**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 risk  No weight-gain  Safe in pregnancy  Improves survival & risk of heart disease | Stomach upsets e.g. diarrhoea  Unsuitable for people with severe kidney or liver disease  Sick 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, headaches  Not safe in pregnancy  No heart disease or survival benefit |
| <https://patient.info/medicine/gliclazide-bilxona-diamicron-laaglyda-nazdol-zicron> | | |
| **DPP IV inhibitors**  *(Sitagliptin)* | Low hypoglycaemia risk  No weight-gain  Low rate of side effects | Rare risk of pancreatitis  Not safe in pregnancy  No 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/thrush  Small risk of ketoacidosis (a severe complication causing vomiting and stomach pain)  Slightly increased risk of ulcers  Not safe in pregnancy  Sick day rules in case of dehydration |
| <https://patient.info/medicine/empagliflozin-tablets-for-diabetes-jardiance> | | |
| **Thiazolidinediones** *(Pioglitazone)* | Low hypoglycaemia risk  Probable improvement in risk of heart disease | Fluid retention (problematic in people with heart failure.)  Increased risk of osteoporosis  Potential link to bladder cancer  Weight gain  Not safe in pregnancy. |
| <https://patient.info/medicine/pioglitazone-tablets-for-diabetes-actos-diabiom-glidipion> | | |
| **GLP-1 Agonists** *(Dulaglutide or Liraglutide)* | Significant weight loss  Improves risk of heart disease  Low hypoglycaemia risk if used alone | Stomach upsets e.g. diarrhoea  Linked 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.