Drug: GLIPIZIDE  
  
# Available Drug Strengths  
GLIPIZIDE 5MG TAB  
  
# Mechanism of Action & How it Works / Helps  
Glipizide helps the pancreas to release more insulin to bring your blood sugar levels down. It works together with lifestyle changes, such as having a healthy diet and regular exercise, to reduce blood sugar levels.  
  
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# Indication Information for Glipizide  
  
## Indication 1: Type 2 Diabetes (T2DM)  
  
### Summary Of Disease Condition  
Diabetes means your blood sugar level is higher than normal. Type 2 Diabetes, is usually found in people aged 40 and above who are overweight and physically inactive. In some people, the condition is mild and they are able to control their blood glucose with just diet and exercise. However, if the condition gets worse, they may require oral medication or insulin injections in addition to making lifestyle changes.  
  
### Additional Information On Disease  
People with Type 2 diabetes can feel well and not experience any symptoms at all. However, there may also be symptoms that develop gradually and are sometimes so mild they go unnoticed, such as the following: Having blurred vision, feeling thirsty despite drinking lots of water, poor healing of cuts and wounds, feeling tired, feeling hungry all the time, losing weight despite good appetite or frequent urination. The high blood glucose (hyperglycemia) levels in uncontrolled diabetes can damage both nerves and blood vessels. As blood vessels supply blood to various organs, this can eventually lead to complications such as:   
Kidney disease  
Foot disease such as numbness, ulcers, and even gangrene  
Eye disease  
Nerve disease which can lead to problems such as erectile dysfunction and diarrhoea  
Heart disease such as angina and heart attack  
Stroke  
  
### Disease Aetiology  
Type 2 Diabetes usually occurs when the body's cells do not respond well or are resistant to the body's own insulin. It is commonly associated with being overweight and having excessive body fat (under the skin and around the internal organs). Typically, it develops in older adults (risk increases for those above 40 years).  
  
### Non Pharmacological Counselling  
Here are some lifestyle tips if you have diabetes:  
1. Lose weight if you are overweight. Aim for a healthy Body Mass Index (BMI) ranging from 18.5 to 22.9kg/m2 to reduce the risk of heart disease and insulin resistance.   
2. Maintain an active lifestyle. This helps to maintain healthy body weight. Engage in 150 minutes of moderate-intensity activity per week e.g. brisk walking, cycling, jogging, swimming, dancing where possible or as advised by your doctor.  
3. Follow the healthy plate concept which helps you remember the right proportions of each food group in a well-balanced meal. Here's how:  
Fill Quarter plate with wholegrains  
Fill Quarter plate with good sources of protein  
Fill Half plate with fruit and vegetables  
4. Eat more fibre-rich food. Fibre helps to slow down the rate at which sugar is being released into the bloodstream, keeps you full and improves bowel function.  
Include two servings each of fruit and vegetables daily.  
1 serving of fruit = 1 small apple or 1 wedge papaya or 10 grapes (small)  
1 serving of vegetables = 100g cooked vegetables (¾ mug) or 150g raw vegetable  
4. Include wholegrain products in your diet such as wholegrain or whole-meal bread, oats, chapati, brown rice, whole-meal biscuits etc.  
5. Have regular meals at similar timings each day. This provides a regular and constant amount of sugar from the food you eat to reduce fluctuations in your blood sugar level.  
This is also important for those on medications and/or insulin therapy to allow the action of the medication/insulin to match your food intake, hence preventing hypoglycaemia (low blood sugar).  
6. Quit smoking as smoking increases insulin resistance, risk of diabetes and its complications.  
  
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# Administration Instructions  
- Take immediately before meal(s). Do not miss or delay meals after taking the medication.  
- Dosage form: tablet  
- Can it be crushed: Yes  
  
# Counselling Points for Glipizide  
  
## Counselling Point 1: Fasting Blood Glucose Testing  
If you need to do fasting blood tests, do not take your medication until your blood has been taken and you have eaten.  
  
# Medication Storage  
Store your medication in a cool, dry place away from heat, moisture and direct sunlight, such as in a cupboard  
  
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# Pregnancy & Breastfeeding Considerations  
- Pregnancy: please inform your healthcare professional if you are pregnant, planning to become pregnant or breastfeeding  
- Breastfeeding: please inform your healthcare professional if you are pregnant, planning to become pregnant or breastfeeding  
  
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# Side Effects of Glipizide  
  
## Side Effect 1: Weight Gain  
  
### Likelihood of side effect  
Common  
  
### Side effect symptoms  
You may notice some weight gain  
  
### Management of side effects  
Discuss this with your doctor. Exercising more regularly and diet control may help to prevent weight gain associated with this medication  
  
## Side Effect 2: Low Blood Sugar (Hypoglycaemia)  
  
### Likelihood of side effect  
Common  
  
### Side effect symptoms  
Weakness, dizziness, hunger, sweating, trembling, blurred vision. There is increased risk if you are elderly above 65 years old, are exercising more than usual, or are eating less than usual due to sickness  
  
### Management of side effects  
How to treat low blood glucose using the 15/15 rule  
Step 1:  
If you experience symptoms of hypoglycemia, check your blood glucose using your glucometer. If your blood glucose is < 4.0 mmol/L, eat or drink 15 g of fast-acting carbohydrates immediately.  
Examples of fast-acting carbohydrates include: 4-5 glucose tablets, 1/2 can of soft drink (150ml-200ml), 1/2 glass of fruit juice (150ml), or 3 teaspoons honey.  
If you have symptoms of low blood glucose, but cannot check your blood glucose immediately, eat or drink 15g of fast-acting carbohydrates to be safe.  
Avoid ice cream, cakes, chocolate with high fat content as it will take too long to increase your blood glucose levels: Any item that requires a lot of prolonged chewing/sucking  
Step 2:  
Wait for 15 minutes, and then re-test your blood glucose.  
Step 3:  
If your blood glucose is still low (< 4.0 mmol/L), repeat steps 1 to 3. If your blood glucose is 4.0 mmol/L and above, proceed to step 4.  
Step 4:  
Blood glucose levels may fall again about 1 hour after you have treated your hypoglycaemia. If your next meal is more than 1 hour away, eat an additional snack containing 15g of longer-acting carbohydrates.  
Examples include: 3 pieces of biscuits, 1 slice of bread,   
Carry quick-acting carbohydrates with you at all times, so that you are always prepared to treat hypoglycemia.  
However, if hypoglycemia frequently occurs, please inform your doctor as your diabetes medicines may need to be adjusted.  
A family member or friend should take you to the hospital or call an ambulance (995) immediately if you:  
Continue to have low blood glucose (< 4.0 mmol/L) after repeated treatments with fast-acting carbohydrates  
Have a seizure  
Are unconscious because of a hypoglycemia episode  
  
## Side Effect 3: Allergy Reaction  
  
### Likelihood of side effect  
Rare but severe  
  
### Side effect symptoms  
Swelling of eyes and/or lips; rashes throughout the body; difficulty breathing; faintness  
  
### Management of side effects  
Seek immediate medical attention or visit the emergency department if symptoms are severe  
  
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# Drug Interactions of Glipizide  
  
## Interaction 1: Alcohol  
  
### Drug interaction class specificity  
Anti-diabetics  
  
### Impact of interaction  
Alcohol affects the ability of your liver to control sugar level. This may put you at risk of very low blood sugar levels (hypoglycaemia) which is dangerous.  
  
### Management of interaction  
Avoid taking alcohol when taking diabetes medications.  
  
## Interaction 2: Charcoal, Kaolin and Smecta  
  
### Impact of interaction  
These anti-diarrhoeal medication may reduce the absorption of other medication  
  
### Management of interaction  
Take these medication at least 2 hours apart from other medications/.  
  
## Interaction 3: Traditional Medicines  
  
### Impact of interaction  
Traditional medicines, such as traditional chinese medication, may lead to certain, unexpected interactions that could be harmful.   
  
### Management of interaction  
In general, it is always check with your doctor or pharmacist if it is ok to take particular traditional medicine.