

## **Glitame M 500 Tablet**

### **COMPOSITION: Each Glitame M 500 tablet contains**

Vildagliptin 50 mg + Metformin 500 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 M 50mg/500mg Tablet is a combination of two medicines that control high blood sugar levels in people with type 2 diabetes mellitus. This helps prevent serious complications of diabetes such as kidney damage and blindness and may also reduce your chances of having a heart attack or stroke.

Glitame M 50mg/500mg Tablet can be prescribed alone or together with other diabetes medications. All diabetes medicines work best when used along with a healthy diet and regular exercise. The dose you are given will depend on your condition, blood sugar levels, and what other medicines you are taking. Taking it with meals helps to reduce the chances of developing an upset stomach.

You should take it regularly, at the same time each day, to get the most benefit and you should not stop unless your doctor recommends it. It is controlling your blood sugar levels and helping to prevent serious complications in the future. 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 taking this medicine include diarrhea, nausea, vomiting, upset stomach, headache, sore throat, weakness, gastroesophageal reflux disease, excessive sweating, and decreased appetite. Low blood sugar level (hypoglycemia) is a possible side effect if you are also taking other diabetes medicines like insulin or sulphonylurea, so you need to know how to recognize and deal with it.

This medicine is not suitable for everyone. Before taking it, you should let your doctor know if you have ever had kidney, liver, or heart disease, problems with your pancreas, or if you drink a lot of alcohol. Pregnant or breastfeeding women should also consult their doctor before taking this medicine. Some other medicines can affect this one so tell your doctor about all the medicines you are taking to make sure you are safe. You should try to avoid drinking alcohol as it lowers blood glucose. Your doctor will check your kidney function and blood sugar levels before and during treatment.

### **USES OF GLITAME M TABLET**

- **Treatment of Type 2 diabetes mellitus**

### **BENEFITS OF GLITAME M TABLET**

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

Glitame M 50mg/500mg Tablet is a combination of two medicines that work together in different ways to lower your blood glucose levels. Lowering blood glucose levels is an essential part of managing diabetes. If you can control your blood glucose level, your risk of getting any of the serious complications of diabetes such as kidney damage, eye damage, nerve problems, and loss of limbs is also lowered. Additionally, proper control of diabetes can also reduce the risk of heart disease and stroke. Taking this medicine regularly along with proper diet and exercise will help you live a normal, healthy life. You should keep using this medicine for as long as it is prescribed because it is protecting your future health.

### **SIDE EFFECTS OF GLITAME M 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 M**

- Hypoglycemia (low blood glucose level)
- Trembling
- Headache
- Dizziness
- Nausea
- Weakness
- Gastro-esophageal reflux disease
- Increased sweating
- Decreased appetite

### **HOW TO USE GLITAME M 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 M 50mg/500mg Tablet is to be taken with food.

### **HOW GLITAME M TABLET WORKS**

Glitame M 50mg/500mg Tablet is a combination of two antidiabetic medicines: Metformin and Vildagliptin. Metformin is an anti-diabetic medication (biguanide). It works by lowering glucose production in the liver, delaying glucose absorption from intestines and increasing the body's sensitivity to insulin. Vildagliptin is a DPP-4 inhibitor which works by increasing the release of insulin from the pancreas and decreasing the hormones that raise blood sugar levels. This reduces both fasting and postmeal sugar levels. Together, they provide better control of blood sugar.

### **SAFETY ADVICE**



#### **Alcohol**

### **UNSAFE**

It is unsafe to consume alcohol with Glitame M 50mg/500mg Tablet.



### Pregnancy

#### CONSULT YOUR DOCTOR

Glitame M 50mg/500mg 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 M 50mg/500mg 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

#### CAUTION

Your ability to drive may be affected if your blood sugar is too low or too high. Do not drive if these symptoms occur.



### Kidney

#### CAUTION

Glitame M 50mg/500mg Tablet should be used with caution in patients with kidney disease. Dose adjustment of Glitame M 50mg/500mg Tablet may be needed. Please consult your doctor.



### Liver

#### UNSAFE

Glitame M 50mg/500mg 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 M TABLET?**

If you miss a dose of Glitame M 50mg/500mg 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**

- You have been prescribed this combination medicine as it can control blood sugar better than metformin alone.
- Take it in addition to regular exercise and healthy diet to lower levels of blood sugar.
- Take it with food to lower your chance of having an upset stomach.
- Inform your doctor about your diabetes treatment if you are due to have surgery under a general anaesthetic.
- Tell your doctor immediately if you experience any deep or rapid breathing, persistent nausea, vomiting, and stomach pain as Glitame M 50mg/500mg Tablet may cause a rare but serious condition called lactic acidosis, which is an excess of lactic acid in the blood.
- 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. Can the use of Glitame M 50mg/500mg Tablet lead to hypoglycemia?**

The use of Glitame M 50mg/500mg Tablet does not usually cause hypoglycemia (low blood sugar level) alone. But it could occur if there is insufficient supplementation of calories while taking this medicine. Symptoms of hypoglycemia include nausea, headache, irritability, hunger, sweating, dizziness, fast heart rate, and feeling anxious or shaky. The symptoms are more likely to be noticed if you miss or delay your food, drink alcohol, over-exercise, or take any other antidiabetic medicine along with it. So, regular monitoring of blood sugar levels is important. It is recommended to always carry glucose tablets, honey, or fruit juice with you.

**Q. Can the use of Glitame M 50mg/500mg Tablet cause nausea and vomiting?**

Yes, the use of Glitame M 50mg/500mg Tablet can cause nausea and vomiting. In case of vomiting, drink plenty of water or other fluids by taking small frequent sips. Talk to your doctor if vomiting persists and you notice signs of dehydration, like dark-colored and strong-smelling urine and a low frequency of urination. Do not take any other medicine without speaking to a doctor.

**Q. Are there any specific contraindications associated with the use of Glitame M 50mg/500mg Tablet?**

The use of Glitame M 50mg/500mg Tablet should be avoided in patients with known allergies to any of the components or excipients of this medicine. The use of this medicine is also considered to be harmful to patients with severe kidney impairment, liver impairment, congestive heart failure, lactic acidosis, or diabetic ketoacidosis.

**Q. What is the storage condition for the Glitame M 50mg/500mg Tablet?**

Keep this medicine in the container or the pack it came in, tightly closed. Store it according to the instructions mentioned on the pack or label. Dispose of the unused medicine. Make sure it is not consumed by pets, children, and other people.

**Q. What is Glitame M 50mg/500mg Tablet?**

Glitame M 50mg/500mg Tablet is a combination of two anti-diabetic drugs: Metformin and Vildagliptin. Metformin is an anti-diabetic medicine and belongs to the class of biguanides. It lowers the glucose production in the liver, delays glucose absorption from the intestines, and increases the body's

sensitivity to insulin. Vildagliptin inhibits the enzyme DPP4 inhibitor and increases the release of insulin from the pancreas. This combination is not advised for patients below 18 years of age.

Q. Can the use of Glitame M 50mg/500mg Tablet cause lactic acidosis?

Yes, the use of Glitame M 50mg/500mg Tablet can lead to lactic acidosis. It is a medical emergency that is caused by increased levels of lactic acid in the blood. It is also known as MALA (Metformin-associated lactic acidosis). It is a very rare side effect associated with the use of metformin and therefore, it is avoided in patients with underlying kidney disease, old age patients, or who take large amounts of alcohol. Symptoms of lactic acidosis may include muscle pain or weakness, dizziness, tiredness, feeling of cold in arms and legs, difficulty in breathing, nausea, vomiting, stomach pain, or slow heart rate. If you have these symptoms, stop taking Glitame M 50mg/500mg Tablet and immediately consult your doctor.

Q. Can the use of Glitame M 50mg/500mg Tablet lead to Vitamin B12 deficiency?

Yes, the use of Glitame M 50mg/500mg Tablet can cause Vitamin B12 deficiency with long-term use. It interferes with the absorption of Vitamin B12 in the stomach. If untreated, it may cause anemia and nerve problems.

Q. Is it safe to use Glitame M 50mg/500mg Tablet?

Yes, it is safe to use Glitame M 50mg/500mg Tablet if you take it for the prescribed duration and according to the dosage advised by the doctor. However, despite taking the prescribed dosage you might experience common side effects like nausea, diarrhea, vomiting, stomach upset, headache, nasal congestion, sore throat, respiratory tract infection, hypoglycemia (low blood sugar level) in combination with insulin or sulphonylurea. Inform your doctor if you experience any persistent problem while taking this medicine.