

# Learning About Noninsulin Medicines That Help Manage Type 2 Diabetes

Some people can manage type 2 diabetes by eating healthy foods and staying active. But you also may need medicine to help your body in other ways.

You may need something called noninsulin medicines. These help to slow down how quickly your body absorbs carbohydrates or to decrease insulin resistance. And some people need to take noninsulin medicines *and* insulin.

Here are a few examples of noninsulin medicines and how they work.

**Metformin.** This noninsulin medicine keeps your blood sugar down by reducing how much glucose your liver makes. And it helps you respond better to insulin. It's one of the best ways to prevent future problems.

**SGLT2 inhibitors.** This type of medicine helps remove extra glucose through your urine.

**GLP-1 receptor agonists.** These help your body increase insulin after you eat and make less of a hormone that raises blood sugar.

Now, you may notice some side effects with the noninsulin medicines you take. For example, you may feel sick to your stomach or have diarrhea. If side effects are bothering you, talk to your care team. They may have tips that can help.

And here are some other things to keep in mind. Make sure you take your medicine exactly as instructed. Don't stop or change your medicine without talking to your doctor first.

You may need to take more than one medicine. In some cases, two or more medicines may work better to lower your blood sugar level.

It's also a good idea to check your blood sugar as often as your doctor recommends. You can use your blood sugar results to adjust your food and activities to stay in your target range.

This may seem like a lot to think about. But you don't have to do this on your own. Your care team is there to help. Remember, if you ever have a question, you can always call your care team.