

# Gliclazide diabetes medication

Advice following your recent hospital stay



**Information for patients**  
Diabetes Service



**PROUD TO MAKE A DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST





## Introduction

You have been given this information because you are prescribed gliclazide tablets to treat your diabetes and have recently been in hospital.

Whilst in hospital, gliclazide may have been started, stopped or the dose may have changed. This could have been for a number of reasons, for example:

- a change in diet
- a change in activity levels
- a change in your health
- if your blood glucose levels were too high or too low before you were admitted to hospital.

This leaflet provides information about the tablet and how to adjust your dose if needed, now you are back home. You should also read the manufacturer's information sheet that comes with the medication.

## Who can take gliclazide and what does it do?

Gliclazide is a tablet used to lower blood glucose levels in the treatment of Type 2 diabetes. It works by increasing the amount of insulin your body produces.

It is not suitable if you:

- have had an allergic reaction to gliclazide in the past
- have a rare illness called porphyria
- are planning pregnancy, pregnant or breastfeeding
- are taking St. John's Wort preparations.

## **How do I take gliclazide?**

The tablet should be taken with food.

We will have informed you of what time and what dose of gliclazide to take each day when you left hospital.

## **What if I miss a dose?**

If you miss a dose of gliclazide, take the next dose at the usual time. Do not take a double dose to make up for a forgotten dose.

## **What is the main side effect of taking gliclazide?**

The main side effect is hypoglycaemia (hypo) which is a blood glucose level that is too low. This happens when blood glucose falls below the normal level of 4 mmol/L. Symptoms include feeling shaky, sweaty and hungry.

## **What do I do if I feel hypo?**

- It is important to respond to the hypo feelings as soon as possible.
- Check your blood glucose with a blood glucose meter whenever possible.
- Have a hypo treatment straight away. These are food or drinks that make your blood glucose rise very quickly back to a normal level. Examples include 200ml of fruit juice or five glucose tablets or five jelly babies.
- After this, if it is close to your next meal, eat your meal as soon as possible. If it happens in between meals, have an extra carbohydrate snack such as a yogurt, biscuit, slice of bread or piece of fruit at this time.

For more detailed information please request a **Hypoglycaemia leaflet**.

## Getting back to your usual routine

Your gliclazide dose may need to change once you get back to your usual routine, for example:

- As you gradually become more active at home, blood glucose levels may reduce and you may need a lower dose.
- Your appetite may improve at home and blood glucose levels may therefore increase and you may need an increased dose.

Therefore to make sure you are on the dose you need, please follow the advice below.

## Adjustment of gliclazide dose now you are back home

### If you have a blood glucose meter

Continue to test your blood glucose levels at least twice a day after you get home. An ideal time to test would be before you eat your breakfast and before you eat your evening meal. Write these in a diary.

Please make an **urgent appointment** to see your GP or practice nurse within one week if:

#### 1. You have **ANY** blood glucose below 4 mmol/L

Until your appointment, only take half the gliclazide dose prescribed. For example, if you are on two tablets (160mg) twice a day, reduce this to one tablet twice a day (80mg). If you are on 40mg a day, then please stop taking it altogether.

#### 2. Your blood glucose is above 12 mmol/L for 2 days

Continue with your prescribed dose until your GP appointment.

## **If you do not have a blood glucose meter**

As you are not able to check your blood glucose at home, make an **urgent appointment** to see your GP or practice nurse within one week if:

- Your mouth starts to feel more dry or you are more thirsty.
- You notice you are drinking more or passing more urine than you normally do.
- There are times when you feel shaky or sweaty and then you feel better after eating food or having a sugary drink.

## **Driving while on gliclazide**

If you hold a car or motorbike driving licence you can continue to drive. However, if you have a HGV licence you are required to contact the Driver and Vehicle Licencing Agency (DVLA).

You should check that your blood glucose is above 5mmol/L before driving. For long journeys continue to check blood glucose every 2 hours.

You must contact the DVLA if you have a severe hypo (a low blood glucose level where you required help from another person to resolve it). Please follow this link for all information:

- <https://www.gov.uk/diabetes-driving>





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