



# ACARBOSE

*ak-ar-bose*

## What does it do?

*Acarbose* is used to treat diabetes by reducing the absorption of sugars from food.

## Before you start

- Tell your doctor if you have kidney, liver, bowel or digestion problems, or if you have had recent abdominal surgery.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

## How should you take it?

Take *acarbose* as directed. It may be swallowed whole with a glass of water, or chewed, at the start of a meal.

## 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              |
|--|---------------------------------|
| Skin rash, itching                           | Tell your doctor                |
| Farting, abdominal pain, bloating, diarrhoea | Tell your doctor if troublesome |

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

## Other information:

- Test your blood sugar as directed by your health professional.
- Do not use regular household sugar to treat low blood sugar (a “hypo”) when taking *acarbose*. Discuss other options (e.g. dextrose tablets) with your health professional.
- Limit alcohol intake as it may alter your blood sugar.