

DIABETES MEDICATIONS IN GENERAL

- Take the medications at about the same time each day.
- **DO NOT** make up doses.
- Some medicines cannot be split, please check the specifics below.
- All medicines can be doubled to equal larger strengths.

ACTOS/AVANDIA

- Actos comes in 15mg, 30mg, or 45mg strengths
- Avandia comes in 2mg, 4mg, 8mg
- Take your medicine at bedtime as prescribed by the physician
- If you miss a dose, **DO NOT** make it up.
- You **CAN** cut this one in half

GLUCOPHAGE XR/METFORMIN/ActoplusMet/AvandaMet

Start LOW and go SLOW

- Take 1 pill at bedtime for 2 weeks.
- Then take 2 pills at bedtime for the next 2 weeks.
- After that, take 3 pills at bedtime for the next 2 weeks. (ActoplusMet users stop here)
- Lastly, take all 4 pills at bedtime for the duration of your prescription.
- If you miss a dose, **DO NOT** make it up.
- Remember to limit your carbohydrate intake as this will aggravate the intestinal distress (nausea, diarrhea) that is commonly associated with this drug.
- You **CANNOT** cut this one in half

GLUCOTROL XL/GLIPIZIDE

- Take your Glucotrol XL (5mg or 10mg) in the morning before you eat your breakfast.
- If you miss a dose, **DO NOT** make it up.
- You **CANNOT** split these tablets in half.

AMARYL/GLIMEPIRIDE

- Take your Amaryl (2mg, 4 mg tablets) in the morning before you eat your breakfast.
- If you miss a dose, **DO NOT** make it up.
- You **CAN** cut this one in half

PRANDIN

- Comes in 0.5mg, 1mg, 2mg strengths
- Take whichever strength has been given to you at the start of each and every meal.
- If you miss a dose, **DO NOT** make it up later.

BLOOD PRESSURE MEDS IN GENERAL

- The physician has prescribed _____ for you to help control your blood pressure.
- Take your medicine twice a day/at night/in the morning at the same time of the day.
- If you miss a dose, **DO NOT** make it up.

COREG

- Comes in the strengths listed below.
- This medicine is to be taken twice a day.
- You can take multiples of the lower strengths to equal the larger doses. You can also split the larger strength tablets to go to the next dose down.

3.125 mg twice a day for _____ weeks

6.25 mg twice a day for _____ weeks

12.5 mg twice a day for _____ weeks

25 mg twice a day for _____ weeks

CHOLESTEROL MEDICATIONS

Zocor, Lipitor, Tricor, Zetia, Omacor

- Take your prescribed dose at bedtime or supper, as instructed by the doctor.
- If you miss a dose, **DO NOT** make it up.

SYNTHROID

- Comes in many strengths with color-coded tablets.
- Take your Synthroid first thing in the morning on an empty stomach, ideally one half hour before you eat.
- If you miss a dose you **CAN** make it up on the next day. Just take double your usual dosage.
- You must take any vitamins, calcium supplements or iron tablets at a separate time in the day such as after breakfast, at lunch, at dinner or bedtime. These nutritional supplements interfere with the absorption of the Synthroid.
- This generic version of this medicine may **NEVER** be substituted for the actual Synthroid.