

Medication Information

Repaglinide

(Re – pag – li – nide)

Other names for this medication

Gluconorm[®]

How this medication is used

This medication is used to treat:

- diabetes
- increased blood sugar from other causes

This medication helps your pancreas release more insulin. It may also make the tissues in your body more sensitive to insulin made by the pancreas. It works with each meal to lower blood sugar.

This medication is not insulin.

How to take this medication

Take this medication exactly as directed by your doctor or diabetes care provider.

You must take this medication with your meal. You may take it 15 minutes before a meal to 15 minutes after a meal. Many people take it with the first bite of the meal. If you take this medication you must eat. **If you do not eat, do not take Repaglinide.**

While you are taking this medication you may notice:

- constipation or diarrhea
- cough, sore throat, sneezing, stuffy nose
- low blood sugar

Some signs of low blood sugar are:

- dizziness
- clammy skin
- cold sweat
- tiredness
- slurred speech
- shakiness
- headache
- mood change

Check your blood sugar if you feel any of these symptoms.

When your blood sugar is below 4 mmol/L:

1. Take 15 grams of a fast acting carbohydrate right away.
Taking 15 grams of a fast acting carbohydrate will raise your blood sugar quickly. Examples of 15 grams of fast acting carbohydrates are:
 - Chew glucose or dextrose tablets – read the package to know how many total 15 grams **or**
 - Drink 175 ml or $\frac{3}{4}$ cup orange juice **or**
 - Drink 175 ml or $\frac{3}{4}$ cup regular pop
2. Wait 15 minutes and check your blood sugar again.
3. If your blood sugar is still below 4 mmol/L, treat again with 15 grams of a fast carbohydrates listed above.
4. Repeat these steps until your blood sugar is in your target level.
5. If your next meal or snack is more than 1 hour away, you need to eat $\frac{1}{2}$ sandwich or 6 crackers with cheese to keep your blood sugar greater than 4 mmol/L.

You can talk to your diabetes care provider or pharmacist about other fast acting carbohydrates to carry with you to prevent or treat low blood sugar.

When you are sick:

During a visit with your diabetes care provider it is important to learn how to look after yourself when you are sick. When you are sick, your blood sugar can change a lot and quickly. Follow the sick day plan you get from your diabetes care provider. Here are some general guidelines.

Blood sugars tend to go up on sick days. Test your blood sugar every 4 hours while you are feeling sick.

When you are sick and not able to eat, check your blood sugar. If it is less than 4 mmol/L, do not take Repaglinide.

When you are sick (continued)

If you are able to keep sugary fluids down, you need to take Repaglinide. Examples of sugary fluids are:

- 80 ml or 1/3 cup gingerale, apple juice or Kool-Aid[®]
- ½ popsicle
- 60 ml or ¼ cup Jello[®]

You should have sugary fluid every hour that you are awake.

Contact your doctor or diabetes care provider if you notice:

- continued low blood sugars
- continued diarrhea
- itchy skin rash
- dark urine
- unexplained sore throat or fever

Medical alert information

When you have diabetes, you should wear or carry Medic Alert[®] identification.