

Tips for Managing Your Diabetes Medications

Which type of diabetes medications you take depends entirely on the type of diabetes you have. If you have Type 1 diabetes, you must take [insulin](#), which you can administer by [syringe](#), [insulin pump](#), or [insulin infuser](#).

If you have Type 2 diabetes, your treatment may be more varied. You might need one injection of insulin per day without diabetes pills, whereas you could also need a single injection of insulin in the evening, at supper or bedtime, along with diabetes pills. Or, you may need to take two or three kinds of pills or a combination pill that combines two kinds of diabetes medication in one tablet.

Regardless of the type of diabetes you have, the trick to maintaining an ideal blood sugar (glucose) level is to pay attention to your glucose levels, take your medications regularly, and store them and your supplies in a way that they do not lose their effectiveness.

Managing Your Medications

You should try to keep all your medications handy in a highly visible place so you don't have to go searching for them. Make sure to store your [insulin at the right temperature](#). It should be cool but not frozen, and you should be aware that the moisture in your bathroom or kitchen can change insulin's chemistry. The same goes for your glucose test strips—never leave your strips exposed to extreme temperatures, and make sure to carefully close the cap on a canister of test strips.

Protect your glucose meter as well. If you keep one in your car, be sure to remove it should the weather turn frigid or extremely hot. If you are using an insulin pump, which is mostly insulated from the heat, you can still buy a gel pack to ensure that it remains cool.

Set up a schedule for taking your medication. You can use a medication app or your cellphone to remind you to take doses. If you aren't into technology, you can use a watch with a timer or display post-it notes as reminders.

You can use a pill organizer or ask your pharmacist to give you your medications in blister packs organized by dosage so you take the right pill at the right time of day. Organize taking your medication around an aspect of your daily routine, such as brushing your teeth.

You may want to create a food journal along with tracking your glucose levels. Your doctor will appreciate having this information when evaluating your treatment plan.

It is also a good idea to use one pharmacy for all your medications, so they can alert you that it's time for refills or track drug interactions. Choose a pharmacy that is known in the diabetes community as reliable in stocking diabetes supplies.