WHAT ARE THE SIDE EFFECTS OF GLIPTINS?

Side effects may or may not occur. The most common side effects associated with the use of gliptins are:

- **nausea, bloating, vomiting**

Symptoms were also observed such as:

- diarrhea, abdominal pain
- headache
- upper respiratory tract infections
- nasal congestion or runny nose and sore throat
- osteoarthritis, shoulder or leg pain

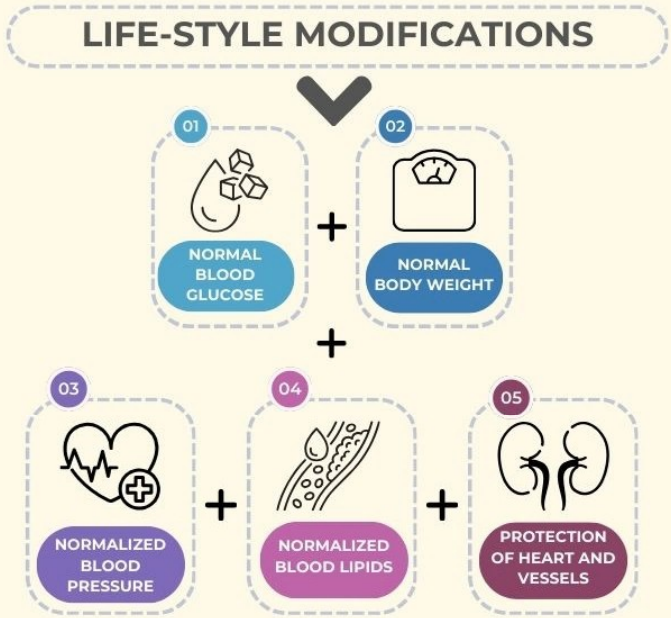
A rare but serious side effect is **inflammation of the pancreas** (acute pancreatitis), which presents with severe upper abdominal pain that does not go away. It sometimes radiates to the back and is accompanied by nausea, vomiting and fever.

Another rare but dangerous side effect is **blistering skin lesions** (known as bullous pemphigoid). Symptoms include tense blisters and erythematous and blistering eruptions on the skin.

This information is based on the Summary of Product Characteristics of medicinal products containing gliptins and:

- https://ptdiab.pl/zalecenia- ptd/zalecania-aktywni-czlonkowie-2024
- Czupryniak L., Płaczkiewicz-Jankowska E., Strojek K.: Leczenie cukrzycy typu 2 -farmakoterapeutyczna rewolucja dokonana. Omówienie stanowiska American Diabetes Association i European Association for the Study of Diabetes 2022. Med. Prakt., 2022; 12: 32-48

HOW TO REDUCE THE RISK OF DIABETES COMPLICATIONS ?



WHERE CAN I GET MORE INFORMATION ABOUT THE NEW MEDICATION?

For more information see the patient information leaflet (PIL). If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Pharmacist's comments and recommendations

NEW MEDICINE SERVICE

PHARMACEUTICAL CARE

EDUCATIONAL MATERIAL FOR PATIENTS

New Medicine in the Treatment of Type 2 Diabetes

DPP-4 INHIBITOR (GLIPTIN)

Drug name		
Drug dose		
Dosage/time of the day		

DIABETES TYPE 2 HOW PHARMACIST CAN HELP

Talk to your pharmacist about diabetes.

The pharmacist will:



- give you advice about medicines. This includes how to use your medicine, worries about side effects or any other questions you have
- show you how to measure your blood glucose using a glucometer
- tell you about lifestyle changes that will make it easier to control diabetes.

You can find more information about a healthy lifestyle in the leaflet, ask your pharmacist for it.

HOW WILL GLIPTIN HELP ME WITH DIABETES?

Your new medication:

- inhibits the degradation of incretin hormones, thereby modulating the secretion of insulin and glucagon in response to food intake
- decreases endogenous glucose production

As a result, it regulates blood glucose levels and helps prevent diabetes complications, such as kidney damage, blood vessel damage, and nervous system damage.



WHAT SHOULD I DO IF I AM ALSO TAKING OTHER MEDICATIONS?

Your new medication may interact with other medicines you are taking, which could impact how they work or increase side effects. It is crucial to inform your doctor or pharmacist about:

- any medications you are currently taking, including over-the-counter medicines, herbal products, and supplements
- any new medicines you plan to start

If you use this medicine alongside insulin or other diabetes treatments, it may lead to low blood sugar (**hypoglycemia**). Your doctor may ask you to measure your blood glucose levels regularly, and this can help to adjust medication doses.



CAN I TAKE THIS MEDICINE WHILE PREGNANT OR BREASTFEEDING?

If you are pregnant or breastfeeding, you should not use the new medication. If you suspect you may be pregnant, take a pregnancy test. If the result is positive, contact your doctor immediately.

WHEN SHOULD I CONTACT A PHYSICIAN IMMEDIATELY?

Call for medical help if you experience some of the following symptoms:

- **acute inflammation of the pancreas**
- **blistering or peeling skin lesions**
- **severe allergic reaction** (e.g., swelling of the face, tongue, or throat; difficulty swallowing or breathing; wheezing; rapid heartbeat; pale or cold skin; dizziness or feeling faint)

HOW SHOULD I TAKE MY NEW MEDICINE?

This medication is intended for long-term use and can be combined with other medications that lower blood glucose levels. Be careful and remember the following rules:

1. Take the medication at the same time every day, as directed by your doctor.
2. Gliptin can be taken with or without food.
3. The tablets should not be divided, crushed, or chewed.
4. Take the medication with water only.
5. If you miss a dose, take it as soon as possible, unless it is less than 12 hours before your next dose. In that case, skip the missed dose and take the next one at the usual time. Do not take a double dose to make up for the missed one.
6. If your blood sugar levels are normal, it indicates that the medication is working effectively. Continue taking medication, and do not change the dose.
7. Do not share this medication with others, as it can be harmful to them. Do not give it to anyone else, even if they have similar symptoms.

