

# Combination Diabetes Medications: Actoplus Met

When you have Type 2 Diabetes, you may be prescribed a combination medication to help manage your diabetes.

The combination pill Actoplus Met helps the cells of your body become more sensitive to insulin over time, and also helps keep your liver from releasing too much glucose into your bloodstream.

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

Most food changes to glucose, a form of sugar. Glucose enters the bloodstream causing your blood glucose level to rise.

In response to this rise in glucose, 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 the cells for later use.

As insulin works to move the glucose out of your bloodstream and into the cells, your blood glucose level drops.

In many people with Type 2 Diabetes, the cells have trouble taking in glucose because they can't use insulin. This is called insulin resistance. At the same time, the liver releases too much stored glucose. Both cause your blood glucose level to stay high.

Actoplus Met helps your cells use insulin to open and let glucose in, and also keeps your liver from releasing too much glucose into your bloodstream.

This medication is generally taken once or twice a day with meals.

Some common side effects include: hypoglycemia also called low blood glucose, diarrhea, nausea, abdominal pain, lower body swelling, and muscle pains.

If you do have any side effects, let your diabetes care team know about them.

However, do not stop taking your diabetes medication unless you are told to do so.

The health of your liver and kidneys should be checked before you start taking these medications and your doctor may want to check it from time to time as you continue to take them.

This medication can increase your risk of a serious condition called lactic acidosis. You are more likely to develop lactic acidosis if you have certain health conditions or drink large amounts of alcohol.

You may need to temporarily stop taking this medication before having medical procedures using contrast dyes.

There may not be one single reason why your blood glucose is high, so taking a diabetes medication that combines 2 treatments into one pill can be beneficial to you, your blood glucose and your overall health for the future.