

# Treatment Options

Being at risk of, or living with Type 2 diabetes can feel really challenging.



Diet and lifestyle are extremely important.



Most people will be advised to make diet and lifestyle changes to reach a healthy weight.

These changes include:



Becoming more active

Eating healthier types of food in the right portion sizes.



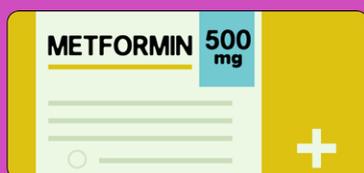
Many people will also require some medication. If so, they may need to test their blood glucose levels regularly, but when and how often will all depend on the medication they are taking and their healthcare team will advise.



## Metformin

Usually the first choice of medication

Metformin is a tablet and starts at a low dose building up every week to the required dose.



It should be taken with or shortly after meals.

### Common Side Effects

Feeling Sick

Stomach Ache

Side effects should wear off after a few days. If they don't please contact your healthcare team.

You can read more about the use of metformin for diabetes [here](#).

# Liraglutide (or other GLP-1's)



It is available in a pre-filled pen and is given by injection once a day, starting at a low dose and increased if needed.

**It can help with weight loss by reducing appetite.**

## Common Side Effects

### Stomach Ache

Side effects should wear off after a few days. If they don't please contact your healthcare team.

# Insulin

**Insulin may be needed if a person is unwell at diagnosis, for example if their HbA1c is very high.**

It may also be considered if other treatments have not been suitable, not been tolerated or have not improved blood glucose levels sufficiently over time.



**Insulin is given by injection, usually as once daily, long acting insulin.**



**Sometimes rapid acting insulin may also need to be taken before food.**

**If you are on insulin treatment, it is important to monitor glucose levels more often as recommended by your healthcare team.**

**Remember to only ever take medication prescribed to you by a doctor and follow dosage instructions.**

**If you have any questions about the medication you are taking, speak to your doctor or healthcare team.**