



Department of Health & Family Welfare

TREATMENT PROTOCOL FOR TYPE 2 DIABETES MELLITUS

Screen all individuals above 30 years and if diagnosed

- 1 Advice Life Style Modifications (LSM) & Assess for complications
Start T. Metformin 500mg OD or BD
Monitor FPG/PPPG monthly
- 2 Review in 1 month, if FPG,PPBG values are high,
Intensify T. Metformin 1000mg BD
Along with LSM
- 3 Review in 1 month, if FPG,PPBG values are high
Add T. Glimpiride 1 mg OD
(½ hour before breakfast and reduce to 0.5 mg/day depending if there is hypoglycemia.)
Along with LSM, T.Metformin 1000mg BID. Give hypoglycemia training.
- 4 Give hypoglycemia training.
Intensify T.Glimpiride 1 mg BD up to 2mg BID
(½ hour before meals)
Along with LSM, T.Metformin 1000 mg/day BID.
- If plasma glucose not under control after second drug and if any complications present,
Refer to District hospital
- 5 If there is no complications, Continue LSM, Metformin 1 gm BD, Tab. Glimpiride 2mg BD,
Add T.Pioglitazone 7.5 mg OD
(to a maximum 15 mg once daily)
Avoid in cardiac failure, fluid overload patients
- 6 If plasma glucose not under control after third drug,
Start Insulin
- 7 If plasma glucose not under control
Refer to District hospital

Diagnosed diabetes with symptoms & FPG ≥ 250 mg/dL at presentation.

Repeat testing once a week and start combination therapy with Tab. Metformin 500 mg BD & Tab Glimpiride 1mg daily , up titrate , monitor weekly and to start Insulin if not getting controlled. Refer if not controlled

Hypoglycemia

Symptoms

Cold sweat, trembling of hands, hunger, palpitation, confusion etc

Treatment

Ingestion of glucose or carbohydrate containing foods. Consume 15 gms of glucose i.e. 1 tablespoon sugar, fruits, next meal & recheck blood glucose after 15 minutes, repeat if hypoglycemia continues

If any of the following complications are present, **refer** to higher centre.

- Uncontrolled plasma glucose with symptoms
- Visual symptoms
- Foot ulcer
- Nephropathy/ frothing of urine
- Painful neuropathy
- Infections/sensis.

LIFE STYLE MODIFICATIONS

- Restrict sugar & sweets
- Restrict fried and oily foods
- Increase fiber in diet (green leafy vegetables, lentils or peas, whole grains, apple, banana)
- Regular consumption of seasonal vegetables
- Brisk walking for 30 minutes daily
- 5 minutes warm up
- 5 minutes cool down
- Avoid Tobacco and Alcohol

If patient is under control by any of the above steps, continue same treatments if no complications is identified and follow up shall be done every month with FBG and 2hour PPBG

Base Line Lab Investigations

Urine Albumin
Blood Urea
Serum Creatinine

Target mg/dL

FPG: 80-130
PPPG: >180



STATE NCD DIVISION