Te Whatu Ora
Health New Zealand
Waitaha Canterbury

ACARBOSE

ak-ar-bose

What does it do?

Acarbose is used to treat diabetes. It reduces the amount of sugar you absorb from food.

Before you start

- Tell your doctor if you have bowel problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *acarbose* regularly as directed at the start of a meal. You can swallow the tablets whole with water, or chew them.

What if you forget a dose?

Skip the missed dose and continue as directed. Do not take two doses at the same time and do not take doses between meals.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Farting, tummy pain, bloating, diarrhoea	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- You will need a regular blood test (HbA1c) to check how your diabetes is controlled.
- If you are unwell, follow your diabetes sick-day plan, or talk to your health professional.