



General Authority for Health Services for the Emirate of Abu Dhabi

**Al-Rahba Hospital  
Department of Pharmacy**

**Generic name: ACARBOSE**



**Why is this medication used?**

Acarbose is used as a blood-sugar-lowering agent (type 2 diabetes mellitus), could be used alone or in combination with other antidiabetic agents.



**How should this medication be used?**

- Your doctor will tell you how much to take and how often.
- Take your medication with the first bite before the start of your main meals .
- It is very important not to skip meals after taking acarbose.
- Do not discontinue therapy without talking to your physician, it is long term therapy.



**What special precautions should I follow?**

- Talk with your doctor if you have kidney, or any problems with the bowels.
- Inform your doctor if you are pregnant or breast feeding.
- You may have low blood sugar while you are taking acarbose, especially if you miss a meal, or doing exercise for long time.
- It is likely to cause gas. This is normal and should go away over time.
- If your blood sugar gets too low, you may feel weak, drowsy, confused, anxious, or very hungry. Try to eat sugar or drink sweet fruit juices or non-diet soft drink.
- Inform your doctor if you are using any medication.
- You should Store this medication at room temperature, away from heat, moisture, and direct light. Keep all medications away from children.



**What special dietary instructions should I follow?**

- Follow the diet your doctor ordered, exercise regularly, and test your blood for sugar as your doctor ordered.
- Limit the amount of food with high amount of carbohydrate, fats and sugar.
- Choose foods that are good source of fibers.
- Eat your meals and snacks at about the same times and in the same amounts each day.
- Never skip a meal especially that followed by the medication.



**What should I do if I forget to take a dose?**

- If you remember the dose while you are still eating or right after you finished your meal, take the dose right away. Otherwise, wait until your next main meal to take your medication.
- You should not use two doses at the same time.



**What side effects can this medication cause?**

**Notify your physician if you experience any of the following:**

Flatulence, diarrhea, and stomach disturbances.