

Meal times



- If your schedule does not allow you to take regular meals, do **discuss with your healthcare team on a diabetic medication regimen that is more suited for your lifestyle.**
- **If you are planning to substantially reduce the amount of carbohydrates in your meals, you may be at risk of hypoglycaemia if you are on insulin or certain oral medications** (sulfonylureas such as glipizide, gliclazide, glimepiride, tolbutamide). Do discuss with your doctor on how your medication can be adjusted to match any change in your diet.