

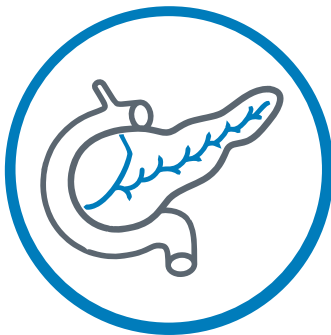
# Understanding the Pills You Take for Your Diabetes

You may need to take pills to help control your diabetes and keep the level of your blood sugar within a healthy range.

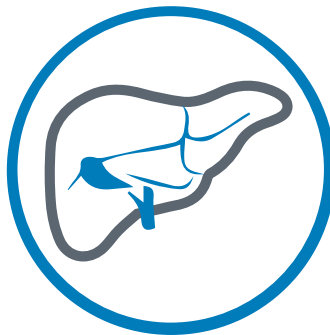
## These pills work in different ways, such as:<sup>1</sup>

- ✓ Lowering the amount of sugar (glucose) made by your liver
- ✓ Increasing the amount of sugar you pass in your urine
- ✓ Helping your body make more insulin (a natural body hormone needed to help your body use the sugar in your blood)
- ✓ Helping your body respond better to the insulin it already makes
- ✓ Slowing down the digestion of sugars in your gut

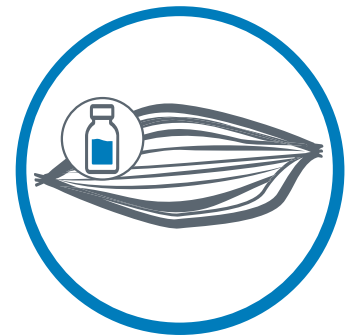
You may need to take one type of pill, or a combination of different pills, to help control your blood sugar. Some types of medications work by:



**Helping the pancreas secrete more insulin**



**Stopping the liver from making glucose**



**Making the muscle cells become less resistant to insulin**

Healthy eating and exercise are important for controlling your blood sugar, too.

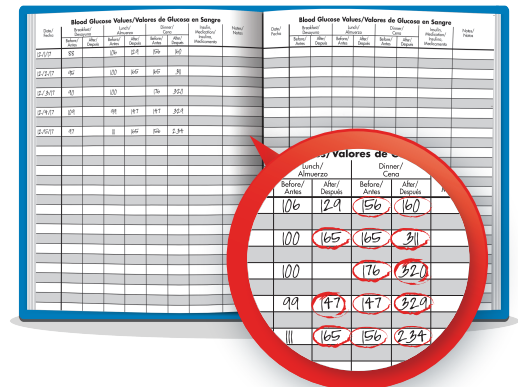
Talk to your doctor about any other medicines you are taking, even ones you buy off the shelf at the store, such as vitamins and herbal supplements.



It is important to know the names of all your medications, as well as the correct amounts to take and when to take them (or have someone in your doctor's office help write it down for you) and carry this information with you at all times.

This will be helpful if there is an emergency. It is also important to check your blood sugar levels to know if your diabetes medicines are helping.

Your doctor may have you check your blood sugar with a blood glucose meter at different times of the day to see if your medication is working well. Write down your blood sugar test results in a notebook, and be sure to bring the log of your blood sugar test results and your blood glucose meter to your medical appointments.



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. Eating a healthy diet and regular exercise will help control your blood sugar level.

1. American Diabetes Association. What Are My Options? <http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/oral-medications/what-are-my-options.html>. Updated October 10, 2018. Accessed February 4, 2019.