

You can talk to your diabetes care provider or pharmacist about other fast acting carbohydrates to carry with you to prevent or treat low blood sugar.

Contact your doctor or diabetes health care provider if you notice

- an allergic reaction to the medication such as rash, hives, swelling of the face, lips tongue and throat
- trouble breathing or swallowing

Contact your pharmacist if you have any questions about your medication.

Medication Information Card

Sitagliptin

(Sit – ah – gli – p – tin)

Other names for this medication

Januvia™

How this medication is used

This medication lowers blood sugar in adults with type 2 diabetes. This medication helps your body make more insulin after a meal. It lowers the amount of sugar made by your body. This medication does not work when your blood sugar level is already low.

How to take this medication

Take this medication exactly as advised by your doctor or diabetes health care provider. While taking this medication, follow your diet and exercise program and check your blood sugar as advised by your diabetes health care provider.

Tablets

- Swallow whole with a full glass of water.
- You can take this medication with or without food.

please turn over →

While taking this medication you may notice

- headache
- stomach upset
- diarrhea

Sitagliptin is unlikely to cause low blood sugar when used alone. However when taken with other medications to lower blood sugar or when you do not eat properly, low blood sugar can occur.

Some signs of low blood sugar are:

- dizziness
- clammy skin
- cold sweat
- tiredness
- slurred speech
- shakiness
- headache
- mood change

Check your blood sugar if you feel any of these symptoms.

If your blood sugar is below 4.0 mmol/L:

1. Take 15 grams of a fast acting carbohydrate right away. Taking 15 grams of a fast acting carbohydrate will raise your blood sugar quickly. Examples of 15 grams of fast acting carbohydrates are:
 - Chew glucose or dextrose tablets. Read the package to know how many you need to chew to make 15 grams **or**
 - Drink 175 ml or $\frac{3}{4}$ cup orange juice **or**
 - Drink 175 ml or $\frac{3}{4}$ cup regular pop
2. Wait 15 minutes and check your blood sugar again.
3. If your blood sugar is still below 4.0 mmol/L, treat again with 15 grams of a fast acting carbohydrate listed above.
4. Repeat these steps until your blood sugar is in your target level.
5. If your next meal or snack is more than 1 hour away, you need to eat $\frac{1}{2}$ sandwich or 6 crackers with cheese to keep your blood sugar greater than 4.0 mmol/L.

If you miss a dose of this medication take it as soon as you remember. If it is almost time for your next dose, skip the missed dose and go back to your regular schedule. Do not take 2 does of this medication at the same time.