



# Oral Diabetes Medications (Pills)

medication name	how it works	dose range & instructions	what to watch out for
<b>glyburide</b> (Diabeta) <b>Diamicron</b> (gliclazide)	targets the pancreas to stimulate insulin secretion	glyburide: 2.5-20 mg/day Diamicron: 80-160 mg twice/day	can cause low blood sugars, weight gain (glyburide); rarely, rash if allergic to sulfa
<b>metformin</b> (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
<b>GlucosNorm</b> (repaglinide)	targets the pancreas to stimulate insulin secretion	approximately 0.5-4 mg taken with each meal	MUST be taken with food
<b>Prandase</b> (acarbose)	targets the digestive track to delay absorption of starch	50-100 mg taken with each meal	flatulence very common; rarely, bloating
<b>Januvia</b> (sitagliptin) <b>Onglyza</b> (saxagliptin) <b>Trajenta</b> (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
<b>Invokana</b> (canagliflozin) <b>Forxiga</b> (dapagliflozin) <b>Jardiance</b> (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 in one pill, for convenience:

*Janumet = Januvia + Metformin*

*Komboglyze = Onglyza + Metformin*

*Jentadueto = Trajenta + Metformin*

*Invokamet = Invokana + Metformin*

*Xigduo = Forxiga + Metformin*

## Injectable Diabetes Medications

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

# diabetes is a progressive disease

## | oral medications may not be enough

- over time, the pancreas may not be working as hard as it once was and insulin production may start to decrease.
- everybody takes care of their 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.
- taking insulin is a normal part of caring for your diabetes.

## 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) Fiasp (insulin aspart)	10 mins  4 mins	60 minutes	4 - 5 hrs
fast-acting (clear)	Humulin R Novolin Toronto	30 mins	3 hours	5 - 8 hrs
intermediate-acting (cloudy)	Humulin N Humulin L Novolin NPH	1-3 hrs	5-8 hours	Up to 18 hrs
extended long acting (clear)	Levemir (insulin glargine) Lantus (insulin glargine) Basaglar (insulin glargine) Toujeo (insulin glargine) Tresiba (insulin degludec)	90 mins   Approx. 60 mins	No peak	22 - 36 hrs  42+ hrs

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

## know where to get support

- 1 | **Ministry of Health and Long-Term Care, Ontario Drug Benefit Plan (ODB) – For over 65 yrs of age**
  - Includes coverage for most insulin, some diabetes pills and blood testing strips
  - Once your drug costs reach 4% of your net income, the plan covers the remainder of the drug costs.
  - t. 416.327.8109 | or, ask at your local pharmacy
- 2 | **Trillium Drug Plan – for under 65 years of age**
  - Income based, supports people who have high drug costs Vs their net household income.
  - t. 1.800.575.5386 or 416.326.1558 | or, ask your pharmacy for an application
- 3 | **Monitoring for Health Program**
  - Anyone using insulin or who has gestational diabetes and receives no other coverage
  - 75% coverage of strips & lancets (\$820 max)
  - t. 1.800.361.0796
- 4 | **Syringes for Seniors – for over 65 years of age**
  - Assists seniors to purchase needles and syringes for insulin administration.
  - \$125 per year grant to cover cost of needles or syringes
  - t. 1.800.268.6021