

Medication Adjustment

If you change your diet and are currently using medications, please check with your doctor. Your medications are prescribed based on your usual diet. If your diet changes in any way, you may need to adjust your medications, too. The following medications are particularly sensitive to dietary changes:

ALL TYPES OF INSULIN, INCLUDING:

- Rapid or fast acting insulin
- Extended release or slow acting insulin

SULPHONYLUREAS, INCLUDING:

- Amaryl (Glimepiride)
- Daonil (Gilbenclamide)
- Diamicon (Gilclazide)
- Diamicon MR (Gilclazide)
- Glibenese (Glipizide)
- Minodiab (Glipizide)
- Tolbutamide (Tolbutamide)

MEGLITINIDES, INCLUDING:

- GlucoNorm (Repaglinide)
- Pradin (Repaglinide)
- Starlix (Nateglinide)

SGLT2 INHIBITORS, INCLUDING:

- Invokana (Canagliflozin)
- Forxiga (Dapagliflozin)
- Farxiga (Dapagliflozin)
- Jardiance (Empagliflozin)

MEDICATIONS CONTAINING SGLT2 INHIBITORS, INCLUDING:

- Xigduo XR (Dapagliflozin and Metformin HCl)
- Invokamet XR (Dapagliflozin and Metformin HCl)
- Synjardy (Dapagliflozin and Metformin HCl)



WARNING: Fasting and low carbohydrate diets can lower blood glucose levels. If you are already taking a medication that does this, it could lead to hypoglycemia. IT IS CRITICAL you let your doctor know that you are joining the program and that your medications need to be monitored.