



Diabetes *it's in your hands*

Medication for Diabetes

Diabetes medicine helps to keep your body strong and well and to keep the glucose (sugar) in your blood at healthy levels. When there is too much glucose in your blood it damages your heart, kidneys, feet, eyes and nerves.

If Blood Glucose Levels (BGL) can't be controlled by healthy eating and exercise alone, you might need to take tablets.

The doctors might put you on tablets called Metformin. Metformin helps your insulin work better and lowers the amount of glucose in the blood.

Other names for Metformin may be: Diabex, Diaformin, Diabex XR, Formet, Glucohexal, Glucomet, Glucophage, Genrx metformin, Genepharm metformin, Metforbell.

After a while the pancreas may not be able to make enough insulin so the doctor may put you on tablets that help your body make more insulin.

Common names for this medication may be: Diamicon, Glyade, Diamicon MR, Genrx Gliclazide, Daonil, Glimel, Melizide, Minidiab, Amaryl, Dimiril, Diapride.

Other tablets that the doctor may need to add to help keep the blood glucose within healthy limits are Avandia, Actos or Glucobay.

All medications work differently and some can have side effects.

Some of these side effects include:

- Feeling sick like you want to vomit (nausea)
- A sore tummy
- Diarrhoea, bloating
- Fluid build up
- Low blood glucose - "hypo".



If these problems don't go away, or if you are still worried about them, then talk to the doctor.