

## **GENERAL INSTRUCTIONS TO PATIENTS WHO ARE STARTED ON MEDICINES FOR DIABETES**

- Oral medicines for diabetes also called as **Oral hypoglycemic Agents(OHAs)** are anti-diabetic drugs designed to help people with type 2 diabetes control their blood sugar levels.
- Your physician might prescribe an **Insulin Injection** to manage your diabetes.
- Take the OHA / Insulin injection prescribed by your physician as advised.
- Ensure that you learn the right technique to take your insulin shot from a para-medical staff. Ask for details.
- Keep a **Glucometer** at home and do “Self Monitoring Of Blood Glucose” (SMBG) as advised by your physician . Glucometers are available at all local chemists at a reasonable cost .
- Have regular follow ups with your physician as instructed by him with your SMBG charts or pathology reports.
- Do not skip meals when on OHAs . If you do , then the dose of your OHAs/Insulin may need to be adjusted.
- INSULIN injections are usually taken before meals .However the exact time of your insulin dose in relation to your meals will be explained to you by your physician depending on the Insulin used.
  
- **HYPOGLYCAEMIA :**
  - ✓ Certain OHAs and/or certain Insulin Injections can sometimes bring down your sugar levels to less than normal limits i.e. cause “hypoglycaemias”
  - ✓ **The symptoms of “Hypoglycaemia” may range from sudden hunger, dizziness, cold sweating , trembling , confusion and can go to the extent of irrelevant talks and sudden unconsciousness.**
  - ✓ *If such symptoms occur get a blood sugar level done immediately and REPORT TO YOUR PHYSICIAN* if the sugars are less than 75 and especially if less than 50.
  - ✓ If the patient is conscious and alert give a sugar loaded drink (eg soft drink or glucon D) or a chocolate .
  - ✓ If the patient is very drowsy or unconscious , **rush him/her to the emergency department of the nearest hospital** .Do not attempt to forcefully give a sugar drink to such unconscious patients. Also report to your doctor immediately .