help the body to use insulin more effectively and also decrease the amount of sugar made by the liver.	<ul style="list-style-type: none">• Take the tablet(s) with meals or after meals.• May cause stomach discomfort, nausea, vomiting, diarrhoea, loss of appetite and metallic taste in your mouth but should get better over time once your body becomes familiar with the medication.• Take metformin with meals or after meals to reduce stomach side effects.• Make sure to ask your doctor for advice if you need to have an examination involving the injection of dye/contrast or if you need to have major surgery. You may need to stop taking this medicine for a certain time before and after the examination or the surgery.