

Understanding Pills You Take for Your Diabetes

If you have been given pills to help control your diabetes, then you should know that this medicine may –

- Help your body make more insulin, a natural body hormone needed to help digest sugar
- Stop the liver from making glucose, a form of sugar
- Help muscle cells to make better use of your body's insulin

The reason you are taking these pills is to help your body keep the level of sugar in a normal range. Healthy eating and exercise are important too.

It is very important that you know the names of your medications, as well as the correct amounts to take. Take the medicine containers with you, write down the names with the doses and times you take them (or have someone in your healthcare provider's office write this down), and carry this information with you at all times. This will be helpful if there is an emergency.



| Medication Name | Dose | Time |
|-----------------|-------|---------|
| Lipitor | 20 mg | morning |
| | | |
| | | |
| | | |
| | | |
| | | |

Talk to your healthcare provider about other medicines you are taking, even ones you buy off the shelf at the store – including vitamins and herbals.

It is very important to check your blood sugar to know if your medicines are helping. This number is called your blood glucose level. Your healthcare provider may ask you to write down your blood sugar number in a book at different times of the day to see if your medication is working well. If you are concerned that the numbers are too high or too low, then contact your healthcare provider. Sometimes changes in food or medicine may be needed. Always bring your book with the numbers written in it, along with your glucose monitor (to check if it is working), to your medical appointments.

Your blood sugar goal is between _____ and _____.

