

What are they used for?

Acarbose is used alone or in combination with diet and/or medications in patients with Type 2 diabetes.

How do they work?

Acarbose works by blocking an enzyme that breaks down starchy carbohydrates (bread, potato, etc) to glucose in the intestine. This will reduce the amount of glucose your body absorbs from food and give your pancreas time to secrete more insulin to lower blood sugar after meals.

Are there any side effects?

Some side effects that people have experienced while taking these medications include:

- Stomach upset (nausea, vomiting, bloating)
- Diarrhea, flatulence, gas

Acarbose will not cause hypoglycemia (low blood sugar) by itself. However, hypoglycemia can be a problem if used with medications that can cause hypoglycemia (e.g. sulfonylurea or insulin).

If hypoglycemia does occur while taking acarbose, you must use one of the following: dextrose (4 tabs); honey

(1 Tbsp); or milk (1 cup). *Sugars that are typically used to treat hypoglycemia (e.g. table sugar, juice, regular soft drink, sugar candy) will not be effective because of the way acarbose works.*

How do I take them?

Acarbose is taken with the first bite of each main meal. Acarbose must always be taken together with food.

If you don't remember to take your medication until you have started eating or right after you finished your meal, take your medication right away. Otherwise wait until your next main meal. *You should not take two doses at one time.*

Do not take acarbose between meals.

Acarbose takes about 8 weeks to reach full effect.

What are some alternate names for Acarbose?

Generic Name	Brand Name
Acarbose	Glucobay

*** Please note that this information sheet does not contain complete information about Acarbose. If you need more information about this drug, be sure to ask your doctor or pharmacist.*