

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.

HYPERTENSION

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

LIPID-LOWERING DRUGS

Patient currently takes:	Recommendation
Fibrates	STOP
Statins	CONTINUE
Ezetimibe	CONTINUE

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