

## **Glitame 50 Tablet**

### **COMPOSITION: Each Glitame 50 tablet contains**

Vildagliptin 50 mg Tablet

### **STORAGE**

- Store below 30°C
- Store in a cool & dry place away from direct sunlight
- Keep it out of reach of children

### **PRODUCT INTRODUCTION**

Glitame 50mg Tablet is a medicine used to treat type 2 diabetes mellitus. It is used together with a healthy diet and regular exercise to control blood sugar levels. This helps to prevent serious complications of diabetes like kidney damage and blindness.

Glitame 50mg Tablet is normally prescribed when diet and exercise alone or other medicines do not prove sufficient to control your blood sugar level. It may prescribe alone or in combination with other diabetes medicines. It can be taken with or without food. The dose will depend on your condition and blood sugar levels. Use it strictly as advised by your doctor.

You should take it regularly at the same time each day to get the most benefit. Do not stop taking the medicine unless advised by your doctor. It is important to stay on the diet and exercise program recommended by your doctor while taking this medicine. Your lifestyle plays a big part in controlling diabetes.

The most common side effects of Glitame 50mg Tablet include hypoglycemia, tremor, headache, dizziness, fatigue, and nausea. It is important to recognize the symptoms of hypoglycemia (such as lightheadedness, sweating, dizziness, fainting, and dry mouth) and know how to deal with it. You can carry sugar or glucose candy and have them to control your symptoms if you experience any. Contact your doctor if the side effects do not go away or worry you.

Before taking this medicine, let your doctor know if you have ever had kidney disease, heart disease, or pancreas problems. Pregnant or breastfeeding women should also consult their doctor before taking it. Some other medicines you are taking may interfere with this medicine's working. So, make sure your doctor knows about all the other medicines you are using. Limit your alcohol intake while taking this medicine because it can increase your risk of developing low blood sugar levels. You may need regular tests such as kidney function and blood glucose levels to check that the medicine is working properly.

### **USES OF GLITAME TABLET**

- **Treatment of Type 2 diabetes mellitus**

### **BENEFITS OF GLITAME TABLET**

#### **In Treatment of Type 2 diabetes mellitus**

Glitame 50mg Tablet belongs to a group of medicines called DPP-4 inhibitors. It works by helping to increase the amount of insulin your body produces after a meal and to stop your body from releasing

too much glucose (sugar) into your blood. This way it lowers the blood glucose levels in your body. This medicine is usually taken once a day and has relatively few common side effects.

Lowering blood glucose levels is an essential part of managing diabetes. If you can control the level you will reduce the risk of getting any of the serious complications of diabetes such as kidney damage, eye damage, nerve problems, and loss of limbs. Proper control of diabetes can also reduce the risk of heart disease and stroke. Taking this medicine regularly along with a proper program of diet and exercise will help you live a normal, healthy life. You should keep using it for as long as it is prescribed because it is protecting your future health.

### **SIDE EFFECTS OF GLITAME TABLET**

Most side effects do not require any medical attention and disappear as your body adjusts to the medicine. Consult your doctor if they persist or if you're worried about them

#### **Common side effects of Glitame**

- Hypoglycemia (low blood glucose level)
- Tremors
- Headache
- Dizziness
- Fatigue
- Nausea

### **HOW TO USE GLITAME TABLET**

Take this medicine in the dose and duration as advised by your doctor. Swallow it as a whole. Do not chew, crush or break it. Glitame 50mg Tablet may be taken with or without food, but it is better to take it at a fixed time.

### **HOW GLITAME TABLET WORKS**

Glitame 50mg Tablet is an antidiabetic medication. It works by increasing the release of insulin from the pancreas and decreasing the hormones that raise blood sugar levels. This reduces the fasting and postmeal sugar levels.

### **SAFETY ADVICE**



#### **Alcohol**

#### **CONSULT YOUR DOCTOR**

It is not known whether it is safe to consume alcohol with Glitame 50mg Tablet. Please consult your doctor.



#### **Pregnancy**

#### **CONSULT YOUR DOCTOR**

Glitame 50mg Tablet may be unsafe to use during pregnancy. Although there are limited studies in humans, animal studies have shown harmful effects on the developing baby. Your doctor will weigh the benefits and any potential risks before prescribing it to you. Please consult your doctor.



### Breast feeding

#### CONSULT YOUR DOCTOR

Glitame 50mg Tablet is probably unsafe to use during breastfeeding. Limited human data suggests that the drug may pass into the breastmilk and harm the baby.



### Driving

#### UNSAFE

Glitame 50mg Tablet may decrease alertness, affect your vision or make you feel sleepy and dizzy. Do not drive if these symptoms occur.



### Kidney

#### SAFE IF PRESCRIBED

Glitame 50mg Tablet is safe to use in patients with kidney disease. No dose adjustment of Glitame 50mg Tablet is recommended.

However, in patients with moderate to severe kidney disease, dose adjustment may be required. Consult with your doctor.



### Liver

#### UNSAFE

Glitame 50mg Tablet is probably unsafe to use in patients with liver disease and should be avoided. Please consult your doctor.

#### WHAT IF YOU FORGET TO TAKE GLITAME TABLET?

If you miss a dose of Glitame 50mg Tablet, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular schedule. Do not double the dose.

#### Quick Tips

- Glitame 50mg Tablet should be taken at the same time every day since this helps you remember to take it.
- It may cause hypoglycemia (low blood sugar level) when used with other antidiabetic medicines, alcohol or if you delay or miss a meal.

- Always carry some sugary food or fruit juice with you in case you experience hypoglycemia symptoms such as cold sweats, cool pale skin, tremor and anxiety.
- Be careful while driving or operating machinery until you know how Glitame 50mg Tablet affects you.
- Your doctor may check your kidney and liver function before starting treatment and regularly thereafter. Inform your doctor if you develop symptoms such as abdominal pain, fatigue, loss of appetite, darkened urine or yellowing of the eyes or skin (jaundice).

#### **FAQs**

Q. When should I take Glitame 50mg Tablet?

You can take Glitame 50mg Tablet tablets before, with or after meals. If you have been prescribed to take this medicine once daily, then take it in the morning. In case you have to take it twice daily, then you should prefer taking the first dose in the morning and the second dose in the evening.

Q. Does Glitame 50mg Tablet cause hypoglycemia?

Yes, Glitame 50mg Tablet may cause hypoglycemia (low blood sugar), but the chances are lesser as compared to other antidiabetic drugs. Evidence suggests that treatment with Glitame 50mg Tablet has been shown to cause hypoglycemia in very rare cases. The risk is low even in those who are prone to hypoglycemia like elderly people or people being treated with insulin. However, the chance of hypoglycemia increases if Glitame 50mg Tablet is taken along with other antidiabetic drugs.

Q. Does Glitame 50mg Tablet cause weight gain?

No, Glitame 50mg Tablet does not cause weight gain. Moreover, medicines, such as Glitame 50mg Tablet, are generally supposed to decrease weight since they act by increasing satiety (feeling of fullness) and delaying emptying of the stomach. This further decreases hunger, restricting the patient from eating more than required.

Q. Is Glitame 50mg Tablet the same as sitagliptin?

No, Glitame 50mg Tablet is not the same as Sitagliptin, but both drugs belong to the same class. Additionally, these two drugs have a similar mechanism of decreasing blood glucose levels.