



Oral Diabetes Medications

medication name	how it works	dose range & instructions	what to watch out for
glyburide (Diabeta) Diamicron (gliclazide) Amaryl (glimepiride)	targets the pancreas to stimulate insulin secretion	glyburide: 2.5-20 mg/day Diamicron: 80-160 mg twice/day Amaryl: 4-8 mg/day taken with meals	can cause low blood sugars, weight gain (glyburide); rarely, rash if allergic to sulfa
metformin (Glucophage) (Glumetza)	targets liver to restore insulin sensitivity	Metformin: 250 -2000 mg/day taken with meals Glumetza: 1000 -2000 mg once per day with evening meal	GI upset: diarrhea, nausea, bloating should not be taken if decreased kidney or liver function
Avandia (rosiglitazone) Actos (pioglitazone)	increases overall sensitivity to insulin	Avandia: 2-8 mg / day Actos: 15 - 45 mg / day	weight gain (average of 1-3 Kg), fluid retention
GlucNorm (repaglinide)	targets the pancreas to stimulate insulin secretion	approximately 0.5-4 mg taken with each meal	MUST be taken with food
Prandase (acarbose)	targets the digestive track to delay absorption of starch	50-100 mg taken with each meal	flatulence very common; rarely, bloating
Januvia (sitagliptin) Onglyza (saxagliptin) Trajenta (linagliptin)	triggers pancreas to secrete more insulin	Januvia: 100 mg / day Onglyza: 5 mg / day Trajenta: 5 mg / day	may cause stomach discomfort and diarrhea doses should be lowered if decreased kidney function
Invokana (canagliflozin) Forxiga (dapagliflozin) Jardiance (empagliflozin)	blocks the re-absorption of sugar in the kidneys	Invokana: 100 mg or 300 mg / day Forxiga: 5 mg or 10 mg / day Jardiance: 10 mg or 25 mg /day may be taken with or without food, but preferably before breakfast	may cause yeast infections (in men or women) risk of dehydration (especially if on certain blood pressure medications)

Some types of oral medications are combined together: Janumet, Komboglyze, Jentadueto

diabetes is a progressive disease

1 | oral medications may not be enough

- over time, our pancreas may not be working as hard as it once was and insulin production starts to decrease.
- everybody takes care of their own diabetes differently – many people take 2 or 3 different diabetes pills at one time.
- when blood sugars cannot reach target levels with medications, insulin is the next step to help.

2 | insulin to achieve optimal control

- taking insulin is a normal part of caring for your diabetes.
- taking insulin is not as painful as most people think.

Injectable Diabetes Medications

medication name	how it works	dose range & instructions	what to watch out for
Victoza (liraglutide)	stimulates insulin release from pancreas after meals, slows digestion, & lowers appetite	0.6 - 1.8 mg	Nausea, diarrhea
Byetta (exenatide)	stimulates insulin release from pancreas after meals, slows digestion, & lowers appetite	5mcg BID 10mcg BID	Nausea, diarrhea
Trulicity (Dulaglutide)	stimulates insulin release from pancreas after meals, slows digestion, & lowers appetite	0.75-1.5 mg	Nausea, diarrhea
Bydureon (Exenatide Extended Release)	stimulates insulin release from pancreas after meals, slows digestion, & lowers appetite	2 mg	Nausea, diarrhea

Insulin

type	name	starts to work in	when it works the hardest	how long it lasts
rapid-acting analogue (clear)	Humalog (insulin lispro) NovoRapid (insulin aspart) Apidra (insulin glulisine)	10 minutes	60 minutes	4 - 5 hours
fast-acting (clear)	Humulin R Novolin Toronto	30 minutes	3 hours	5 - 8 hours
intermediate-acting (cloudy)	Humulin N Humulin L Novolin NPH	1-3 hours	5-8 hours	Up to 18 hours
extended long acting (clear)	Levemir (insulin detemir) Lantus (insulin glargine) Basaglar (insulin glargine)	90 minutes	No peak	22 - 26 hours

Some types of combination insulin are premixed for you: Humalog Mix25, Humulin 30/70, Novolin 30/70, NovoMix30

know where to get support

There are some programs designed to help people with diabetes pay for their medications and supplies. Take a closer look at the following programs, you *may* qualify.

- 1 | Ministry of Health and Long-Term Care, Ontario Drug Benefit Plan (ODB)**
 - Over 65 yrs of age, includes coverage for most insulin, some diabetes pills, urine ketone and blood testing strips
 - For people not on Ontario drug plan who are taking diabetes pills -Section 8 is required
 - The cost of the program is income based. Once your drug costs reach 4% of your net income, the plan covers the remainder of the drug costs.
 - There is a \$100 eligibility fee and \$6.11 dispensing fee
 - t. 416.327.8109 | or, ask at your local pharmacy
- 2 | Trillium Drug Plan**
 - The Trillium Drug Program helps people who have high drug costs in relation to their net household income.
 - Cost is income based; same as above.
 - t. 1.800.575.5386 or 416.326.1558 | or, ask your pharmacy for an application