



A few recommendations

To get the most out of your medication, here are some recommendations:

- **Follow the dosage** - i.e., the dose, the frequency and the time of day. If you often forget to take your medication, ask your healthcare team for practical tips.
- **Check your blood sugar** according to your healthcare team's recommendations.
- If you experience **side effects**, talk to your doctor or pharmacist about what steps to take.
- Always carry an **up-to-date list of all your medication**.

If you have any questions about your medication, do not hesitate to consult your pharmacist or doctor.

Resources

Ordre des pharmaciens du Québec
opq.org

Questions about diabetes?

InfoDiabetes Service
514-259-3422
1-800-361-3504
infodiabete@diabete.qc.ca

Diabetes School
Universi D
universi-d.com

Diabetes  Québec
diabete.qc.ca

Diabète  Québec

Diabetes medication



Medication to treat diabetes

Diabetes medication may be prescribed if adopting a healthy lifestyle does not keep your blood sugar levels within target ranges. You may also be prescribed it right from the start if your blood sugar is very high at the time of diagnosis.

Diabetes medication, also known as **antihyperglycemic drugs**, work by reducing blood sugar levels that are too high. They can be taken in pill form or by injection.

It is important to note that **medication is not a substitute for a healthy diet and regular physical activity but is in addition to them.**

All of these aspects play an important role in managing your blood sugar levels.

Explore the functions of **each medication and how they impact your body** by examining the illustration on the right.



IMPORTANT

It is essential to take your medication as prescribed and discuss any potential adjustments with your pharmacist or doctor.

Mode of action for all classes of antihyperglycemic drugs

Biguanides

Metformin (Glucophage®), Glumetza®

- Decrease the amount of sugar produced by the liver
- Help the body's cells use sugar more efficiently.

TZDs

Pioglitazone (Actos®), Rosiglitazone (Avandia®)

- Help the body's cells use sugar more efficiently.

SGLT2 inhibitors

Canagliflozin (Invokana®), Empagliflozin (Jardiance®), Dapagliflozin (Forxiga®)

- Helps eliminate sugar in the urine

DPP-4 inhibitors

Linagliptin (Trajenta®), Saxagliptin (Onglyza®), Sitagliptin (Januvia®), Alogliptin (Nesina®)

- Increases the effect of certain intestinal hormones (incretins), which act when blood sugar raises after a meal: increase insulin production and reduce glucagon production by the pancreas

Alpha-glucosidase inhibitor

Acarbose (Glucobay®)

- Slows down the digestion of certain carbohydrates (sugars) in the intestines.

Insulin secretagogues

Drugs that increase the risk of hypoglycemia.

Gliclazide (Diamicon®), Gliclazide (Diamicon® MR), Glimepiride (Amaryl®), Glyburide (DiaBeta®), Repaglinide (GlucoNorm®)

- Increase the production of insulin by the pancreas.

GLP-1 agonists

Injectable drugs

Liraglutide (Victoza®), Dulaglutide (Trulicity®), Semaglutide (Ozempic®)

Oral drug

Semaglutide (Rybelsus®)

AND

GIP and GLP-1 agonist

Tirzepatide (Mounjaro®)

- Slows digestion in the stomach
- Decreases appetite
- Imitate certain intestinal hormones (incretins) that act when blood sugar is high: increase insulin production and reduce glucagon production by the pancreas

