

Using Diabetes Medications Safely

The more you know about your diabetes medications, the more likely you will use them safely and effectively to help you achieve your blood glucose goals.

For best results, take your medications only as directed. You may need to store your medications somewhere other than your medicine cabinet.

Know the best time to take your medication. For instance, some medications should be taken a half hour before you eat breakfast and dinner while other medications must be taken with the first bite of your meal.

“Yeah. So one of the early classes of diabetes medication, sulfonylureas, really only do you good if you have them earlier before the meal, and then there are some that digestively and for other reasons do better if you take them while you’re eating. The category of Metformin and its similar medications.”

And learn what to do if you forget to take a dose.

To avoid this, it may be helpful to organize *all* your medications in some way, especially if you take more than one kind.

Some people use a calendar to remember when to take their medication...

Others prefer using a pill organizer.

Some people use a chart, and simply check off their medications as they take them.

And still others find that keeping track of their medications in their blood glucose records works best.

Make sure all of your health care providers, even your dentist and pharmacist, are aware of what diabetes medications you are taking because other medications, even over-the-counter ones, may decrease the effectiveness of your diabetes pills or cause a harmful interaction.

Have all your prescriptions filled at the same pharmacy. And even if you experience side effects, do not make adjustments to your medications without first working out a plan with your diabetes care team.

If you have any questions about your medications – how they work or their side effects, talk to your healthcare provider. She is there to help.

Knowing how and when to take your medications will go a long way to maintaining your blood glucose and diabetes health now and in the future.

Although Diabetes is complex, it’s manageable when you have the right information and support. Diabetes educators are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at www.DiabetesEducator.org/find.