

Advice on Medications

- Take the medication with meal or follow the label instruction.
- Consult your doctor immediately if you experience any allergic reactions such as skin rash, swelling of the face or hands and breathing difficulty.
- Generally, adverse reactions are mild and transient. Consult your doctor if the adverse reactions persist or become worse.
- If you miss a dose, take it as soon as you remember. However, if it is almost time for your next scheduled dose, skip the missed dose and take the next dose as directed. Do not double the dose.
- Inform your doctor if you are pregnant, planning to become pregnant or breastfeeding.
- Tell your doctor or pharmacist about medications that you are taking, including prescription medicines, over-the-counter medicines and vitamins.

Lifestyle Advice

- Maintain a healthy weight.
- Exercise regularly.
- Have a balanced diet.
- Quit smoking.
- Avoid drinking alcohol.
- Take enough rest and manage stress.



Storage

Store the medications in a cool, dry place and away from direct heat and light. Generally, there is no need to store in the refrigerator unless stated on drug labels.

Store the medications out of reach of children.

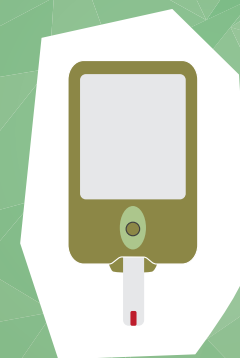
This information leaflet is for reference only.

Medicines should be used as directed by the doctor and pharmacist.

For enquiry, please contact your doctor, dispensary staff or other healthcare professionals.

Do not share your medicine with others.

General Knowledge on Oral Antidiabetic Medications



Drug Office
Department of Health



Diabetes Mellitus

Diabetes mellitus is a common chronic disease that is characterised by high blood sugar level. It is caused by the pancreas not producing enough insulin, or the body not responding properly to insulin. The goal of treatment is to maintain a normal blood sugar level and prevent multiple complications, such as stroke, heart attack, blindness, kidney disease and nerve damage.

Oral Antidiabetic Medications

Biguanide (Metformin)

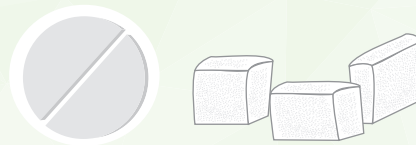
It stimulates the use of blood sugar by the body and inhibit generation of sugar from the liver. It should be taken with food to reduce side effects such as nausea, vomiting, diarrhoea, gastrointestinal upset and flatulence.

Sulphonylureas (Gliclazide, Glipizide)

They stimulate the production of insulin by the pancreas. Common side effects include abdominal pain, diarrhoea and weight gain.

Alpha-glucosidase inhibitor (Acarbose)

It slows down the digestion and absorption of sugar. Common side effects include abdominal pain, diarrhoea and flatulence.

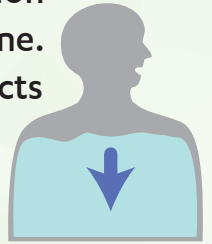


Dipeptidyl peptidase-4 (DPP-4) Inhibitors (Alogliptin, Sitagliptin)

They decrease blood sugar level by regulating the level of a hormone called incretin. Common side effects include headache, abdominal pain and pharyngitis.

Sodium-Glucose Co-transporter 2 (SGLT2) inhibitors (Dapagliflozin)

They promote excretion of sugar in urine. Common side effects include urinary or vaginal infections, dehydration and dizziness.



Signs of **LOW** blood sugar

Follow your doctor's instructions or seek medical help if you experience these signs:

- Hunger
- Weakness and dizziness
- Sweating and chills
- Trembling
- Confusion



In the case of low blood sugar, you should immediately take some sugar food or drinks.