





















Diabetes Medications

Oral Medications - Pills










These are some of the pills that are currently available in Canada to treat diabetes. Each medication has benefits and side effects you should be aware of. Your diabetes team will work with you to decide which one(s) will work best for you.

Class of Drug	Drug (Brand Name)	How it Works	What the Pill Looks Like	Medication Instructions	Other Information
<p>Alpha-Glucosidase Inhibitors</p> <p>↓A1C by 0.6%</p> <p>Cost: \$\$</p> <p><u>Insurance Coverage:</u> Alberta Blue Cross Private Plans</p>	Acarbose (Glucobay)	 <p>Slows carbohydrate absorption</p>		50-100 mg Taken with each meal	<ul style="list-style-type: none"> May cause gas and bloating Must treat low blood sugar with Dex4, milk, or honey Not likely to cause low blood sugars Targets after meal blood sugars
<p>Di-Peptidyl Peptidase-4 (DPP-4) Inhibitors</p> <p>↓A1C by 0.7%</p> <p>Cost: \$\$\$</p> <p><u>Insurance Coverage:</u> Alberta Blue Cross - Special Authorization Private Plans</p>	<p>Sitagliptin (Januvia)</p> <p>Saxagliptin (Onglyza)</p> <p>Linagliptin (Trajenta)</p>	 <p>Reduces amount of sugar made by the liver</p>  <p>Increases release of insulin</p>		<p>Januvia: 25 - 100 mg Once daily</p> <p>Onglyza: 2.5 - 5 mg Once daily</p> <p>Trajenta: 5 mg Once daily</p>	<ul style="list-style-type: none"> May cause stomach discomfort and diarrhea Doses should be lowered or use Trajenta if poor kidney function Not likely to cause low blood sugars Targets after meal blood sugars Available as a combination pill with Metformin
<p>Sulfonylureas</p> <p>↓A1C by 0.8%</p> <p>Cost: \$</p> <p><u>Insurance Coverage:</u> Alberta Blue Cross (except Amaryl) Private Plans</p>	<p>Gliclazide (Diamicon)</p> <p>Diamicon MR (Modified Release)</p> <p>Glimepiride (Amaryl)</p> <p>Glyburide (Diabeta)</p>	 <p>Increases release of insulin</p>		<p>Diamicon: 80-160 mg Twice a day</p> <p>Diamicon MR: 30-120 mg Once daily</p> <p>Amaryl: 1-8 mg Once daily</p> <p>Diabeta: 2.5-20 mg Once daily with food</p>	<ul style="list-style-type: none"> May cause weight gain May cause low blood sugars (Highest risk with Diabeta, Lowest risk with Diamicon) Targets after meal blood sugars Rash may occur if allergic to sulfa drugs

Approximate Monthly Cost at Maximum Dose: \$ = \$5-25 | \$\$ = \$25-75 | \$\$\$ = \$75-125 | \$\$\$\$ = \$200-425 |

Class of Drug	Drug (Brand Name)	How it Works	What the Pill Looks Like	Medication Instructions	Other Information
<p>Meglitinides</p> <p>↓A1C by 0.7%</p> <p>Cost: \$</p> <p><u>Insurance Coverage:</u> Alberta Blue Cross Private Plans</p>	<p>Repaglinide (GlucNorm)</p>	 <p>Increases release of insulin</p>	<p>0.5 mg </p> <p>1.0 mg </p> <p>2.0 mg </p>	<p>0.5-4 mg Taken with each meal</p>	<ul style="list-style-type: none"> • May cause weight gain • May cause low blood sugars • MUST be taken with food • Targets after meal blood sugars
<p>Biguanides</p> <p>↓A1C by 1.0-1.5 %</p> <p>Cost: \$ to \$\$</p> <p><u>Insurance Coverage:</u> Alberta Blue Cross (except Glumetza) Private Plans</p>	<p>Glucophage (Metformin)</p> <p>Metformin Extended Release (Glumetza)</p>	 <p>Enhances body's use of insulin</p>  <p>Reduces amount of sugar made by the liver</p>	  	<p>Metformin: 250-2000 mg Taken with food</p> <p>Glumetza: 1000-2000 mg Take with largest meal</p>	<ul style="list-style-type: none"> • May cause diarrhea, nausea and bloating • May cause B12 deficiency • Not likely to cause low blood sugars • Targets fasting blood sugars • Should not be taken if impaired kidney or liver function • Available in combination with DPP-4s or SGLT-2
<p>Thiazolidinediones</p> <p>↓A1C by 0.8 %</p> <p>Cost: \$\$</p> <p><u>Insurance Coverage:</u> Alberta Blue Cross – Special Authorization Private Plans</p>	<p>Pioglitazone (Actos)</p> <p>Rosiglitazone (Avandia)</p>	 <p>Enhances body's use of insulin</p>	  	<p>Actos: 15-45 mg Once daily</p> <p>Avandia: 2-8 mg Once daily</p>	<ul style="list-style-type: none"> • May cause weight gain • May cause fluid retention • Should not be taken if you have a heart condition • Can not be taken if you use insulin • Targets fasting blood sugars • Not likely to cause low blood sugars











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Class of Drug	Drug (Brand Name)	How it Works	What the Pill Looks Like	Medication Instructions	Other Information
<p>Sodium Glucose Co-Transporter 2 (SGLT-2) Inhibitors</p> <p>↓A1C by 0.7-1.0 % Cost: \$\$\$</p> <p><u>Insurance Coverage:</u> Alberta Blue Cross – Special Authorization Private Plans</p>	Canagliflozin (Invokana)	 <p>Increases the amount of sugar removed from the body in the urine</p>	<p>Invokana 100 mg </p> <p>300 mg </p>	<p>Invokana: 100-300 mg Once daily</p>	<ul style="list-style-type: none"> • May cause weight loss • May cause UTI/yeast infection, low blood pressure, dehydration • Not likely to cause low blood sugars • Targets both fasting and after meal blood sugars
	Dapagliflozin (Forxiga)		<p>Forxiga 5 mg </p> <p>10 mg </p>	<p>Forxiga: 5-10mg Once daily</p>	
	Empagliflozin (Jardiance)		<p>Jardiance 10 mg </p> <p>25 mg </p>	<p>Jardiance: 10 -25mg Once daily</p>	
<p>Weight Loss Agent</p> <p>↓A1C by 0.5% Cost: \$\$\$\$</p> <p><u>Insurance Coverage:</u> Some Private Plans</p>	Orlistat (Xenical)	 <p>Inhibits fat absorption</p>		<p>120 mg Taken with meals (Skip dose if not eating a meal or if meal does not contain fat)</p>	<ul style="list-style-type: none"> • May cause significant weight loss • May cause diarrhea and other GI side effects • Not likely to cause low blood sugars • Targets after meal blood sugars

Approximate Monthly Cost at Maximum Dose: \$ = \$5-25 | \$\$ = \$25-75 | \$\$\$ = \$75-125 | \$\$\$\$ = \$200-425 |

Injectable Medications

These are some of the injectable medications that are currently available in Canada to treat diabetes. Each medication has benefits and side effects you should be aware of. Most of these medications will lead to some weight loss and some have heart-protective benefits if you have a history of heart disease. Your diabetes team will work with you to decide which one will work best for you.

Class of Drug	Drug (Brand Name)	How it Works	What the Pen Looks Like	Medication Instructions	Other Information
Glucagon-Like Protein 1 (GLP-1) Receptor Agonist ↓A1C by 0.8-1.0% Cost: \$\$\$\$ <u>Insurance Coverage:</u> Some Private Plans	Exenatide (Byetta)	 Stimulates release of insulin after meals		Byetta: 5-10 mcg Twice daily	<ul style="list-style-type: none"> • May cause significant weight loss • May cause nausea, diarrhea, and other GI side effects • Not likely to cause low blood sugars • Targets both fasting and after meal blood sugars
	Exenatide XR (Bydureon)			Bydureon: 2mg Once weekly	
	Liraglutide (Victoza or Saxenda)	 Slows digestion of carbohydrate		Victoza: 0.6-1.8 mg Once daily (For Diabetes)	
	Lixisenatide (Adlyxine)			Saxenda: 0.6-3.0 mg Once daily (For Weight Loss)	
	Semaglutide (Ozempic)	 Reduces appetite		Adlyxine: 10-20 mcg Once daily	
	Dulaglutide (Trulicity)		 	Ozempic: 0.25-1.0mg Once weekly Trulicity: 0.75-1.5 mg Once weekly	

Approximate Monthly Cost at Maximum Dose: \$ = \$5-25 | \$\$ = \$25-75 | \$\$\$ = \$75-125 | \$\$\$\$ = \$200-425 |

Insulin

Over time the pancreas may lose its ability to produce insulin and regular insulin injections will often be needed to achieve target blood sugar levels. Rapid and short acting insulins are taken with meals, intermediate or long acting insulins are taken once or twice daily. Your diabetes team will work with you to decide which one will work best for you.

Type	Brand Name	Delivery Methods	Onset	Peak Action	Duration
Ultra Rapid-Acting (clear) Insurance Coverage: Private Plans	Fiasp (insulin aspart)	Syringe Insulin Pen Pre-filled Pen	2.5 minutes	1-2 hours	3-5 hours
Rapid-Acting (clear) Insurance Coverage: Alberta Blue Cross Private Plans	Humalog (insulin lispro) Humalog U200 (concentrated lispro) NovoRapid (insulin aspart) Apidra (insulin glulisine)	Syringe Insulin Pen Pre-filled Pen <i>U200 is only available as a pre-filled pen</i>	10-15 minutes	1-2 hours	3-5 hours
Short-Acting (clear) Insurance Coverage: Alberta Blue Cross Private Plans	Humulin-R Novolin Toronto (Regular)	Syringe Insulin Pen Pre-filled Pen	30 minutes	2-3 hours	6.5 hours
Intermediate-Acting (cloudy) Insurance Coverage: Alberta Blue Cross Private Plans	Humulin N Novolin NPH	Syringe Insulin Pen Pre-filled Pen	1-3 hours	5-8 hours	Up to 18 hours
Long-Acting (clear) Insurance Coverage: Alberta Blue Cross (except Toujeo/Tresiba) Private Plans	Levemir (insulin detemir) Lantus (insulin glargine) Basaglar (insulin glargine) Toujeo (concentrated glargine) Tresiba (Degludec)	Syringe Insulin Pen Pre-filled Pen <i>Toujeo and Tresiba are only available as a pre-filled pen</i>	90 minutes 6 hours 30-90 minutes	No peak No peak No peak	Up to 24 hours 24-36 hours >42 hours

Premixed insulins are available (Humulin 30/70, Novolin ge 30/70, 40/60, 50/50, NovoMix30, Humalog Mix 25 or Mix 50) which is a mixture of rapid or short acting insulin with intermediate insulin. These are typically used twice daily with the two largest meals of the day. The onset, peak action and duration will vary depending on the type of premixed insulin. All pre-mixed insulin is covered by Alberta Blue Cross except NovoMix 30.

All insulin pens contain 300u per pen except for Toujeo (450u per pen) and Tresiba U200 (600u per pen). The cost of insulin depends on the dose you need.