

PRESCRIBE THIS... NOT THAT!

KEY: Prices per 30-day supply

- \$\$ = \$150–500
- \$\$\$ = \$500–\$1,000
- \$\$\$\$ = > \$1,000



GENERAL TIPS

- ✓ Generic medications
- ✓ Medications with long-term evidence of effectiveness and minimal harm
- ✓ Highest pill strength available: 1 pill per dose, or ½ tabs if amenable
- ✓ Generic combination meds (if stable on dose)
 - Branded or newest medications with limited evidence
 - Lower pill strength when patient has to take 2+ pills per dose
 - Same medication in two different strengths (unless titrating or tapering)
 - Brand-only combination products (when separate meds are available as generics)
 - Combinations in general are more expensive

GLUCOSE-LOWERING AGENTS IN TYPE 2 DIABETES MELLITUS

Always assess for adherence and optimize doses of current medications before adding additional therapy. Increased medication burden may worsen adherence and outcomes.

- ✓ Referral to Certified Diabetes Educator for all newly diagnosed patients
- ✓ Generic metformin ER (Glucophage XR®); metformin can be used at reduced doses with eGFR 30-44
- ✓ Glimepiride or glipizide
- ✓ A1C > 10 % on metformin: Start basal insulin with patient self-titration if appropriate
- ✓ NPH can be considered a reasonable option for some patients with Type 2 DM starting on insulin
 - Metformin ER MOD 500-1000 mg (Glumetza®) – \$\$\$\$
 - Fortamet – \$\$\$
 - Glyburide
 - DPP4 or DPP4-GLP1 combo – \$\$
 - Caution > 2-3 non-insulin glucose-lowering agents, to minimize polypharmacy, improve adherence

OPIATES

General principles: < 50 MEDs, limit use for chronic pain treatment; non-pharmacologic therapy and non-opiates preferred. Avoid concomitant benzodiazepine use.

- ✓ Limit short-acting agents
- ✓ If prefer long-acting agents, choose morphine sulfate CR
- ✓ Can add APAP to opiate to augment pain relief effect
- ✓ Non-opiates: APAP, NSAIDs, TCA, gabapentin
- ✓ Don't forget: naloxone when appropriate
 - OxyContin (oxycodone CR) – \$\$
 - Opana ER (oxymorphone CR) – \$\$
 - Long-acting hydrocodone products: Zohydro ER – \$\$
 - Hysingla ER – \$\$