

# Medication Information Card

## Acarbose (A – car – bos)

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### Other names for this medication

Glucobay®

There are other names for this medication.

### How this medication is used

This medication is used to treat Type 2 diabetes. It lowers the amount of sugar in your blood after meals. It slows the rate your body digests and absorbs sugar and starch from foods after eating.

### How this medication works

Keep this medication in the original package until you use it.

Take this medication exactly as directed by your doctor or diabetes care provider. It should be taken 3 times a day with the first bite of each meal. Do not take it between meals or with small snacks.

If you miss a dose of this medication, skip the missed dose and go back to your regular time with the first bite of the next meal. Do not take 2 doses at one time.

This medication works better when you follow a diet and exercise program.

Your doctor or diabetes care provider may ask to test your blood sugar while you are taking this medication.

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please turn over →

## **While taking this medication you may notice**

- bloating
- upset stomach
- bowel cramps, gas, diarrhea
- nausea
- constipation

## **When you are sick**

If you are sick and not eating, do not take Acarbose. Make sure you follow your sick day plan.

## **When your blood sugar is low**

This medication will not cause low blood sugar. If you feel like your blood sugar is low, take 15 grams of glucose tablets. One brand is called Dextrosol<sup>®</sup> tabs.

**Do not take regular white sugar, soft drinks or candy.**

These contain sucrose and Acarbose slows down the absorption of sucrose.

## **If you do not have glucose tablets, take:**

- 2 teaspoons (10 mL) of honey  
or
- 1 cup (240 mL) of milk

## **Contact your doctor if you notice**

- severe bloating
- yellowing of the skin or eyes
- continued constipation, nausea or vomiting
- severe bowel pain or cramps