

Meglitinides

What are they used for?

Meglitinides are used with a diet and exercise program in patients with Type 2 diabetes.

Meglitinides may be used alone or with other medications to control blood sugar.

How do they work?

Meglitinides stimulate your pancreas to release insulin for a short period of time. They are designed to work for 4 to 5 hours, covering mealtimes.

Are there any side effects?

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

- Headache
- Nasal congestion or runny nose
- Joint aches
- Back pain
- Nausea & diarrhea
- Hypoglycemia
- Weight gain

Meglitinides are less likely to cause hypoglycemia than sulfonylureas (e.g. glyburide, gliclazide), therefore are a good option for elderly patients.

How do I take them?

Meglitinides are taken before meals. It can be immediately before a meal or up to 30 minutes before meals.

Meglitinides work quickly to lower blood sugar after meals. Medication must be taken with every meal.

If you miss or skip a meal, you also skip your medication or there would be a risk of hypoglycemia. If you eat an extra meal, then you would take an extra dose with that meal.

What are some commonly used Meglitinides?

Generic Name	Brand Name
Repaglinide	GlucNorm
Nateglinide	Starlix

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