

GLYBURIDE AND OTHER SULFONYLUREAS FOR TYPE 2 DIABETES

GLYBURIDE: Sold in Canada under the brand names of DiaBeta® and a number of generics. Pills are available in 2.5-mg and 5.0-mg tablets.

OTHER SULFONYLUREAS you may be prescribed include gliclazide (Diamicron®) or glimepiride (Amaryl®).

Glyburide and other sulfonylureas help control type 2 diabetes by **increasing the amount of insulin released** from the beta cells of the pancreas. They do not alter how sensitive your body is to the effects of insulin.

Remember that this medicine will not cure your diabetes, but it does help control it. You must continue to take it as directed, if you expect to lower your blood sugar levels and keep them in the desired range. Teens often need a lower dose of this medication than do adults.

- (1) Take glyburide as directed with food. If you miss a dose, take it as soon as possible. Do not double your dose at the next meal!
 - If taking once daily, take with breakfast.
 - If taking twice daily, take with breakfast and dinner.
- (2) Check your blood sugar 2-4 times a day.
- (3) Follow your meal plan.
- (4) Exercise at least 30 minutes daily.
- (5) Drink lots of sugar-free fluids.

Glyburide and other sulfonylureas may also be taken with metformin, if prescribed by your physician.

The most common side-effect is low blood sugar (hypoglycemia). To limit the number of low blood sugars, it is important to eat regularly and not take this medication on an empty stomach.

Sick days: If you are sick and vomiting with the flu, then your dose of glyburide (or other sulfonylurea) will need to be decreased or completely stopped, particularly if you can't eat. Restart when you are able to eat again. Drink lots of fluids to stay well hydrated with colds and flu.

Surgery: If you must fast prior to surgery, then you should stop your glyburide until you are able to eat again.

Alcohol can significantly increase your risk of having a low blood sugar, if you are taking glyburide (or another sulfonylurea). Always have something to eat when you are drinking alcohol, or abstain!