

Pre-exercise Medication



Medications

- Consume your medications as prescribed by your doctor.
- Do not skip medications and attempt to replace it with exercise.
- Consult your doctor for a medication review if you are changing your exercise routine.

Important Medicine

- If you are on insulin, sulphonylurea (e.g., gliclazide, glimepiride, glipizide and tolbutamide) or meglitinides (e.g., repaglinide), your **blood sugar levels may decrease faster** as compared to other medications.
 - ↳ Start easy, monitor signs and symptoms closely, and avoid prolonged exercise.
 - ↳ Consult your doctor for a medication review if you experience signs and symptoms of **hypoglycaemia**.