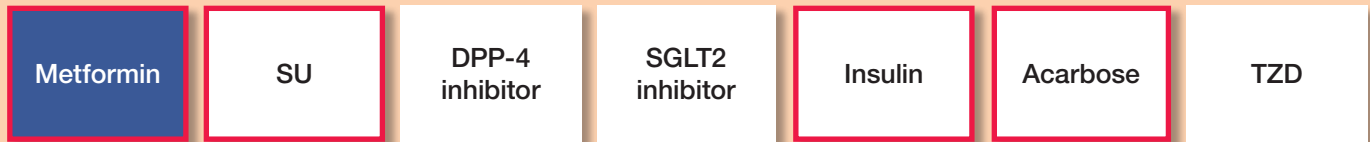


# AUSTRALIAN BLOOD GLUCOSE TREATMENT ALGORITHM FOR TYPE 2 DIABETES

All patients should receive education regarding lifestyle measures: healthy diet, physical activity and weight control  
 Determine the individual's HbA<sub>1c</sub> target – this will commonly be ≤ 53 mmol/mol (7.0%).  
 If not at target, or if an HbA<sub>1c</sub> reduction of ≥ 0.5% is not achieved after 3 months, move down the algorithm.

First line: Metformin is the usual first-line therapy unless contraindicated or not tolerated



If HbA<sub>1c</sub> target not achieved in 3 months:

- check and review current therapies, stop any that fail to improve glycaemic control
- check patient understanding and self-management
- review use of therapies
- exclude other comorbidities/therapies impacting on glycaemic control
- reinforce lifestyle measures

Second line: If metformin was not used first line, add it now, if not contraindicated

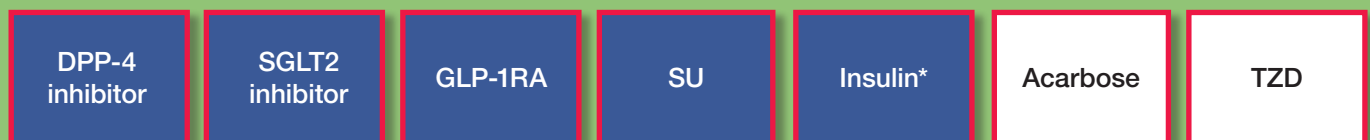
Sulfonylureas (SU) are the usual initial agent to add to metformin. If SU are contraindicated or not tolerated, another agent may be used.



If HbA<sub>1c</sub> target not achieved in 3 months:

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- reinforce lifestyle measures

Third line: Consider triple oral therapy or addition of GLP-1RA or insulin

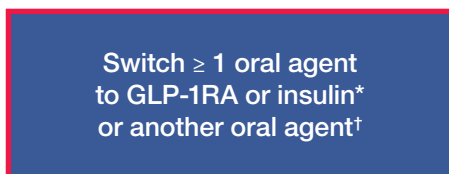


If HbA<sub>1c</sub> target not achieved in 3 months:

- check and review current therapies, stop any that fail to improve glycaemic control
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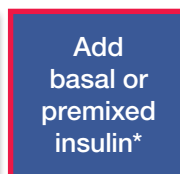
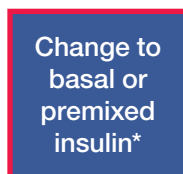
THEN

If on triple oral therapy



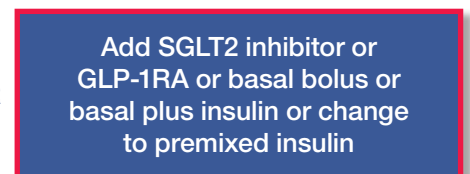
OR

If on GLP-1RA



OR

If on basal insulin\*



PBS = Pharmaceutical Benefits Scheme, SU=sulfonylurea, TZD= thiazolidinedione, DPP-4 = dipeptidyl peptidase-4, GLP-1RA= glucagon like peptide 1 receptor agonist, SGLT2 = sodium glucose transporter.

Dark blue boxes indicate usual therapeutic strategy (order is not meant to denote any specific preference) (usual refers to commonly available, evidence based, cost effective therapy). White boxes indicate alternate approaches (order is not meant to denote any specific preference). Red outlines indicate the classes of glucose lowering agent that include PBS subsidised products.

\* Unless metformin is contraindicated, or not tolerated, it is often therapeutically useful to continue it in combination with insulin in people with Type 2 diabetes.

† Switching an oral agent is likely to have the smallest impact on glycaemia.

# AUSTRALIAN BLOOD GLUCOSE TREATMENT ALGORITHM FOR TYPE 2 DIABETES

Table of Evidence and Properties of Glucose-Lowering Agents<sup>†</sup>

| Glucose-lowering Class and Drugs   | Mechanism of Action   | Outcome data   | Contraindications  | Precautions, Side Effects and Administration   | Cost and Accessibility  |
|--|---|--|--|--|---|
| <b>Biguanide</b> <ul style="list-style-type: none"> <li>metformin</li> <li>metformin XR</li> </ul>   | Reduces hepatic glucose output, lowers fasting glucose levels   | UKPDS <sup>1</sup>   | Renal impairment (eGFR<30 ml/min/m <sup>2</sup> )<br><br>Severe hepatic impairment | <b>Precautions</b><br>Suspend treatment during acute disease/ conditions with the potential to cause tissue hypoxia or alter renal function.<br><br><b>Side Effects</b><br>GI side effects, lactic acidosis, weight neutral<br><br><b>Administration</b><br>Oral administration<br>Start at low dose and up-titrate<br>Slow release preparations available | General schedule on PBS   |
| <b>Sulfonylureas</b> <ul style="list-style-type: none"> <li>glibenclamide</li> <li>gliclazide</li> <li>gliclazide MR</li> <li>glimepiride</li> <li>glipizide</li> </ul>                            | Triggers insulin release in a glucose-independent manner  | UKPDS <sup>2</sup><br>ADVANCE <sup>3</sup><br>- Gliclazide MR  | Severe renal or hepatic impairment   | <b>Precautions</b><br>Hypoglycaemia<br><br><b>Side Effects</b><br>Weight gain<br><br><b>Administration</b><br>Oral administration<br>Start at low dose and up-titrate<br>Slow release preparation available  | General schedule on PBS   |
| <b>Dipeptidyl peptidase-4 (DPP-4) inhibitors</b> <ul style="list-style-type: none"> <li>alogliptin</li> <li>linagliptin</li> <li>saxagliptin</li> <li>sitagliptin</li> <li>vildagliptin</li> </ul> | Decreases inactivation of glucagon-like peptide (GLP-1) thereby increasing its availability<br><br>GLP-1 stimulates beta cell insulin release     | EXAMINE <sup>4,5</sup><br>- Alogliptin<br>SAVOR-TIMI 53 <sup>6,7</sup><br>- Saxagliptin<br>TECOS <sup>8</sup><br>- Sitagliptin | Pancreatitis <sup>9</sup>  | <b>Precautions</b><br>Nasopharyngitis-often subsides in 10-14 days<br><br><b>Side Effects</b><br>Rash, pancreatitis, GI disturbances, weight neutral<br><br><b>Administration</b><br>Oral administration<br>Dosage adjustment in renal impairment (except Linagliptin) <sup>10</sup>   | Alogliptin, Linagliptin, Saxagliptin, Sitagliptin, Vildagliptin are PBS subsidised for use with either Metformin or Sulfonylurea (i.e. dual therapy)<br><br>Linagliptin, Saxagliptin, Sitagliptin and Vildagliptin are PBS subsidised for use with Metformin and Sulfonylurea (i.e. triple therapy). Saxagliptin with dapagliflozin and linagliptin with empagliflozin PBS subsidised for use with metformin (i.e. triple therapy)<br><br>Linagliptin, Sitagliptin and Vildagliptin are PBS subsidised for use with insulin |
| <b>Thiazolidinediones (TZD)</b> <ul style="list-style-type: none"> <li>pioglitazone</li> <li>rosiglitazone</li> </ul>  | Transcription factor peroxisome proliferator-activated receptor PPAR $\gamma$ agonists<br><br>Lowers glucose levels through insulin sensitisation | PROACTIVE <sup>11</sup><br>- Pioglitazone<br>RECORD <sup>12</sup><br>- Rosiglitazone   |  | <b>Precautions</b><br>Symptomatic heart failure<br><br><b>Side Effects</b><br>Fluid retention, heart failure, increased risk of non-axial fractures in women, increased risk of bladder cancer, weight gain<br><br><b>Administration</b><br>Oral administration  | PBS subsidised for use in combination with Metformin or Sulfonylurea or both<br><br>Patient must have a contraindication or intolerance to Metformin- Sulfonylurea combination<br><br>PBS subsidised for use with insulin   |
| <b>Alpha 1 glucosidase inhibitors</b> <ul style="list-style-type: none"> <li>acarbose</li> </ul>   | Slows intestinal carbohydrate absorption and reduces postprandial glucose levels  |  | Severe renal impairment (creatinine clearance < 25 ml/min/m <sup>2</sup> )         | <b>Precautions</b><br>Gastrointestinal disorders associated with malabsorption<br><br><b>Side effects</b><br>Bloating and flatulence, weight neutral<br><br><b>Administration</b><br>Oral administration<br>Take with meals as tolerated   | General schedule on PBS   |
| <b>Sodium-glucose co-transporter-2 (SGLT2) inhibitors</b> <ul style="list-style-type: none"> <li>canagliflozin</li> <li>dapagliflozin</li> <li>empagliflozin</li> </ul>                            | Inhibits a Sodium-glucose cotransporter to induce urinary glucose loss and decrease blood glucose levels  | EMPA-REG OUTCOME <sup>13</sup><br>- Empagliflozin<br>CANVAS <sup>14</sup><br>- Canagliflozin                                   | Diminished efficacy with renal impairment (eGFR < 60 ml/min/m <sup>2</sup> )       | <b>Precautions</b><br>Avoid use with loop diuretics<br><br><b>Side effects</b><br>Dehydration, dizziness, genitourinary infections (advise adequate fluid intake and meticulous toileting hygiene), ketoacidosis, weight loss<br><br><b>Administration</b><br>Oral administration  | Dapagliflozin and Empagliflozin:<br><br>PBS subsidised for use in combination with Metformin, Sulfonylurea or both<br><br>PBS subsidised for use with insulin<br><br>Dapagliflozin with saxagliptin and empagliflozin with linagliptin PBS subsidised for use with metformin<br><br>Not PBS subsidised for use as monotherapy or in combination with a thiazolidinedione (glitazone), or glucagon-like peptide-1<br><br>Canagliflozin: PBS subsidisation withdrawn  |
| <b>Glucagon-like peptide-1 (GLP-1) receptor agonists</b> <ul style="list-style-type: none"> <li>exenatide</li> <li>exenatide ER</li> <li>liraglutide</li> <li>lixisenatide</li> </ul>              | Stimulates beta-cell insulin release and slows gastric emptying   | ELIXA <sup>15,16</sup><br>- Lixisenatide<br>LEADER <sup>17</sup><br>- Liraglutide  | Avoid with history of pancreatitis or pancreatic malignancy                        | <b>Precautions</b><br>Dosage adjustment in moderate-severe renal impairment<br>Increased risk of pancreatitis<br><br><b>Side effects</b><br>Nausea, vomiting, weight loss<br><br><b>Administration</b><br>Subcutaneous injection   | Exenatide, Exenatide ER and Dulaglutide:<br><br>PBS subsidised for use in combination with Metformin, Sulfonylurea or both<br><br>Exenatide (but not Exenatide ER):<br><br>PBS subsidised for use with insulin<br><br>Not PBS subsidised for use as monotherapy or in combination with dipeptidyl peptidase 4 inhibitor (gliptin), a thiazolidinedione (glitazone) or a SGLT2 inhibitor   |
| <b>Insulin</b>   | Directly activates the insulin receptor.  | UKPDS <sup>2</sup><br>ORIGIN <sup>18</sup><br>- Insulin Glargine   |  | <b>Precautions</b><br>Consider need for dosage adjustment in moderate-severe renal disease<br><br><b>Side effects</b><br>Hypoglycaemia, weight gain<br><br><b>Administration</b><br>Subcutaneous injection<br>Considered early if BGL is very high   | General schedule on PBS<br><br>Levemir Insulin: PBS subsidisation restricted to Type 1 diabetes   |

<sup>†</sup> Gunton JE et al. MJA 2014, 201(11), 650-53.

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