**Weight Change**

- **Metformin**  
  None
- **Insulin**  
  4 to 6 lb. gain
- **Pioglitazone**  
  More than 2 to 6 lb. gain
- **Liraglutide/Exenatide**  
  3 to 6 lb. loss
- **Sulfonylureas**  
  Glipizide, Glimepiride, Glyburide  
  2 to 3 lb. gain
- **Gliptins**  
  None
- **SGLT2 Inhibitors**  
  3 to 4 lb. loss

**Low Blood Sugar (Hypoglycemia)**

- **Metformin**  
  No Severe Risk  
  Minor = 0 – 1%
- **Insulin**  
  Severe = 1 – 3%  
  Minor = 30 – 40%
- **Pioglitazone**  
  No Severe Risk  
  Minor = 1 – 2%
- **Liraglutide/Exenatide**  
  No Severe Risk  
  Minor = 0 – 1%
- **Sulfonylureas**  
  Glipizide, Glimepiride, Glyburide  
  Severe = Less than 1%  
  Minor = 21%
- **Gliptins**  
  No Severe Risk  
  Minor = 0 – 1%
- **SGLT2 Inhibitors**  
  No Severe Risk  
  Minor = 3 – 4%

**Blood Sugar (A1c Reduction)**

- **Metformin**  
  1 – 2%
- **Insulin**  
  Unlimited %
- **Pioglitazone**  
  1%
- **Liraglutide/Exenatide**  
  0.5 – 1%
- **Sulfonylureas**  
  Glipizide, Glimepiride, Glyburide  
  1 – 2%
- **Gliptins**  
  0.5 – 1%
- **SGLT2 Inhibitors**  
  0.5 – 1%

**Considerations**

- **Metformin**  
  In the first few weeks after starting Metformin, patients may have some nausea, indigestion or diarrhea.
- **Insulin**  
  There are no other side effects associated with Insulin.
- **Pioglitazone**  
  Over time, 10 in 100 people may have fluid retention (edema) while taking the drug. For some it may be as little as ankle swelling. For others, fluid may build up in the lungs making it difficult to breathe. This may resolve after you stop taking the drug. 10 in 100 people at risk of bone fractures who use this drug will have a bone fracture in the next 10 years. There appears to be a slight increase in the risk of bladder cancer with this drug.
- **Liraglutide/Exenatide**  
  Some patients may have nausea or diarrhea. In some cases, the nausea may be severe enough that a patient has to stop taking the drug. There are reports of pain in the abdomen that may be caused by inflammation of the pancreas with these agents.
- **Sulfonylureas**  
  Glipizide, Glimepiride, Glyburide  
  Some patients get nausea, rash and/or diarrhea when they first start taking Sulfonylureas. This type of reaction may force them to stop taking the drug.
- **Gliptins**  
  A few patients may get nose and sinus congestion, headaches, and perhaps be at risk of problems with their pancreas.
- **SGLT2 Inhibitors**  
  Urinary tract infections and yeast infections are more common among patients taking this medication.
# Diabetes Medication Choice

A guide to choosing the proper medication for you.

- **Metformin**
- **Insulin**
- **Pioglitazone**
- **Liraglutide/Exenatide**
- **Sulfonylureas**
- **Gliptins**
- **SGLT2 Inhibitors**

## Daily Routine

<table>
<thead>
<tr>
<th>Medication</th>
<th>S M T W T F S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metformin</td>
<td></td>
</tr>
<tr>
<td>Insulin</td>
<td>24h OR AM/PM</td>
</tr>
<tr>
<td>Pioglitazone</td>
<td>24h OR AM/PM</td>
</tr>
<tr>
<td>Liraglutide / Exenatide</td>
<td>24h OR WEEKLY AM/PM</td>
</tr>
<tr>
<td>Sulfonylureas</td>
<td></td>
</tr>
<tr>
<td>Gliptins</td>
<td>24h OR AM/PM</td>
</tr>
<tr>
<td>SGLT2 Inhibitors</td>
<td>24h OR AM/PM</td>
</tr>
</tbody>
</table>

## Daily Sugar Testing (Monitoring)

<table>
<thead>
<tr>
<th>Medication</th>
<th>S M T W T F S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metformin</td>
<td></td>
</tr>
<tr>
<td>Insulin</td>
<td></td>
</tr>
<tr>
<td>Pioglitazone</td>
<td></td>
</tr>
<tr>
<td>Liraglutide/Exenatide</td>
<td></td>
</tr>
<tr>
<td>Sulfonylureas</td>
<td></td>
</tr>
<tr>
<td>Gliptins</td>
<td></td>
</tr>
<tr>
<td>SGLT2 Inhibitors</td>
<td></td>
</tr>
</tbody>
</table>

## Cost

<table>
<thead>
<tr>
<th>Medication</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metformin</td>
<td>$9 / 3 months</td>
</tr>
<tr>
<td>Insulin</td>
<td>$26 / Vial, $26 / Pen, $2.50 / Vial, $28 / Pen, $25 / Vial, $30 / Pen, $0.10 per day for name brand, $12 / 3 months for generic</td>
</tr>
<tr>
<td>Pioglitazone</td>
<td>$42 / 3 months</td>
</tr>
<tr>
<td>Liraglutide/Exenatide</td>
<td>$1,800 / 3 months</td>
</tr>
<tr>
<td>Sulfonylureas</td>
<td>$12 / 3 months</td>
</tr>
<tr>
<td>Gliptins</td>
<td>$110 / 3 months</td>
</tr>
<tr>
<td>SGLT2 Inhibitors</td>
<td>$110 / 3 months</td>
</tr>
</tbody>
</table>

These figures are estimates and are for comparative reference only. Actual out-of-pocket costs vary over time, by pharmacy, insurance plan coverage, preparation and dosage. Under some plans name brands may be comparable in cost to generics.

---

http://shareddecisions.mayoclinic.org

Makers of this aid have no financial relationships with pharmaceutical or device manufacturers.

© 2016 Mayo Foundation for Medical Education and Research. All rights reserved.  MC5733-29rev0416