

Group of medication • Generic name	You may know it as	Why it might be good for me	Why it may not be suitable for me
<a href="#">Biguanide</a> <ul style="list-style-type: none"> <li>Metformin</li> <li>Metformin MR</li> </ul>	Glucophage Glucophage SR	Normally first tablet to be tried Weight neutral Normally very effective and has been shown to protect against heart and blood vessel disease	If kidneys not working well If problems with low oxygen in the blood eg severe lung or heart disease Previous side effects from metformin - normally bowel related
<a href="#">Sulphonylureas</a> <ul style="list-style-type: none"> <li>Gliclazide</li> <li>Glimepiride</li> <li>Glipizide</li> </ul>	Diamicron Amaryl Minodiab	Good to bring blood glucose down quickly especially if you have symptoms of high blood glucose. Can be very effective	Can lead to hypos (low blood glucose) so caution if you are at risk Need to check blood glucose levels Can lead to weight gain
<a href="#">SGLT2 Inhibitors</a> <ul style="list-style-type: none"> <li>Canagliflozin</li> <li>Empagliflozin</li> <li>Dapagliflozin</li> </ul>	Invokana Jardiance	Help with weight loss and improving blood glucose Beneficial if you have heart failure or at risk of heart failure. It can help protect your kidneys if you have some albumin or protein in your urine	May make thrush or urinary infections worse May cause you to go to the toilet more Not suitable if you have ever been very unwell with 'ketones' or had DKA Not appropriate have had repeated urine infections May not be recommended to you if you have diabetic foot ulcer
<a href="#">Thiazolidinediones (Glitazones)</a> <ul style="list-style-type: none"> <li>Pioglitazone</li> </ul>	Actos	If you are very insulin resistant it can have good effects on your blood glucose Can be used with poor kidney function	Should not be used if you have or are at risk of bladder cancer, congestive heart failure, thigh bone fractures
<a href="#">Gliptins (DPP4 inhibitors)</a> <ul style="list-style-type: none"> <li>Sitigliptin</li> <li>Alogliptin</li> <li>Saxagliptin</li> <li>Linagliptin</li> </ul>	Januvia Vipidia Onglyza Trajenta	Some can be used with poor kidney function Low risk of hypos	May be unlikely to have enough improvement in blood glucose levels
<a href="#">GLP1 analogues</a> <ul style="list-style-type: none"> <li>Semaglutide (tablet)</li> <li>Liraglutide* (injection)</li> <li>Exenatide (injection)</li> <li>Semaglutide* (injection)</li> </ul>	Rybelsus Victoza Bydureon Ozempic	Helps with weight loss *Some of these have evidence to reduce risk of heart problems Those in grey are not currently available	You need to inject most of these Can make you feel nauseated You may not benefit as much from it if you are not obese (BMI>30) Potential risk of acute pancreatitis
<a href="#">GLP1/GIP analogues</a> <ul style="list-style-type: none"> <li>Tirzepatide</li> </ul>	Mounjaro	Help with weight loss. No evidence with CV risk	Injection. Potential risk of acute pancreatitis

<a href="#">Insulin</a>	Why it might be good for me	Why it may not be suitable for me	Types of insulin	Duration The duration of insulin's actions can vary between people
<p>There are many types of insulin and they are often grouped in how long they work for.</p> <p>The most common ones used for people with type 2 diabetes are basal insulin and mixed insulin</p> <p>Some people also have bolus and basal insulin</p>	<p>Unable to get control with other medications.</p> <p>Other medications may not be suitable for you.</p> <p>Your pancreas may no longer be able to make enough insulin to keep your blood glucose on target</p>	<p>Risk of hypos- low blood glucose</p> <p>Some other options still available</p> <p>Your blood glucose levels need to be checked to stay safe. This can be done by yourself or a carer.</p>	<p><b><u>Basal Insulins</u></b></p> <p><i>Long acting</i></p> <p>Lantus Levemir Abasaglar</p> <p><i>Intermediate acting</i></p> <p>Humulin I Insulatard</p> <p><b><u>Mixed insulins</u></b></p> <p>Humulin M3</p> <p>Humalog Mix 25</p> <p>Novomix 30</p> <p><b><u>Bolus /quick acting Insulins</u></b></p> <p>Novorapid Apidra Humalog Actrapid</p>	<p>Approx 24 hours Approx 16 – 20 Hours</p> <p>Approx 12 hours Approx 12 hours</p> <p>These look cloudy and need mixed by rolling or inverting 20 times before injecting.</p> <p>30% of insulin lasts 4 – 6hours, 70% last 12 hours</p> <p>25% of insulin lasts 2 -4 hours, 75% last 12 hours</p> <p>30% of insulin lasts 2 -4 hours, 70% last 12 hours</p> <p>Rapid or short acting works within 20 – 30 minutes and lasts 4 – 6 hours depending on the type of insulin</p>