



## Starting Gliclazide

**Gliclazide** is a drug that stimulates the pancreas to produce more insulin and help to lower the blood glucose levels in your blood.

Always take your gliclazide tablets with food, either with breakfast or the first main meal of the day, as directed.



## Testing your Blood Glucose

You have been started on an initial dose which will be gradually increased until your blood glucose levels are under control.

### Blood Glucose Targets:

Fasting and Pre meal = 5-7mmols

2hours post meal= less than 8.5mmols.

Now that you have started gliclazide you will be shown how to monitor your blood glucose levels.

### When to Test: During Dose Adjustment

Below is a suggested routine for testing when dose adjustments are being made by your GP or Practice Nurse (P/N).

Test 3-4 times a day- before and 2hours after meals as shown below: Ideally if you could do this for 3 days prior to your next review.

Date:	Pre/Post Breakfast	Pre/post Lunch	Pre/Post Eve meal	Before Bed
Day 1	✓ ✓		✓ ✓	✓
Day 2		✓ ✓		
Day 3	✓ ✓		✓ ✓	

You may be asked to test at other times by your GP or P/N.

### Testing at other Times:

When your blood glucose levels are under control you may only need to test 3-4 times a week.

See Blood Glucose Leaflet:

However, you may need to do additional tests if you feel your blood glucose levels are low or at times relevant to driving.

### **Hypoglycaemia: (“Hypo”)**

This is when your blood glucose level drops below 4mmols. gliclazide can increase the risk of a Hypo at certain times, for example if you miss a meal.

#### **How to avoid a Hypo:**

- Eat regularly.
- You may need to eat more carbohydrate before and after physical activity.
- Keep to sensible alcohol limits and do not drink on an empty stomach.
- Take your medication at the recommended dose and times.
- If you are testing your blood glucose levels, and notice your readings are regularly dropping, discuss this with your GP or P/N as you may need a change of dose.
- Always carry glucose with you to treat hypos quickly.

**You will be given a leaflet that explains more fully how to avoid, recognise and treat a Hypo.**

More information on Hypo’s can be obtained from [www.diabetes.org.uk](http://www.diabetes.org.uk)

### **Gliclazide and Driving:**

Having a Hypo can also lead to confusion and affect your ability to drive.

It is important to follow this advice from the DVLA:

- Keep glucose treatments in the car at all times.
- Check your blood glucose before driving. Do not drive if your blood glucose level is less than 5 mmol/L. Recheck every 2 hours on long journeys.
- If you have a hypo while driving, stop the car as soon as possible. Remove the keys to demonstrate you are not in charge of the car, and move into the passenger seat if safe to do so. Treat the hypo as advised.
- You should not drive for at least 45 minutes after recovery because your response rates will be slower.

You do not have to inform the DVLA that you have started gliclazide unless you hold a LCV/PCV (Group 2) licence.

**You will be given a leaflet about Safe Driving and The DVLA.**

More information can be obtained from DVLA: [www.directgov.uk](http://www.directgov.uk)

### **Suggested Follow-Ups:**

<b>Review:</b>	<b>Date and Time:</b>	<b>Gliclazide Dose:</b>
Initial Review:		
Follow- Up 2-4 weeks 2 <sup>nd</sup> Follow-Up 2-4 weeks		
HbA1c Test:		