

# Medicines for Type 2 Diabetes

There are many types of diabetes medicine. Each one works in a different way to help manage blood sugar.

## Learn about your diabetes medicines

Some of the medicines commonly prescribed for people who have type 2 diabetes are listed below. Talk to your healthcare provider about which types of medicine you are taking, why you are taking medicine, how much to take (dose), and when to take them. Ask your provider if you are taking your medicines correctly.

Use this chart to check off the types of diabetes medicine you take. Write in the name, dose, and when to take the medicine.

*This list does not include all of the medicines prescribed for people with type 2 diabetes. Your provider may recommend other medicines that are not on this list.*

TYPE OF MEDICINE	ABOUT THE MEDICINE
<p><input type="checkbox"/> <b>Alpha-glucosidase inhibitors</b></p> <p>My medicine _____</p> <p>Dose _____</p> <p>When to take _____</p>	<ul style="list-style-type: none"><li>• Blocks or slows the breakdown of some starchy foods (such as bread and pasta) in your intestines. This helps keep your blood sugar from going too high after meals</li><li>• Should be taken with the first bite of each main meal</li></ul>
<p><input type="checkbox"/> <b>Amylin mimetics</b></p> <p>My medicine _____</p> <p>Dose _____</p> <p>When to take _____</p>	<ul style="list-style-type: none"><li>• Helps keep your blood sugar from going too high after meals by helping food move more slowly through the stomach</li><li>• Helps keep your liver from releasing stored sugar into the blood</li><li>• May help make you feel less hungry</li></ul>
<p><input type="checkbox"/> <b>Biguanides</b></p> <p>My medicine _____</p> <p>Dose _____</p> <p>When to take _____</p>	<ul style="list-style-type: none"><li>• Helps lower the amount of sugar your liver makes</li><li>• Helps make the body more sensitive to insulin</li></ul>
<p><input type="checkbox"/> <b>DPP-4 inhibitors (dipeptidyl peptidase-4 inhibitors)</b></p> <p>My medicine _____</p> <p>Dose _____</p> <p>When to take _____</p>	<ul style="list-style-type: none"><li>• Helps your pancreas release more insulin when your body needs it, especially after a meal</li><li>• Helps keep your liver from releasing sugar into the blood</li></ul>

**Talk with your healthcare provider if you have any questions about the medicines you take.**

(continued)

TYPE OF MEDICINE	ABOUT THE MEDICINE
<input type="checkbox"/> <b>Glucagon-like peptide (GLP)-1 receptor agonists</b> My medicine _____ Dose _____ When to take _____	<ul style="list-style-type: none"> <li>• Helps your pancreas release more insulin when your body needs it</li> <li>• Helps keep your liver from releasing sugar into the blood</li> <li>• Helps food move more slowly through the stomach</li> </ul>
<input type="checkbox"/> <b>Insulin</b> My insulin _____ Dose _____ When to take _____  My insulin _____ Dose _____ When to take _____	<ul style="list-style-type: none"> <li>• There are different kinds of insulin that work at different speeds. They include:               <ul style="list-style-type: none"> <li>– Rapid-acting insulin</li> <li>– Short-acting insulin</li> <li>– Intermediate-acting insulin</li> <li>– Long-acting insulin</li> </ul> </li> <li>• Some people take two or more types of insulin</li> </ul>
<input type="checkbox"/> <b>Meglitinides</b> My medicine _____ Dose _____ When to take _____	<ul style="list-style-type: none"> <li>• Helps your pancreas release more insulin right after meals</li> <li>• Should be taken before each of your three main meals</li> </ul>
<input type="checkbox"/> <b>Sulfonylureas</b> My medicine _____ Dose _____ When to take _____	<ul style="list-style-type: none"> <li>• Helps your pancreas release more insulin</li> </ul>
<input type="checkbox"/> <b>Thiazolidinediones (TZDs)</b> My medicine _____ Dose _____ When to take _____	<ul style="list-style-type: none"> <li>• Helps insulin work better in the muscle and fat</li> <li>• Helps lower the amount of sugar your liver makes</li> </ul>

**More information about diabetes medicines**

- Ask your provider about common side effects
- Over time, your provider may ask you to take more of the same medicine, change your medicine to a new one, or add another medicine
- Write down your questions about your medicine and talk with your provider: \_\_\_\_\_  
 \_\_\_\_\_

**Do not start or stop taking any medicine without talking to your healthcare provider first.**

