

Nateglinide and Repaglinide (1 of 1)

What are They?

These two drugs are used in type 2 diabetes to reduce the increase in blood sugar after meals. Nateglinide is available in three strengths. Repaglinide is a more complex dosing range and most benefit will be seen at the higher doses, which should be the eventual target.

When do I take them?

They are designed to be taken 15 minutes before meals and can be used up to three times daily. Nateglinide (Starlix) is usually prescribed to persons already taking metformin; repaglinide (Novonorm) can be prescribed as treatment on its own or in combination with metformin.

What do they do?

Prior to meals they both directly increase the amount of insulin produced and therefore limit the rise in blood sugar after the meal. In this way they are similar to other drugs used in diabetes (sulphonylureas). However, they do not increase insulin production for as long and so there may be less risk of hypoglycaemia between meals but this is not proven. In addition they may cause less weight gain theoretically. The down side is the frequency with which they need to be taken compared to some alternatives that can be taken once daily.

Side Effects

In general these agents are well tolerated with few side effects. Hypoglycaemia may occur but the risk may be less than with the sulphonylurea group of drugs.

Further information can be obtained from the leaflet in the box the drug was dispensed in.

If you need this information in another language or medium (audio, large print, etc) please contact the Patient Advice and Liaison Service (PALS) on 0800 374 208 email: palservice@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

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