

Appendices

Appendix 1. Oral glucose-lowering drugs and GLP-1 mimetics: the groups, examples, recommended daily doses, mode of action and the expected reduction in HbA_{1c} units.

<i>Group</i>	<i>Name</i>	<i>Recommended daily dose</i>	<i>Mode of action</i>	<i>Expected HbA_{1c} reduction</i>
Sulfonylureas	Glibenclamide Glipizide Glimepiride Gliclazide Gliclazide LA	5-15 mg 2.5-20 mg 1-8 mg 40-160 mg 30-120 mg	Stimulate insulin secretion	1.5
Benzoic acid & Phenylalanine derived agents	Repaglinide Nateglinide	3-16 mg 80-360 mg	Stimulate insulin secretion	1.0—1.5
Biguanides	Metformin	0.5-2 g	Decrease hepatic glucose production; Increase Insulin sensitivity	1.0-2.0
Thiazolidinediones	Rosiglitazone Pioglitazone	2-8 mg 15-45 mg		0.5-1.4
Alpha-glucosidase Inhibitors	Acarbose	100-300 mg (divided)	Delays carbohydrate absorption	0.5-0.8
DDP-IV Inhibitors Incretin mimetics	Sitagliptin Exenatide (SC) Liraglutide (SC)	100 mg 5-10 µg bd 1.2-1.8 mg	Incretin system modulation	0.5-0.8 0.5-1.0 0.8-1.3