

Medication Information

Glyburide

(Gly – burr – ide)

Other names for this medication

Diabeta[®]

How this medication is used

This medication is used to treat diabetes. It lowers the amount of sugar in the blood by helping the pancreas release more insulin.

This medication is not insulin.

How to take this medication

Take this medication exactly as directed by your doctor or diabetes care provider. It is best to eat at the same times each day and not to skip meals. It is best to take this medication ½ hour to 20 minutes before a meal.

If you miss a dose of medication and it almost time for your next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time. Do not take a missed dose of your medication – just go back to your regular time for the next dose.

This medication works better when you follow a diet and exercise program.

Your diabetes educator may ask you to test your blood sugar while you take this medication.

Check with your doctor or pharmacist before you take any over-the-counter medications.

While you are taking this medication you may notice:

- upset stomach, nausea and vomiting
- diarrhea
- low blood sugar
- weight gain

If any of these problems do not go away, call your doctor.

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 4.0 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 4.0 mmol/L, treat again with 15 grams of a fast acting carbohydrate 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 4.0 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 4.0 mmol/L, do not take Glyburide.

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

- 80 ml or 1/3 cup gingerale, apple juice or Kool-Aid[®]
- 1/2 popsicle
- 60 ml or 1/4 cup Jello[®]

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

Medical alert information

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