

*Talk to a health care provider about your individual diabetes management plan and how these tips fit with your lifestyle.*

### What's important to know about diabetes medicines?

If you have diabetes, you may need medicines to help you stay healthy and manage diabetes. Medicines help lower the risk for health problems related to diabetes. Some medicines can even help several health problems at once.



### The kind of medicines you need depends on what type of diabetes you have.

For example, if you have type 1 diabetes you'll need insulin.

- **Your health care team will prescribe the best combination of medicines for your unique needs and situation.**
- **You play the most important role in managing your medicines and monitoring your blood sugar.**

### Here are some tips to help:

- **Keep a list of all medicines you're taking—prescriptions, over-the-counter medicines, vitamins, herbal remedies.** Include the name, dose, and times you take each one.
- **Fill prescriptions as soon as you get them. Use one pharmacy** if possible so the pharmacist can oversee all your medicines.
- **Tell your health care team about any concerns.** Is your medicine causing low blood sugar? Are you worried about how many pills you take? Is your plan hard to follow?

*Continued*



### Ready to learn more?

Watch **Taking Medicines and the whole video series**—and kickstart managing your diabetes now!

[cdc.gov/DiabetesKickstart](https://cdc.gov/DiabetesKickstart)



**Here are some questions you can ask about your medicines:**

- What is it for, and how does it work?
- How much should I take? When should I take it?
- Should I take it with food?
- How do I store it?
- What if I miss a dose?
- What side effects should I let you know about?
- How will I know if it's working?
- When can I stop taking it?

**Be sure to share these things with your health care team and pharmacist:**

- If you stop taking any of your medicines.
- If you feel like your medicines are affecting your quality of life.

**Provider guidance**

**Patient notes and questions**

**Your next step?**

**Ask your health care team to refer you to diabetes self-management education and support services!** You'll learn about the best medicines for you by talking with your diabetes care and education specialist. You'll also gain knowledge, skills, and tools to manage diabetes for a long and healthy life!