

Your Healthcare Checklist: Diabetes Medications

You have been prescribed medications to help you manage your diabetes.

Follow this checklist to make sure that you understand your diabetes medications and how to take them safely...

Do: Talk with your healthcare provider about each medication you are prescribed to help you understand how they help you.

Do: Review your technique with your healthcare provider if you inject your diabetes medication.

Do: Take your medications as prescribed, including what time of day you should take them and follow any other directions, such as if you need to take them with a meal.

Do: Understand any possible side effects of your medications, and what to do if you experience them.

Do: Keep track of your medications. Include the name of the medication, when you take it, and the dosage. And be aware of when you need a refill or a new prescription, so you don't run out.

Do: Ask your healthcare provider if you should wear medical identification while you are on your medications.

Do: Talk to your family and close friends about your diabetes treatment, including your medications.

Do not: Stop taking your medication unless directed by your healthcare provider.

Do not: Throw away old needles, pens, lancets, or a filled Sharps container in your normal trash. Ask about safe disposal options for your area.

Understanding your medications and taking them safely will help you to manage your diabetes and protect your health for the future.