



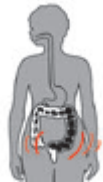

































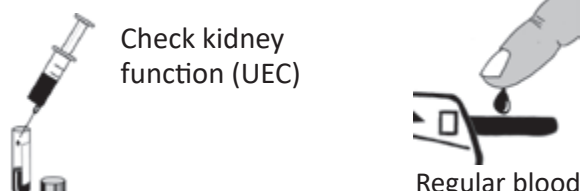
<p><b>Active ingredients</b> (generic names)</p>	<p><b>CALCITRIOL</b> (cal-cit-ree-ol)  <b>Common brands include:</b> <i>Kosteo, Rocaltrol, Sical</i></p>  <p><b>Other vitamin D substances</b>                  Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Colecalciferol</li> <li>• Ergocalciferol</li> <li>• Paricalcitol</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Low vitamin D levels, especially if chronic kidney disease</li> <li>• With calcium to treat weak bones</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Helps make bones stronger by increasing absorption of calcium and phosphate from intestines, and reducing loss from kidneys</li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• If level of calcium in blood is too high (hypercalcaemia)                         <ul style="list-style-type: none"> <li>◦ Frequent urination (peeing a lot) — early warning sign</li> <li>◦ Other signs:</li> </ul> </li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Nausea</p> </div> <div style="text-align: center;">  <p>Headache</p> </div> <div style="text-align: center;">  <p>Constipation</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>Dry mouth</p> </div> <div style="text-align: center;">  <p>Sweating</p> </div> <div style="text-align: center;">  <p>Sleepy</p> </div> </div>




 <p><b>Warnings</b></p>	 <p>Kidney trouble</p> <p><b>Interactions</b> — Do not use together without medical consult</p> <p><b>CALCITRIOL</b> with:</p> <ul style="list-style-type: none"> <li>• Calcium — needs careful monitoring</li> <li>• Digoxin — needs careful monitoring</li> <li>• Thiazide diuretics — need careful monitoring</li> </ul>
 <p><b>Tell the patient</b></p>	<ul style="list-style-type: none"> <li>• <b>Do not</b> take supplements that contain calcium or vitamin D unless prescribed by a doctor — risk of too much calcium (hypercalcaemia)</li> </ul>  <p>Return to clinic if nausea, vomiting, constipation, headache, thirst or tiredness – signs of too much calcium</p> <p><b>Warning stickers (p298):</b> 5</p>
<p><b>Check</b></p>	 <p>Check calcium and phosphate levels every 3 months</p> <p>Blood test</p>




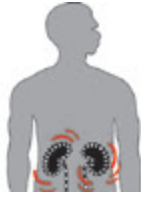




<p><b>Active ingredients</b> (generic names)</p>	<p><b>CALCIUM CARBONATE</b> (cal-see-um car-bo-nate)  <b>CALCIUM GLUCONATE</b> (cal-see-um glue-co-nate)  <b>Other calcium salts</b>                  Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Calcium chloride</li> <li>• Calcium citrate</li> </ul> <p><b>Calcium combinations</b></p> <ul style="list-style-type: none"> <li>• Calcium is in many vitamin supplements and antacids</li> </ul>	
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Calcium deficiency, osteoporosis, other bone diseases</li> <li>• <b>Life threatening heart arrhythmias</b> (eg patients who have missed dialysis) (calcium gluconate) (<i>CARPA STM p248</i>)</li> <li>• <b>Magnesium overdose</b> (eg when treating severe pre-eclampsia) (calcium gluconate) (<i>WBM p24</i>)</li> <li>• Reducing phosphate levels in chronic kidney disease (CKD)</li> <li>• Can be an ingredient in antacids</li> </ul>	
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Replaces calcium if deficient in body</li> <li>• Calcium binds to phosphate in stomach and stops it being absorbed by body. This reduces high phosphate levels</li> </ul>	
<p><b>Side effects</b></p>	<p> Wind – burping, farting</p> <ul style="list-style-type: none"> <li>• If calcium in blood too high (hypercalcaemia)                         <ul style="list-style-type: none"> <li>◦ Passing urine more often than usual (frequency)</li> <li>◦ Other signs:</li> </ul> </li> </ul> <p> Headache</p> <p> Dry mouth</p> <p> Constipation</p> <p> Sleepy</p> <p> Sweating</p> <p> Nausea</p>	

 <p><b>Warnings</b></p>	<p><b>Interactions</b> — Do not use together without medical consult</p> <p>CALCIUM CARBONATE or CALCIUM GLUCONATE with:</p> <ul style="list-style-type: none"> <li>• Digoxin — needs careful monitoring</li> <li>• Iron tablets, doxycycline, alendronate, sotalol, ciprofloxacin — can take 2 hours before or after calcium tablets</li> <li>• Thyroxine tablets — can take 4 hours before or after calcium tablets</li> </ul>
 <p><b>Tell the patient</b></p>	<ul style="list-style-type: none"> <li>• If taking for kidney trouble and you skip a meal, skip calcium tablets too</li> <li>• If taking calcium for bone trouble             <ul style="list-style-type: none"> <li>◦ Take at night (bedtime) so more will be absorbed into bones</li> <li>◦ Tell doctor or health worker if you become pregnant or finish menopause as dose may need to be changed</li> </ul> </li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Take with food or milk</p> </div> <div style="text-align: center;">  <p>Return to clinic if nausea, vomiting, constipation, headache, thirst or tiredness – signs of too much calcium</p> </div> </div>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Tablets come in different forms — some can be chewed, some need to be swallowed whole, some are dissolved in water. Make sure person understands how to take theirs</li> </ul> <div style="text-align: center;">  <p>Blood test</p> </div> <p>Regular checks for calcium and phosphate levels</p>






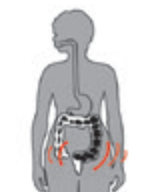

<p><b>Active ingredients</b> (generic names)</p>	<p><b>EXENATIDE</b> (ex-en-a-tide)  <b>Common brands include:</b> <i>Byetta, Bydureon</i></p> <p><b>LIRAGLUTIDE</b> (lir-a-gloo-tide)   <b>Common brands include:</b> <i>Victoza</i></p>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Type 2 diabetes (<a href="#">CARPA STM p257</a>)</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Acts like (mimics) a hormone (GLP-1) that releases insulin into body after a meal, and slows down glucose absorption</li> <li>• Delays stomach emptying after a meal and reduces appetite</li> </ul>
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Low blood glucose</li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Nausea and vomiting</p> </div> <div style="text-align: center;">  <p>Diarrhoea</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>Dizzy</p> </div> <div style="text-align: center;">  <p>Stomach trouble – pancreatitis</p> </div> </div>



 <p><b>Warnings</b></p>	 <p>Pregnant      Breastfeeding      Kidney trouble (exenatide)      Stomach trouble (exenatide)</p>
 <p><b>Tell the patient</b></p>	<p><b>Interactions</b> — Do not use together without medical consult EXENATIDE or LIRAGLUTIDE with:</p> <ul style="list-style-type: none"> <li>• Antibiotics — can take 1 hour before or 4 hours after exenatide</li> <li>• Other blood glucose lowering medicines — may increase risk of hypo (hypoglycaemia)</li> </ul> <ul style="list-style-type: none"> <li>• Exenatide             <ul style="list-style-type: none"> <li>◦ Twice a day 30 minutes to 1 hour before main meals                 <ul style="list-style-type: none"> <li>▪ Make sure main meals are at least 6 hours apart</li> <li>▪ <b>Do not</b> use after a meal</li> </ul> </li> <li>◦ <i>OR</i> once a week — talk with diabetes educator</li> </ul> </li> <li>• Liraglutide — once a day</li> </ul>  <p>Healthy food      Exercise every day      Take at same time every day (liraglutide)</p>
	<p><b>Warning stickers (p298):</b> 6, 7b                  Exenatide also 10a                  Linaglutide also 21</p>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Are combined checks for chronic diseases up to date (<i>CARPA STM p239</i>)</li> </ul>  <p>Blood test      Check kidney function (UEC)      Regular blood glucose (BGL) tests</p>




<p><b>Active ingredients</b> (generic names)</p>	<p><b>LINAGLIPTIN</b> (lin-a-glip-tin) <b>Common brands include:</b> <i>Trajenta</i></p> <p><b>SAXAGLIPTIN</b> (sax-a-glip-tin) <b>Common brands include:</b> <i>Kombiglyze XR, Onglyza</i></p> <p><b>SITAGLIPTIN</b> (si-ta-glip-tin) <b>Common brands include:</b> <i>Januvia</i></p> <p><b>VILDAGLIPTIN</b> (vil-da-glip-tin) <b>Common brands include:</b> <i>Galvus</i></p>  <p><b>Common name:</b> Gliptins</p> <p><b>DPP 4 combinations</b> Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Linagliptin + metformin (eg <i>Trajentamet</i>)</li> <li>• Sitagliptin + metformin (eg <i>Janumet, Janumet XR</i>)</li> <li>• Vildagliptin + metformin (eg <i>Galvumet</i>)</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• <b>Type 2 diabetes</b> (<i>CARPA STM p257</i>)</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Increases concentration of a hormone (GLP-1) that releases insulin into body after a meal, slows down glucose absorption</li> </ul>
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Muscle pain</li> </ul>  <p>Headache</p>  <p>Stomach trouble – pancreatitis</p>









 <p><b>Warnings</b></p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Pregnant</p> </div> <div style="text-align: center;">  <p>Breastfeeding</p> </div> <div style="text-align: center;">  <p>Kidney trouble (not linagliptin)</p> </div> </div> <p><b>Interactions</b> — Do not use together without medical consult</p> <p>GLIPTINS with</p> <ul style="list-style-type: none"> <li>• ACE inhibitors — need to be closely monitored</li> <li>• Other blood glucose lowering medicines — may increase risk of hypo (hypoglycaemia)</li> </ul>
 <p><b>Tell the patient</b></p>	<ul style="list-style-type: none"> <li>• <b>Do not</b> take more than 1 aspirin tablet a day unless the doctor tells you to</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Healthy food</p> </div> <div style="text-align: center;">  <p>Exercise every day</p> </div> </div> <div style="text-align: center; margin-top: 20px;">  <p>Take with food or milk – take combination tablets (+ metformin) with or after food or milk so medicine won't make you feel sick</p> </div>
	<p><b>Warning stickers</b> (<a href="#">p298</a>): 10a</p>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Are combined checks for chronic diseases up to date (<a href="#">CARPA STM p239</a>)</li> </ul>



















<p><b>Active ingredients</b> (generic names)</p>	<p><b>GLUCAGON</b> (glue-ca-gon) Common brands include: <i>Glucagen Hypokit</i></p> 
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>Reversing low blood glucose             <ul style="list-style-type: none"> <li>Low blood glucose (hypoglycaemia) (<i>CARPA STM p91</i>)</li> <li>Low blood glucose in newborn babies (<i>WBM p78</i>)</li> </ul> </li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>Increases blood glucose by causing liver to make more glucose and slow digestion</li> </ul> 
<p><b>Side effects</b></p>	<div style="display: flex; justify-content: space-around;"> <div data-bbox="367 846 534 1101">  <p>Nausea and vomiting</p> </div> <div data-bbox="753 846 901 1128">  <p>Allergic reaction if swollen face and throat make it hard to breathe – think of allergy</p> </div> </div> <ul style="list-style-type: none"> <li>Large doses of glucagon can lead to low blood potassium levels (hypokalaemia). This causes many of the side effects             <ul style="list-style-type: none"> <li>Muscle weakness (low potassium)</li> <li>Other signs:                 <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div data-bbox="405 1319 553 1556">  <p>Sleepy</p> </div> <div data-bbox="624 1319 779 1556">  <p>Constipation</p> </div> <div data-bbox="850 1410 1043 1556">  <p>Irregular pulse</p> </div> </div> </li> </ul> </li> </ul>







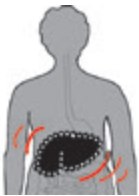
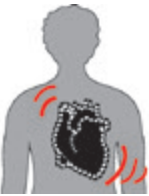
 <p><b>Warnings</b></p>	
 <p><b>Tell the patient</b></p>	<ul style="list-style-type: none"> <li>• Make sure you always know where your glucagon is</li> <li>• Make sure any person who may need to give glucagon knows how and when to give it</li> <li>• It will take about 10 minutes for you to respond to the glucagon <ul style="list-style-type: none"> <li>◦ Have a light meal (eg sandwich or some stew) as soon as you can to stop the hypo coming back</li> <li>◦ If they want more information — see <i>Low blood glucose (hypoglycaemia)</i> (<a href="#">CARPA STM p91</a>)</li> </ul> </li> </ul>
<p><b>Check</b></p>	









<p><b>Active ingredients</b> (generic names)</p>	<p><b>INSULIN</b> (in-su-lin)</p> <ul style="list-style-type: none"> <li>• <b>INSULIN — LONG-ACTING or INTERMEDIATE</b> (basal) Glargine (eg <i>Lantus</i>) Isophane (eg <i>Humulin NPH, Protaphane</i>), Detemir (eg <i>Levemir</i>)</li> <li>• <b>INSULIN — SHORT or RAPID ACTING</b> (bolus) Neutral (eg <i>Actrapid, Humulin</i>) Aspart (eg <i>NovoRapid</i>), Glulisine (eg <i>Apidra</i>), Lispro (eg <i>Humalog</i>)</li> <li>• <b>INSULIN — MIXED</b> (biphasic, basal-bolus) (eg <i>Humalog Mix 25, Humulin 30/70, Mixtard 30/70, NovoMix 30</i>)</li> </ul>  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Many different forms of insulin. If you are not sure which form patient is taking — ask doctor or diabetes educator</p> </div>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• <b>Type 1 and Type 2 diabetes</b> (<a href="#">CARPA STM p257</a>)</li> <li>• <b>Diabetes in pregnancy</b> (<a href="#">WBM p124</a>)</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Natural insulin is a hormone made by the pancreas             <ul style="list-style-type: none"> <li>◦ Helps glucose in the blood enter body cells to be used as energy</li> <li>◦ Helps store excess glucose in the liver or muscles</li> </ul> </li> <li>• Insulin (medicine) replaces natural insulin and helps control blood glucose levels in people with diabetes             <ul style="list-style-type: none"> <li>◦ In Type 1 diabetes — body doesn't make insulin</li> <li>◦ In Type 2 diabetes — body is insulin resistant and doesn't make or use insulin well</li> </ul> </li> </ul> 
<p><b>Side effects</b></p>	 <p>Weight gain</p> <ul style="list-style-type: none"> <li>• Blood glucose too low (hypoglycaemia or 'hypo') (<a href="#">CARPA STM p91</a>)             <ul style="list-style-type: none"> <li>◦ More likely to happen if person not eating enough food or dose too high</li> <li>◦ <b>Warning signs:</b> sweating, hunger, shaking (tremor), confusion, loss of consciousness</li> </ul> </li> </ul>

 <p><b>Warnings</b></p>	<ul style="list-style-type: none"> <li>• More insulin may be needed when person is sick (eg infection), even if not eating much</li> </ul>  <p><b>Medical/diabetes educator consult</b> if person has a hypo</p>
 <p><b>Tell the patient</b></p>	<p><b>Interactions</b> — Do not use together without medical consult</p> <ul style="list-style-type: none"> <li>• A lot of medicines affect blood glucose and will affect how well insulin works — always check with doctor or pharmacist before adding another medicine</li> </ul> <ul style="list-style-type: none"> <li>• Injections can be given in abdomen or thigh             <ul style="list-style-type: none"> <li>◦ Injections in abdomen are more evenly absorbed</li> <li>◦ Use different place each time to stop skin getting sore</li> <li>◦ Use new needle each time, put old needle in sharps container</li> </ul> </li> <li>• Pre-mixed and intermediate insulins — gently mix first</li> <li>• Rapid or short acting, or mixed insulin — eat after injection</li> <li>• If insulin not kept in fridge expiry date will be sooner, it won't work as well             <ul style="list-style-type: none"> <li>◦ Take any left after 1 month back to clinic — it will be out of date</li> </ul> </li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Healthy food</p> </div> <div style="text-align: center;">  <p>Store in fridge (not freezer)</p> </div> <div style="text-align: center;">  <p><b>Do not</b> drink alcohol (grog) – more likely to have a hypo, and less likely to know you are having one</p> </div> </div> <div style="text-align: center; margin-top: 20px;">  <p>Exercise every day</p> </div> <p><b>Warning stickers</b> (<a href="#">p298</a>): 6 (except vial in use), 7b (28 days), 10a</p>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Are combined checks for chronic diseases up to date (<a href="#">CARPA STM p239</a>)</li> <li>• Does patient or carer know how to give injection (see pamphlet inside insulin box or ask for advice)</li> <li>• Does patient (and carer, friends and family) know what to do if they have a hypo, and to come to clinic straight away if treatment doesn't work</li> </ul> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Regular blood glucose (BGL) tests</p> </div> </div>





<p><b>Active ingredients</b> (generic names)</p>	<p><b>METFORMIN</b> (met-for-min) <b>Common brands include:</b> <i>Diabex, Diaformin, Formet</i></p> 
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• <b>Type 2 diabetes</b> — alone or in combination with other blood glucose controlling medicines (<a href="#">CARPA STM p257</a>)</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Reduces glucose made by liver and causes more glucose to be used in other tissues</li> <li>• Can take 2 weeks to start working</li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• <b>Lactic acidosis</b> — rare but serious. Occurs mainly in patients with kidney trouble or heart failure             <ul style="list-style-type: none"> <li>◦ Early symptoms — stomach cramps, nausea, vomiting, losing weight, feeling really bad, loss of appetite</li> </ul> </li> <li>• Body absorbs less vitamin B12</li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div data-bbox="450 1219 618 1410" style="text-align: center;">  <p>Nausea – worse if dose increased too quickly</p> </div> <div data-bbox="785 1246 908 1428" style="text-align: center;">  <p>Diarrhoea</p> </div> </div>













 <p><b>Warnings</b></p>	<ul style="list-style-type: none"> <li>• Severe illness or trauma</li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Pregnant</p> </div> <div style="text-align: center;">  <p>Old people</p> </div> <div style="text-align: center;">  <p>Heart failure</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>Kidney trouble</p> </div> <div style="text-align: center;">  <p>Liver trouble</p> </div> </div> <p><b>Interactions — Do not use together without medical consult</b></p> <ul style="list-style-type: none"> <li>• A lot of medicines affect blood glucose and will affect how well metformin works — always check with doctor or pharmacist before adding another medicine</li> </ul>
 <p><b>Tell the patient</b></p>	<ul style="list-style-type: none"> <li>• <b>Do not</b> take more than 1 aspirin tablet a day, unless the doctor tells you to</li> <li>• You can cut tablets in half if they have a line on them — but <b>do not</b> cut, crush or chew slow-release tablets</li> <li>• If you stop taking tablets for more than 2 weeks — talk to clinic about starting again slowly so it won't make you sick</li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>Take with food or milk – so doesn't make you feel sick</p> </div> <div style="text-align: center;">  <p><b>Do not</b> stop taking medicine suddenly</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p><b>Do not</b> drink alcohol (grog)</p> </div> <div style="text-align: center;">  <p>Healthy food</p> </div> <div style="text-align: center;">  <p>Exercise every day</p> </div> </div> <p><b>Warning stickers (p298):</b> 10a, A, B</p>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Are combined checks for chronic diseases up to date (<i>CARPA STM p239</i>)</li> </ul>







<p><b>Active ingredients</b> (generic names)</p>	<p><b>PIOGLITAZONE</b> (pi-o-glit-a-zone) <b>Common brands include:</b> <i>Actos</i></p>  <p><b>Other glitazones</b> Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Rosiglitazone</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• <b>Type 2 diabetes</b> in combination with other blood glucose controlling medicines (<i>CARPA STM p257</i>)</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Reduces glucose produced by liver and causes more glucose to be used in other tissues</li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Muscle pain</li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Weight gain</p> </div> <div style="text-align: center;">  <p>Swollen ankles</p> </div> <div style="text-align: center;">  <p>Headache</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>Dizzy</p> </div> <div style="text-align: center;">  <p>Liver trouble – rare</p> </div> <div style="text-align: center;">  <p>Heart failure – rare</p> </div> </div>








 <p><b>Warnings</b></p>	 <p>Pregnant      Breastfeeding      Liver trouble      Heart failure</p>
 <p><b>Tell the patient</b></p>	<p><b>Interactions</b> — Do not use together without medical consult</p> <ul style="list-style-type: none"> <li>A lot of medicines affect blood glucose and will affect how well glitazones work — always check with doctor or pharmacist before adding another medicine</li> </ul> <p>• <b>Do not</b> take more than 1 aspirin a day unless the doctor tells you to</p>  <p>Healthy food</p>  <p>Exercise every day</p>   <p>Return to clinic straight away if you feel sick or get yellow eyes or dark urine (liver damage) OR if you get swollen ankles, fatigue, weight gain or breathlessness (heart failure)</p> <p><b>Warning stickers (p298):</b> 10a</p>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>Are combined checks for chronic diseases up to date (<i>CARPA STM p239</i>)</li> </ul>  <p>Check liver function tests (LFT) every 2 months for first year</p> <p>Blood test</p>



<p><b>Active ingredients</b> (generic names)</p>	<p><b>GLICLAZIDE</b> (glick-laz-ide) <b>Common brands include:</b> <i>Diamicron, Glyade, Nidem</i></p> <p><b>GLIMEPIRIDE</b> (gli-mep-ir-ide) <b>Common brands include:</b> <i>Amaryl, Diapride, Dimirel</i></p>   <p><b>Other sulfonylureas</b> Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Glibenclamide</li> <li>• Glipizide</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• <b>Type 2 diabetes</b> (<a href="#">CARPA STM p257</a>)</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Increases release of natural insulin from pancreas to help cells use glucose. This helps to control blood glucose levels in people with diabetes</li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Blood glucose too low (hypoglycaemia or 'hypo') (<a href="#">CARPA STM p91</a>)             <ul style="list-style-type: none"> <li>◦ More likely to happen if patient is not eating enough food or dose too high</li> <li>◦ <b>Warning signs</b> — sweating, hunger, shaking (tremor), confusion, loss of consciousness</li> </ul> </li> </ul>  <p>Weight gain</p>

 <p><b>Warnings</b></p>	 <p>Pregnant</p>  <p>Breastfeeding</p>  <p>Liver trouble</p>  <p>Kidney trouble – may need lower dose</p>  <p><b>Medical/diabetes educator consult</b> if person has a hypo</p>
 <p><b>Tell the patient</b></p>	<p><b>Interactions — Do not use together without medical consult</b></p> <ul style="list-style-type: none"> <li>A lot of medicines affect blood glucose and will affect how well sulfonylureas work — always check with doctor or pharmacist before adding another medicine</li> </ul> <ul style="list-style-type: none"> <li><b>Do not</b> take more than 1 aspirin tablet a day unless doctor tells you to</li> <li>What to do if they have a hypo, and to come to clinic straight away if treatment doesn't work</li> </ul>  <p>Take with food or milk – to avoid hypo</p>  <p>Exercise every day</p>  <p>Healthy food</p>  <p><b>Do not</b> drink alcohol (grog) – more likely to have a hypo, and less likely to know you are having one</p>
	<p><b>Warning stickers (p298):</b> Gliclazide 10a, A, B Glimepiride 10a, F</p>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>Are combined checks for chronic diseases up to date (<a href="#">CARPA STM p239</a>)</li> </ul>  <p>Regular blood glucose (BGL) tests</p>

<p><b>Active ingredients</b> (generic names)</p>	<p><b>THYROXINE</b> (thi-rox-een) <b>Common brands include:</b> <i>Eutroxig, Oroxine</i></p>  <p><b>Other thyroid hormones</b> Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Liothyronine</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Thyroid hormone too low (hypothyroidism)</li> <li>• Thyroid gland not working properly or has been removed, or partly removed</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Replaces thyroid hormones when not enough in body             <ul style="list-style-type: none"> <li>◦ Thyroid hormones help many parts of body grow and work properly</li> </ul> </li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Dose can be reduced if signs of too much thyroid hormone (hyperthyroidism) — overdose</li> <li>• Signs of overdose             <ul style="list-style-type: none"> <li>◦ Weight loss</li> <li>◦ Other signs:</li> </ul> </li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Fast pulse (heart rate)</p> </div> <div style="text-align: center;">  <p>Sweating</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>Diarrhoea</p> </div> <div style="text-align: center;">  <p>Trouble sleeping</p> </div> </div>

 <p><b>Warnings</b></p>	<ul style="list-style-type: none"> <li>• Dose often needs to be adjusted (depending on symptoms)</li> </ul>  <p>Heart trouble</p> <p><b>Interactions</b> — Do not use together without medical consult</p> <p>THYROXINE with:</p> <ul style="list-style-type: none"> <li>• Antiepileptics</li> <li>• Ciprofloxacin — can take 6 hours before or after thyroxine</li> <li>• Digoxin</li> <li>• Iron + calcium, antacids — can take 4 hours before or after thyroxine</li> <li>• Proton pump inhibitors</li> <li>• Warfarin</li> </ul>
 <p><b>Tell the patient</b></p>	<ul style="list-style-type: none"> <li>• Can take up to 6 weeks to work</li> <li>• Will need regular blood tests especially when starting and to get dose right</li> <li>• For infants or young children — mix crushed tablet in spoonful of water or milk (not soy milk)</li> <li>• If not kept in fridge use-by/expiry date will be sooner, it won't work as well             <ul style="list-style-type: none"> <li>◦ 1 strip can be kept out of fridge or in dose aid for up to 2 weeks</li> </ul> </li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>Store in fridge (not freezer)</p> </div> <div style="text-align: center;">  <p>Take on empty stomach – usually before breakfast</p> </div> <div style="text-align: center;">  <p><b>Do not</b> stop taking medicine – take as instructed to stop symptoms coming back</p> </div> </div>
<p><b>Warning stickers</b> (<a href="#">p298</a>): 3b, 4a, 6</p>	
<p><b>Check</b></p>	 <p>Thyroid function 6 weeks after changing dose, then once a year when stable</p> <p>Blood test</p>