

Taichung Armed Forces General Hospital Leaflet of Inpatient Nursing Instructions

口服降血糖藥物指導

Sir/Lady:

Topic of nursing instructions provided here: Information of drug use

Contents: Instructions for oral antidiabetics

- I. Function: Reduces liver glucose production, decreases intestinal glucose absorption, increases insulin receptor sensitivity, and stimulates insulin secretion.
- II. Precautions:
 - (1) Depending on the action time of the medicine, take it 15-30 minutes before a meal or immediately before a meal as (ensure to eat within 30 minutes) prescribed. If you do not plan to eat, do not take the medication.
 - (2) Take the medication at the same time every day. If you forget a dose, take it as soon as you remember. For a medication taken 1-2 times a day, you can take it with lunch if you missed it at breakfast. For a medication taken 3 times a day, you can take it if there is more than half the time until the next meal. If it's close to the time for the next dose, skip the missed dose. Never take double dose.
 - (3) If you experience symptoms of high blood sugar (extreme thirst, frequent urination, sugar in urine), inform your doctor for dosage or dietary adjustments.
 - (4) Check your blood sugar often and watch for symptoms of hypoglycemia.
 - (5) Symptoms of hypoglycemia include hunger, weakness, cold sweats, trembling, headache, confusion, dizziness, feeling cold, rapid heartbeat, and difficulty concentrating. In this case, immediately consume a sugary drink or food, such as juice, sugar water, or sugar cubes, and inform the healthcare professional or go to the hospital. For patients having seizure or coma due to severe hypoglycemia, do not feed them, and immediately send them to the emergency room.
 - (6) Possible side effects: Gastrointestinal irritation (nausea, vomiting, diarrhea), headache, hypoglycemia, allergic reactions (skin rashes and itching), and occasionally edema, kidney insufficiency, or mild hepatitis.
 - (7) After using the oral medication for a period, discuss the use of the medication with your doctor who shall decide whether insulin therapy is needed.
 - (8) In cases of severe infection, fever, major trauma, surgery, or other significant stress, blood sugar may temporarily become uncontrolled, and insulin may be needed. Discuss the situation with your doctor.
- III. Before undergoing surgery or tooth extraction, inform the doctor that you are currently taking this medication.
- IV. Metformin-based drugs: Medications such as Bentomin, Ilimin, C.T.L. and Glucofit may cause a metallic taste in the mouth or abdominal bloating after administration.

If you are still unclear about something or have any questions, please contact the nursing station in the ward