## Weight Change

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Expected Weight Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metformin</td>
<td>None</td>
</tr>
<tr>
<td>Insulin</td>
<td>4 to 6 lb. gain</td>
</tr>
<tr>
<td>Pioglitazone</td>
<td>More than 2 to 6 lb. gain</td>
</tr>
<tr>
<td>Liraglutide/Exenatide</td>
<td>3 to 6 lb. loss</td>
</tr>
<tr>
<td>Sulfonylureas</td>
<td>Glipizide, Glimepiride, Glyburide</td>
</tr>
<tr>
<td>Gliptins</td>
<td>None</td>
</tr>
<tr>
<td>SGLT2 Inhibitors</td>
<td>3 to 4 lb. loss</td>
</tr>
</tbody>
</table>

## Low Blood Sugar (Hypoglycemia)

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Minor Risk</th>
<th>Severe Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metformin</td>
<td>0 – 1%</td>
<td></td>
</tr>
<tr>
<td>Insulin</td>
<td></td>
<td>1 – 2%</td>
</tr>
<tr>
<td>Pioglitazone</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Liraglutide/Exenatide</td>
<td>0.5 – 1%</td>
<td></td>
</tr>
<tr>
<td>Sulfonylureas</td>
<td>Glipizide, Glimepiride, Glyburide</td>
<td>1 – 2%</td>
</tr>
<tr>
<td>Gliptins</td>
<td>0.5 – 1%</td>
<td></td>
</tr>
<tr>
<td>SGLT2 Inhibitors</td>
<td>0.5 – 1%</td>
<td></td>
</tr>
</tbody>
</table>

## Blood Sugar (A1c Reduction)

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Minor Risk</th>
<th>Severe Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metformin</td>
<td>1 – 2%</td>
<td></td>
</tr>
<tr>
<td>Insulin</td>
<td>Unlimited%</td>
<td></td>
</tr>
<tr>
<td>Pioglitazone</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Liraglutide/Exenatide</td>
<td>0.5 – 1%</td>
<td></td>
</tr>
<tr>
<td>Sulfonylureas</td>
<td>Glipizide, Glimepiride, Glyburide</td>
<td>1 – 2%</td>
</tr>
<tr>
<td>Gliptins</td>
<td>0.5 – 1%</td>
<td></td>
</tr>
<tr>
<td>SGLT2 Inhibitors</td>
<td>0.5 – 1%</td>
<td></td>
</tr>
</tbody>
</table>

## Considerations

- **Sulfonylureas**: Glipizide, Glimepiride, Glyburide
  - Some patients get nausea, rash, and/or diarrhea. In some cases, the nausea may be severe enough that a patient has to stop taking the drug. There are reports of pain in the abdomen that may be caused by inflammation of the pancreas with these agents.

- **Metformin**: In the first few weeks after starting Metformin, patients may have some nausea, indigestion or diarrhea.

- **Insulin**: There are no other side effects associated with Insulin.

- **Pioglitazone**: Over time, 10 in 100 people may have fluid retention (edema) while taking the drug. For some it may be as little as ankle swelling. For others, fluid may build up in the lungs making it difficult to breathe. This may resolve after you stop taking the drug. 10 in 100 people at risk of bone fractures who use this drug will have a bone fracture in the next 10 years. There appears to be a slight increase in the risk of bladder cancer with this drug.

- **Glipizide, Glimepiride, Glyburide**: Some patients may have nausea or diarrhea. In some cases, the nausea may be severe enough that a patient has to stop taking the drug. There are reports of pain in the abdomen that may be caused by inflammation of the pancreas with these agents.

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Diabetes Medication Choice

A guide to choosing the proper medication for you.

### Metformin
- **24 / AM / PM**
- No monitoring necessary.

### Insulin
- **24 / AM / PM**
- Monitor once or twice daily, less often once stable.

### Pioglitazone
- **24 / AM / PM**
- No monitoring necessary.

### Liraglutide / Exenatide
- **24 / AM / PM**
- Monitor twice daily after meals when used with Sulfonylureas. Otherwise not needed.

### Sulfonylureas
- **24 / AM / PM**
- Glipizide, Glimepiride, Glyburide
- Monitor 2 - 5 times weekly, less often once stable.

### Gliptins
- **24 / AM / PM**
- No monitoring necessary.

### SGLT2 Inhibitors
- **24 / AM / PM**
- No monitoring necessary.

### Daily Sugar Testing (Monitoring)

- **Metformin**
- Monitor once or twice daily, less often once stable.
- **Insulin**
- **Pioglitazone**
- No monitoring necessary.
- **Liraglutide/Exenatide**
- **Sulfonylureas**
- **Gliptins**
- **SGLT2 Inhibitors**

### Cost

- **Metformin** (Generic available)
  - $0.10 per day
  - $9 / 3 months
- **Insulin** (No generic available - price varies by dose)
  - Lantus:
    - Vial, per 100 units: $26
    - Pen, per 100 units: $26
  - NPH:
    - Vial, per 100 units: $2.50
    - Pen, per 100 units: $28
  - Short acting
    - analog insulin:
      - Pen, per 100 units: $30
- **Pioglitazone** (Generic available)
  - $0.50 per day
  - $42 / 3 months
- **Liraglutide/Exenatide** (No generic available)
  - $20.00 per day
  - $1,800 / 3 months
- **Sulfonylureas**
  - Glipizide, Glimepiride, Glyburide (Generic available)
  - $0.10 per day
  - $12 / 3 months
- **Gliptins** (No generic available)
  - $12.00 per day
  - $1,100 / 3 months
- **SGLT2 Inhibitors** (No generic available)
  - $12.00 per day
  - $1,100 / 3 months

These figures are estimates and are for comparative reference only. Actual out-of-pocket costs vary over time, by pharmacy, insurance plan coverage, preparation and dosage. Under some plans name brands may be comparable in cost to generics.

**Daily Routine**

**Insulin**

**OR**

**Pioglitazone**

**OR**

**Sulfonylureas**

Glipizide, Glimepiride, Glyburide

**OR**

**Gliptins**

**OR**

**SGLT2 Inhibitors**

**Liraglutide / Exenatide**

**Take in the hour before meals.**

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