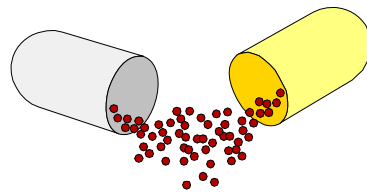


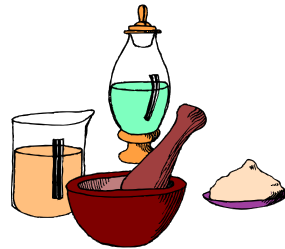
O

ral



A

gents for



D

iabetes



ORAL AGENTS FOR DIABETES© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com

NAME *GENERIC	DOSE AVAILABLE	USUAL DAILY DOSE	CLASS ACTION DURATION	COMMENTS ABOUT MEDICATIONS
Glyburide* Micronase > Diabeta > Glynase	1.25, 2.5 and 5.0 mg 1.5 – 6.0 mg	1-2x/day 20 mg max. 12 mg max	Sulfonylurea 24 hours duration Increases insulin output by pancreas Can combine with insulin, Glucophage, Precose, Glyset, ACTOS, Avandia	Can cause low blood sugars Caution in elderly. Take ½ hour before eating.
Glipizide* Glucotrol Glucotrol XL	5 and 10 mg Tablets	2.5 – 40 mg/day in 1- 3 doses 5-20 mg in 1 dose/day.	Sulfonylurea 24 hour duration Increases insulin output Can use with the same medications as above.	Take on an empty stomach Can cause hlow blood sugar. Caution in the elderly
Glimepiride* Amaryl	1, 2 and 4 mg tablets	1-8 mg with 8 max Take 1x/day	Sulfonylurea 24 hour action Increases insulin output Combine as above	Take with the first main meal Less low blood sugars.
Repaglinide* Prandin	0.5, 1 and 2 mg tablets	0.5 – 4 mg/meal 2-4 doses/day 16 mg max	Neglitinide Works on post meal blood sugars Gives quick burst of insulin Combines with avandia, metformin and ACTOS	Less low blood sugars Take 15-30 min before meals Add a dose for extra meal Do not take without food

© FFF

Name	Dose Available	Usual Dose	Class, Duration, Action	Important Points
Sitagliptin* Jenuvia	25, 50 and 100 mg	25-100mg 1/x/day or 50 mg bid	DPP4 inhibitors Prevents break-down of GLP	Weight neutral Rare hypoglycemia
Metformin* Glucophage Glucophage XR Riomet Liquid	500 mg 850 mg 500 mg 5 ml (500 mg)	500-2550 mg in 2 doses/max 2550 mg 500-2000 mg 2000 mg max 5-25.5 ml 5-20 ml (10-16 y/o)	Biguanide 12 hours duration Decreases liver output of sugar and increases insulin sensitivity Can combine with sulfonylureas, Prandin, Starlix, ACTOS, Avandia and Insulin	Kidney tests should be done. Do not use with renal or liver problems, CHF, alcohol abuse or age >80. Gas and bloating may occur. Start with low dose in pm and increase as tolerated. Take with food. Lowers cholesterol; May help weight loss. Not for use in pregnancy or under 10 y/o.
Acarbose* Precose Miglitol* Glyset	50,100 mg tabs 25,50,100 mg tabs	75-100 mg in 3 doses.Max:300 mg. 75-100 mg in 3 doses; Max: 300 mg.	Carbohydrate Inhibitors. 2 hours duration; slow absorption of carbohydrate. Combines with insulin and sulfonylureas.	Take with the first bite of food. Does not cause low BSI Do not take without food or if dose is missed; Use glucose or lactose for low blood sugars. Gas and bloating may occur. Start dose low and slowly increase as needed. ©FFF

NAME	DOSE AVAILABLE	USUAL DOSE	CLASS, DURATION, ACTION	IMPORTANT POINTS
Pioglitazone* ACTOS	15,30,45 mg	15-45 mg/day in one dose	Thiazolidinedione 16-34 hours duration. Increases insulin sensitivity; ACTOS combines with insulin; Both combine with Prandin, metformin, sulfonylureas, Glucovance	Liver tests needed. 6-12 weeks for full effect to be realized. Does not cause low blood sugars alone; Take with or without food. May cause weight gain.
Rosiglitazine* Avandia	2,4,8 mg	4-8 mg in one or split dose		

© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com