

Instructor's Notes

Medications and Diabetes

**A “survival skills” presentation
developed by the
Diabetes Association
of Greater Cleveland**

What is diabetes?

- A disease that affects the way your body uses the food you eat for energy
- Diabetes happens when:
 - TYPE 1
 - Your body does not make any insulin
 - Your body does not make enough insulin
 - TYPE 2
 - Your body does not use the insulin it makes the right way

Diabetes Pills

How many of you
are taking diabetes pills?

Things you should know about your pill medicines

- Name (brand name and generic name)
- How fast it works
- When to take
- How to take (food vs empty stomach)

Things you should know about your pill medicines

- Expiration or “use by” date
- Side effects
- Does it interact with other meds you take, both prescription and non-prescription
- Should you take it if you are sick or not eating
- Storage

Mary's doctor visit

Pills that help you release more insulin (longer acting)

Generic name

- Glimepiride
- Glipizide
- Glipizide Extended Release
- Glyburide
- Glyburide micronized

Brand name

- Amaryl
- Glucotrol
- Glucotrol XL
- Diabeta
- Glynase

- Starts working in 15 – 60 minutes
- Lasts up to 24 hours
- Usually taken once or twice per day,
 - Before breakfast (once a day)
 - Before breakfast and dinner (twice a day)
- Side effects
 - Low blood sugar (Hypoglycemia)
 - Sun sensitivity
 - Weight gain

Pills that help you release more insulin (shorter acting)

Generic name

- nateglinide
- repaglinide

Brand name

Starlix
Prandin

- Starts working within 20-30 minutes
- Lasts about 4 hours
- Usually taken before each meal
- Side effects
 - Low blood sugar (Hypoglycemia)

Pills that help your insulin work better

Generic name

- rosiglitazone
- pioglitazone

Brand name

Avandia
Actos

- Starts working in about 30 minutes
- Lasts 12-24 hours
- May take 6-8 weeks to see an improvement on blood sugar levels
- Taken once or twice per day
- Side Effects
 - Edema (retaining water)
 - Weight gain

Pills that reduce the amount of glucose your liver produces

Generic

- metformin
- metformin extended release
- metformin in liquid form

Brand

Glucophage
Glucophage XR
Riomet

- Starts working after several days
- Lasts 12 hours (24 hours for XR)
- Usually taken 1-2 times per day
- Side effects:
 - Nausea, bloating, gas, diarrhea
(usually gets better over time)

Pills that slow the digestion of carbohydrates

Generic name

- acarbose
- miglitol

Brand name

Precose
Glyset

- Starts working rapidly
- Usually taken 3 times per day, with first bite of a meal
- Side effects:
 - Stomach pain, gas, diarrhea
(usually gets better over time)

Pills that work on the body's own balancing system

Generic name

- sitagliptin
- Onglyza

Brand name

- Januvia
- Saxagliptin

- Starts working in about an hour
- Lasts for 24 hours
- Taken once a day, with or without food
- Side effects:
 - Stuffy or runny nose
 - Sore throat
 - Upper respiratory infection (cold)
 - Headache

Combination Pills

Generic name

- actos + metformin
- metformin + glipizide
- avandia + metformin
- januvia + metformin
- avandia + amaryl
- glyburide + metformin

Brand name

- ActoPlus Met
- Metaglip
- Avandamet
- Janumet
- Avandaryl
- Glucovance

Laura's Story

Insulin

How many of you
are taking insulin?

Words you need to know when taking insulin

- Peak
- Onset
- Duration
- Bolus
- Basal
- Cloudy
- Clear

What you should know about insulin

- How it should look
- How it should NOT look
- Storage (before and after opening)
- How long it can be used (expiration dates)

Short and Rapid Acting Insulin

Generic name

-lispro
-glulisine
-regular

Brand name

Novolog, Humalog
Apidra
Novolin R, Humulin R

Intermediate and Long Acting Insulin

Generic name

- glargine
- detemir

- NPH

Brand name

- Lantus
- Levemir

- Novolin N, Humulin N

Combination Insulins

■ Intermediate/Rapid Acting

- Humalog Mix 75/25 NPH + lispro
- Novolog Mix 70/30 NPH + lispro

■ Intermediate/Short Acting

- Humulin 70/30 NPH + regular
- Novolin 70/30 NPH + regular
- Humulin 50/50 NPH + regular

John's Story

Other Injectable Medications

Generic name

exanatide

Brand name

Byetta

- Starts working within 30 minutes
- Lasts about 8 hours
- Usually taken twice per day, before breakfast and dinner
- Side effects:
 - Diarrhea, nausea, vomiting
(usually gets better over time)
 - Weight loss

Generic name

pramlintide

Brand name

Symlin

- Starts to work very rapidly
- Lasts for about 3 hours
- Taken right before meals with pre-meal insulin
- Side effects:
 - Hypoglycemia
 - Nausea

If you cannot afford
your medications...

If you have questions or need help,
please call 216-591-0800

