

## TDR WEIGHT LOSS PROGRAMMES INFORMATION FOR HEALTH PROFESSIONALS

## Medication adjustment guide

This guidance aims to help you make these medication adjustments, but please use your clinical judgement.

TYPE 2 DIABETES		
Patient currently takes:	Recommendation	
Metformin	HALF daily dose	
Sulphonylurea	STOP	
Glitazone	STOP	
Glinide	STOP	
DPP IV inhibitor	STOP	
Acarbose	STOP	

At the end of the weight loss phase, re-assess patients requirements for oral diabetic therapies using HbA1c measurements or a finger prick blood glucose measurement.

Patient currently takes:	Current dose	Recommendation
Loop Dieuretic:		
Furosemide	≤ 40 mg daily	STOP
	80 – 120 mg daily	REDUCE by 40 mg daily
	≥ 120 mg daily	REDUCE by 40 mg daily
Bumetamide	≤ 1 mg daily	STOP
	2-3 mg daily	REDUCE to 1mg daily
	≥ 3 mg daily	REDUCE by 1mg daily
Thiazide Diuretic		STOP
α Blocker	Used for hypertension	STOP
	Other uses	CONTINUE
ß Blocker		HALF daily dose
Ca channel blocker		HALF daily dose
ACE inhibitors or ARBs	Used for hypertension	STOP
	Used for heart failure	HALF daily dose

LIPID-LOWERING DRUGS		
Patient currently takes:	Recommendation	
Fibrates	STOP	
Statins	CONTINUE	
Ezetimibe	CONTINUE	

