

What is it?

If you have type 2 diabetes, you may need medication to help manage your blood sugar levels. There are lots of options. Your GP will help you find the right option based on your unique health needs.

Common options include tablets and needles. Medication doesn't replace a healthy lifestyle. You will still need to take care of your health and check your blood sugar levels often.

What will my GP do?

Your GP may help you learn about medications and side effects. Your GP may also give you advice about living a healthy lifestyle. Eating a healthy diet, moving daily and keeping your weight under control are all important steps to take.

Your GP may also talk to you about how to prevent hypoglycaemia (low blood sugar) and signs to look for. If you are finding it hard to manage your treatment plan, your GP may refer you to a specialist. Your GP may want to see you often to monitor your response to your medication and check for side effects. Your GP may review your treatments if your glycaemic control is not getting better.

Your GP may make sure you know how to manage your risk factors and treatment plan. They may check your overall health for any issues that may affect your glycaemic control. They may adjust your treatment plan if your symptoms are not improving.

What can I do?

Follow the treatment plan your GP gives you. Tell your GP if you are not sure how to follow the plan. Look after all aspects of your health. Move daily, get enough sleep and reduce stress. If you are finding it hard to cope with your treatments, tell your GP. They may be able to refer you to a specialist for more support.

What supports are available?

There are many public diabetes services for help with medication. Speak to your GP about whether you need a referral. Private specialists are also an option. Your GP can refer you.

Where can I learn more?

- **Diabetes Australia** – Medicine: diabetesaustralia.com.au

Common Diabetes Medications

Insulin – helps move glucose from the blood into the cells

Metformin – reduces the amount of glucose released into the blood and increases the amount taken up by the cells

Sulphonylureas – stimulate the pancreas to produce more insulin

Other medicines include:

- DPP-4 inhibitors
- GLP-1 analogue
- SGLT2 inhibitor
- Thiazolidinediones (glitazones)
- Alpha-glucosidase inhibitors