

什麼是低血糖？

What is low blood sugar?

低血糖是使用胰島素或降血糖藥可引致的副作用，其症狀包括：頭痛、頭暈、面色蒼白、心跳加速、發抖、出冷汗、精神不集中、視力模糊、嘔心、嘔吐、疲倦、飢餓等。若不立刻處理，可引致嚴重後果。患者應注意下列各點：

Low blood sugar is a potential side effect of insulin or medications which lower blood sugar. Patients may develop the following symptoms: headache, dizziness, pale face, increased heart rate, shivering, cold sweating, inability to concentrate, blurred vision, nausea, vomiting, fatigue, hunger, etc. Low blood sugar may lead to serious consequences if not managed promptly. Patients should take note of the following points:

1. 若經常出現低血糖症狀，應告知醫生。
Inform your doctor if symptoms of low blood sugar occur frequently.
2. 隨身攜帶含糖食物或飲料(如糖果、方糖等)，在出現低血糖症狀時，儘快服用。若患者出現神智不清或昏迷，其家人應立即將患者送到急症室，切勿向昏迷病人餵服食物或飲料。
Always carry some sugary food or drink (e.g. candies or sugar cubes). Take them immediately upon occurrence of symptoms of low blood sugar. Patients who are confused or unconscious should be sent to Accident & Emergency Department immediately. Do not force-feed an unconscious patient with food or drink.
3. 為避免出現低血糖，患者應
To prevent low blood sugar, patients should
 - 按指示定時用藥。
Use the medications as directed.
 - 按時定量進食，不要隨意改變進餐時間或減少進食次數。
Ensure adequate food intake and regular meal time. Avoid delaying or skipping meals.
 - 不要隨意增加運動量。
Avoid over-exercising.
 - 與醫護人員保持聯絡以跟進病情的發展。
Attend follow-up consultation to monitor the disease progress.

如果錯過了服藥怎麼辦？

What if I miss a dose?

應儘快補服適當的劑量，若記起時已接近服用下一劑量的時間，便不必補服，只需依時服用下一劑量，切勿服用雙倍的劑量。

Use the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. Do not double the dose.

糖尿病患者服藥上有什麼注意事項？

What are the precautions for patients taking antidiabetic medications?

1. 按指示定時用藥，切勿擅自停藥或更改藥物劑量及用藥次數。
Use the medications as directed. Do not stop using the medications or change the dose and frequency unless directed by your doctor.
2. 儘量在每天同一時間用藥。
Use the medications preferably at the same time every day.
3. 如果曾對藥物有過敏反應，請先向醫生或藥劑師查詢。
If you have history of drug allergy, consult your doctor or pharmacist before using the medications.
4. 懷孕、計劃懷孕或餵哺母乳的婦女在用藥前請先告知醫生和藥劑師。
Tell your doctor and pharmacist if you are pregnant, planning to become pregnant, or breastfeeding.
5. 避免飲酒，因酒精會增加藥物的副作用及引致低血糖症狀。
Avoid drinking alcohol. Alcohol can increase the risk of side effects from medications and cause low blood sugar.
6. 切勿隨便使用其他藥物，包括保健產品、中藥、中成藥或西藥。如有需要，應先諮詢醫生或藥劑師。
Before using any other medications, including health supplements, Traditional Chinese Medicine, Proprietary Chinese Medicines and over-the-counter medications, please consult your doctor or pharmacist if necessary.

* 此資料僅供參考，如有任何查詢，請諮詢您的醫生、藥劑師或其他醫療專業人士。
The above information for reference only. For any query, please seek advice from your doctor, pharmacist or other healthcare professionals.

糖尿病藥物

Antidiabetic Medications



糖尿病藥物 Antidiabetic Medications

種類 Classes	功能 Functions	常見副作用 Common Side Effects	注意事項 Precautions
口服降血糖藥 Oral Antidiabetic Medications			
雙胍類 (Biguanides) Metformin	減少肝臟製造葡萄糖，增加身體組織對葡萄糖的利用及減少葡萄糖在消化道的吸收 Reduce the production of glucose in liver, increase the utilization of glucose by body tissue and reduce the absorption of glucose in gastrointestinal tract	腹瀉、噁心、嘔吐 Diarrhoea, Nausea, Vomiting	<ul style="list-style-type: none"> ● 應在進餐時服藥。 Take with meals. ● 避免飲酒，因酒精會增加體內乳酸水平，增加乳酸中毒風險。 Avoid drinking alcohol, which increases lactate levels in the body and hence risk of lactic acidosis. ● 如果要進行任何手術或注射顯影劑，請通知醫生。 Inform your doctor if you are going for any surgery or to be injected contrast medium. ● 患有嚴重腎病的患者不宜服用。 Avoid use in patients with severe kidney diseases.
鈉葡萄糖協同轉運蛋白抑制劑 (Sodium-Glucose Cotransporter 2 Inhibitor, SGLT2) Canagliflozin, Dapagliflozin, Empagliflozin	令腎臟減少回收葡萄糖，而多餘的葡萄糖會隨尿液排出體外 Inhibit reabsorption of glucose in the kidney and lower the blood sugar	暈眩、尿道炎、增加排尿次數 Dizziness, Urinary Tract Infection, Increased Urination	<ul style="list-style-type: none"> ● 應在早上進餐時服藥。 Take with meals in the morning. ● 服藥後多喝水。 Drink plenty of water after taking this medication.
二肽基肽酶-4抑制劑 (Dipeptidyl Peptidase-4 Enzyme Inhibitors, DPP4) Alogliptin, Linagliptin, Saxagliptin, Sitagliptin, Vildagliptin	抑制DPP4分解由腸道細胞分泌的荷爾蒙GLP-1，從而促進胰島素的分泌 Inhibit DPP4 breaking down GLP-1 from intestinal cells and hence stimulate the insulin secretion from pancreas	腹瀉、上呼吸道感染症狀、頭痛 Diarrhoea, Symptoms of Upper Respiratory Infection, Headache	<ul style="list-style-type: none"> ● 若服藥後出現上腹痛、食慾不振、噁心及嘔吐，請通知醫生。 Inform your doctor if symptoms including upper abdominal pain, loss of appetite, nausea and vomiting occur.
磺胺尿酸劑 (Sulphonylurea) Gliclazide, Glimpiride, Glipizide, Tolbutamide	刺激胰臟細胞分泌胰島素 Stimulate the insulin secretion from pancreas	低血糖、頭痛、暈眩、體重增加 Low Blood Glucose, Headache, Dizziness, Weight Gain	<ul style="list-style-type: none"> ● 視乎藥物選擇，需要在進餐時或進餐前30分鐘內服藥。服藥後不可耽誤進食時間，以防出現血糖過低的情況。 Depending on medication formulation, take with meals or 30 minutes before meals. Do not delay meal time after taking the medications in order to prevent low blood sugar.
噻唑烷二酮類 (Thiazolidinediones) Pioglitazone	增加身體對胰島素的敏感度，使葡萄糖進入細胞，從而降低血糖水平 Increase the sensitivity of body to insulin so glucose would enter into the cells and decrease the blood glucose level.	手腳或腳踝腫脹、體重增加 Swelling in Hands, Ankles or Feet, Weight Gain	<ul style="list-style-type: none"> ● 患有心臟衰竭和嚴重肝病的病人不宜服用。 Avoid use in patients with heart failure and severe liver disease.
格列奈類 (Meglitinides) Repaglinide	刺激胰臟細胞分泌胰島素 Stimulate the insulin secretion from pancreas	低血糖、頭痛、腹瀉、暈眩、上呼吸道感染症狀 Low Blood Glucose, Headache, Diarrhoea, Dizziness, Symptoms of Upper Respiratory Infection	<ul style="list-style-type: none"> ● 應在進餐前30分鐘內服藥。服藥後不可耽誤進食時間，以防出現血糖過低的情況。 Take within 30 minutes before meals. Do not delay meal time after taking the medications in order to prevent low blood sugar.
α-葡萄糖苷酶抑制劑 (α-Glucosidase Inhibitors) Acarbose	減慢小腸吸收葡萄糖，從而避免進餐後出現過高血糖 Slow down the absorption of glucose in small intestine so as to prevent high glucose level after meals	腹瀉、腸胃氣脹、腹痛 Diarrhoea, Flatulence, Abdominal Pain	<ul style="list-style-type: none"> ● 應在每次正餐時隨第一口食物同服藥。 Take with first bite of food at each main meal.
皮下注射針劑 Subcutaneous Injections			
類升糖素肽-1受體促效劑 (Glucagon-like peptide 1 agonist, GLP-1) Dulaglutide, Exenatide, Liraglutide	促進胰島素的分泌 Stimulate the insulin secretion	注射部位紅腫疼痛、頭痛、噁心、嘔吐、腹瀉 Redness, Swelling & Pain at Injection Site, Headache, Nausea, Vomiting, Diarrhoea	<ul style="list-style-type: none"> ● 未開啟封蓋前應存放於雪櫃。 Refrigerate before opening. ● 輪流更換注射部位。 Rotate the injection sites.