



## Blood Sugar Medications Decision Worksheet

**1. What are the options?** Circle options you want to talk about. Your clinician may circle some too.

MEDICATION OPTIONS	Frequently Asked Questions			
	What are some reasons to use this medicine?	What are some common side effects of this medicine?  (Important: not everyone has these side effects, and some side effects are very mild)	How do I take this medicine?	How often do I have to check my blood sugar?
<b>Insulin</b>	Best control of blood sugar of all the medicines available	<ul style="list-style-type: none"> <li>• Low blood sugar (30-40%)</li> <li>• Weight gain (4- 6 pounds)</li> </ul>	Inject insulin 1-2 times every day.	1-2 times daily, less often once stable, to help adjust your insulin dose
<b>Metformin</b>	Good control of blood sugar  May lead to weight loss	<ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Nausea</li> <li>• Weight loss (for some people)</li> </ul>	Take a pill 1-2 times every day.	2-5 times weekly, less often once stable, to see how your medicine is working.
<b>Sulfonylureas</b>	Good control of blood sugar	<ul style="list-style-type: none"> <li>• Low blood sugar (20%)</li> <li>• Nausea</li> <li>• Weight gain (2-3 pounds)</li> </ul>	Take a pill 1-2 times every day.	2-5 times weekly, less often once stable, to see how your medicine is working.
<b>Other Medications:</b>				

**2. What's most important to you as we make this decision?** \_\_\_\_\_

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**3. What did we decide today?** Try: \_\_\_\_\_  Decide later:

- need more information
- need to discuss with others
- need to think about it more

**4. What are the next steps for monitoring and follow-up?** \_\_\_\_\_

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