

Treatment Algorithm for the Management of Type 2 diabetes with Oral Therapy

Lifestyle advice focusing on Healthy eating and increased physical activity to be explored at diagnosis
Referral to structured education programme and Dietitian to be discussed

First line	Metformin If BMI >25 or 23 if South Asian (SA) , eGFR >45 and If HbA1c >48mmol/mol 3 months post diagnosis 500mg once daily post main meal titrating to maximum tolerated dose or 2 grams daily over 4 weeks. Modified release to be used if concordance or side effects an issue		Glimepiride If Symptomatic (no ketonuria) or BMI< 25 (23 if south asian) or Metformin Contraindicated SBGM to be commenced to facilitate dose titration and detect hypoglycaemia		
Second line HbA1c >48mmol/mol after 3 months treatment	Glimepiride or Metformin With active dose titration	Gliptin DPP-4 inhibitor Alogliptin 25mg OD (if eGFR >50) Linagliptin 5mg OD (if eGFR<50)	Pioglitazone 15mg once daily to be increased to 30mg after 3 months if no impact on HbA1c	SGLT2 Inhibitor Consider if weight loss would be beneficial	Insulin
Indications	SBGM with glimepiride for drivers	Hypoglycaemia avoidance Driver Elderly	Insulin resistance South Asian Driver	Hypoglycaemia avoidance Facilitates Weight loss	Persistent Symptoms or minimal response to SU Contact DSN for advice
Contraindications Cautions	Glimepiride Hypoglycaemia	Metformin eGFR<45 max dose 1gram CleGFR < 30 Contraindicated	Pancreatitis	Avoid in patients with heart failure, at risk of fluid retention, history of bladder cancer and uninvestigated haematuria, Monitor LFTs	eGFR<60 History of thrush/UTI Over 75 ,Might trigger postural hypotension if fluid depleted (consider elderly and risk of falls)

Review HbA1c 3 months after commencing a new treatment If no change or rise in HbA1c **Stop** Gliptin or SGLT2 inhibitor.
 Increase dose of Pioglitazone to 30mg. Increase Glimepiride dose and commence SBGM to facilitate further dose titration.
Review HbA1c at 6 months if HbA1c has not reduced by > 6mmol/mol **STOP GLIPTIN, SGLT2 INHIBITOR and PIOGLITAZONE**(45mg not indicated if no response to 30mg)

Third line HbA1c>59mmol/mol or individualised target	Insulin Refer L 2 Commence Blood Glucose Monitoring	GLP1 Refer L2 Commence Blood Glucose Monitoring	Glimepiride if not previously tried Commence SBGM	Pioglitazone Add to Metformin and Cana/Empa Metformin and Gliptin	Gliptin Add to Metformin and Glimepiride Metformin and pioglitazone	Canagliflozin or Empagliflozin Add to Metformin and pioglitazone Metformin and glimepiride
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If HbA1c >59mmol /mol or above individualised target after 6 months on triple therapy refer for injectable therapy