

# Nateglinide

You may be prescribed Nateglinide when you have type 2 diabetes.

To see how it works, let's see what happens when you eat.

When you eat, your body breaks down most of the food into glucose, a form of sugar, and releases hormones that travel to your pancreas.

The glucose enters your bloodstream causing your blood glucose or blood sugar level to rise.

In response to this rise in glucose and release of hormones, the pancreas releases insulin.

Insulin works like a key to open the cells and let glucose enter.

The glucose is used for energy now or it is stored in your body for later use.

In many people with Type 2 Diabetes, the pancreas doesn't release insulin fast enough once you start eating.

The glucose from your food builds up in the bloodstream causing high blood sugar.

When you take Nateglinide, your pancreas releases insulin faster once you start eating.

With insulin, your cells can open up and take the glucose in.

This removes it from the bloodstream and lowers your blood sugar level.

Because this medicine works with the food you eat, it is usually taken within 30 minutes of your meals.

With this medicine, there is a small risk of hypoglycemia, also called low blood sugar.

Other side effects include upper respiratory infections, dizziness, and diarrhea.

Before taking Nateglinide, give your doctor a complete list of all other medicines you use.

Some may interact with Nateglinide.

Store Nateglinide at room temperature, away from moisture and direct sunlight.

Keep it out of sight and out of reach of any children.

If you and your diabetes care team have noticed your blood sugar levels are usually higher than your target range after you've eaten, you may benefit from Nateglinide.

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Take Nateglinide exactly as prescribed.

If you have any questions about Nateglinide, ask your doctor or pharmacist for more information.