**My Diabetes- Non-insulin medications**

**It is important to discuss your diabetes and medicine with your health care professional. You can go through this leaflet with your healthcare professional or use it to strengthen your understanding of the information in your consultation.**

**If you would like more information on diabetes, medications or to securely access your own diabetes information, then please register with My Diabetes My Way via the link or discuss with your diabetes care team. This leaflet does not cover every possible side effect. More detailed drug information is also available in the leaflet accompanying your medication.**

[**https://patient.mydiabetesmyway.scot.nhs.uk/Registration.aspx**](https://patient.mydiabetesmyway.scot.nhs.uk/Registration.aspx)

**HbA1C results and target**

The HbA1c blood test shows how well your blood glucose has been controlled over the previous 3 months.  If your HbA1c is on target, there is less chance of developing diabetes complications.

Guidelines recommend a target between 48-58mmol/mol (6.5-7.5%) for most people. You should agree your own personal HbA1c target with your diabetes care team, as different people will have different targets, depending on their individual circumstances.

**With your diabetes care team mark on the graph what your HbA1c is today and what your HbA1c target is.**



1.*Lifestyle*

Optimising diet and physical activity are important whatever medications you take. Your GP may refer you to the weight management service run by the dietetics department if your BMI is over 30. Diabetes UK and My Diabetes My Way provide nutritionally balanced meal plans online:

* <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans->
* <https://www.mydiabetesmyway.scot.nhs.uk/ContentSubSections.aspx?id=5>)

*2. Medications*

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|  | **BENEFITS** | **RISKS** |
| ***Metformin*** | Low hypoglycaemia riskNo weight-gainSafe in pregnancy Improves survival & risk of heart disease | Stomach upsets e.g. diarrhoeaUnsuitable for people with severe kidney or liver diseaseSick day rules in case of dehydration |
| <https://patient.info/medicine/metformin-for-diabetes> |
| **Sulphonylureas** *(Gliclazide or Glipizide)* | Lowers blood sugar quickly | Moderate hypoglycaemia risk:Possible implications for driving\*Weight gain Mild indigestion, headachesNot safe in pregnancyNo heart disease or survival benefit  |
| <https://patient.info/medicine/gliclazide-bilxona-diamicron-laaglyda-nazdol-zicron>  |
| **DPP IV inhibitors***(Sitagliptin)* | Low hypoglycaemia riskNo weight-gainLow rate of side effects | Rare risk of pancreatitisNot safe in pregnancyNo heart disease or survival benefit |
| <https://patient.info/medicine/sitagliptin-for-diabetes-januvia>  |
| **SGLT2 inhibitors** *(Empaglifozin)* | Weight loss Lowers blood pressure Improves survival & risk of heart disease | Increased risk of urine infections/thrushSmall risk of ketoacidosis (a severe complication causing vomiting and stomach pain)Slightly increased risk of ulcersNot safe in pregnancySick day rules in case of dehydration  |
| <https://patient.info/medicine/empagliflozin-tablets-for-diabetes-jardiance>  |
| **Thiazolidinediones** *(Pioglitazone)* | Low hypoglycaemia riskProbable improvement in risk of heart disease | Fluid retention (problematic in people with heart failure.) Increased risk of osteoporosis Potential link to bladder cancerWeight gainNot safe in pregnancy. |
| <https://patient.info/medicine/pioglitazone-tablets-for-diabetes-actos-diabiom-glidipion> |
| **GLP-1 Agonists** *(Dulaglutide or Liraglutide)* | Significant weight lossImproves risk of heart diseaseLow hypoglycaemia risk if used alone | Stomach upsets e.g. diarrhoeaLinked to pancreatitis Injections can cause small lumps  |
| <https://patient.info/medicine/liraglutide-for-diabetes-victoza>  |

**Driving**:<https://www.mydiabetesmyway.scot.nhs.uk/admin/UploadedFiles/A5_6pp_Driving_TREND_CONNECT.pdf>

**Sick Day Rules:** <https://ihub.scot/media/1290/20170814-medicines-sick-day-rules-card-v2-0-print.pdf>

**Pre-Pregnancy:** Please contact your GP if you are planning a pregnancy to discuss changes to your medication.