

GLP1 receptor agonist medicines – Patient Leaflet

Dulaglutide (Trulicity®), Liraglutide (Victoza®), Semaglutide (Ozempic®)

You have been prescribed a medication called a GLP-1 receptor agonist (GLP1-RA) by your diabetes team. It is usually given as an injection that you can administer yourself, but it is not insulin. This medication helps to lower your blood sugar levels and can also help you to lose weight. We also know that these medicines can help to prevent some heart problems in the long term.

The information in this leaflet will help you to get the best out of your medication.

More information is available in the manufacturer's leaflet dispensed in the box with your medication.

How do they work?

GLP1-RAs increase the level of a group of hormones in the body that control the amount of insulin you produce and how quickly the stomach digests food. They can make you feel full more quickly after meals and may reduce your appetite.

What are the main side effects?

The main side effect that these medicines can cause is feeling nauseous (sick). This is usually mild and will improve over time. There are things you can do to reduce nausea:

- Stop eating when you feel full. This may be after a smaller portion of food than you are used to eating.
- Eat slowly
- Eat smaller, more frequent meals
- Reduce the fat content of your meals

As with all treatments for diabetes, it is important to eat a healthy, balanced diet. We have printed some advice about this on the other side of this leaflet.

It is important to keep well hydrated (drink at least 6-8 glasses of fluid per day, unless advised otherwise by your healthcare professional) whilst taking these medicines. If you become unwell with an illness that means you are at risk of dehydration (e.g. diarrhoea or vomiting) it is best to **stop your GLP1-RA** until you are eating and drinking normally again. If you are unsure, contact your GP for advice.

Rare side effects

Rarely, these medicines can cause inflammation of the pancreas (pancreatitis). If you experience severe abdominal (central tummy) pain, seek immediate medical help from your GP or NHS 111.

How to take the medicine

Your diabetes team will show you how to use your injection. Important things to remember when you are injecting are:

- Use a new needle for each injection (in some pens this will already be set up for you)
- Rotate the site where you are injecting as shown by your healthcare professional

Storage

Your GLP1-RA pens must be kept in a fridge between 2°C and 8°C. Keep them in the original packaging to protect them from light.

You will need a sharps container to dispose of used needles (and pens if the needle cannot be detached from them). This will be prescribed for you.

Monitoring

You do not usually need to check your blood sugars at home whilst on these medicines. However, if you are on other diabetes medicines that can cause low sugars (e.g. gliclazide, insulin), your diabetes team may recommend you check your sugars regularly, particularly when you first start the GLP1-RA.

You will need a blood test to check your HbA1c (average blood sugar) and a weight check 3 months after starting this medication.

For more support and information about your new medication, ask your Community Pharmacist about the New Medicines Service.

Diabetes: How to take control

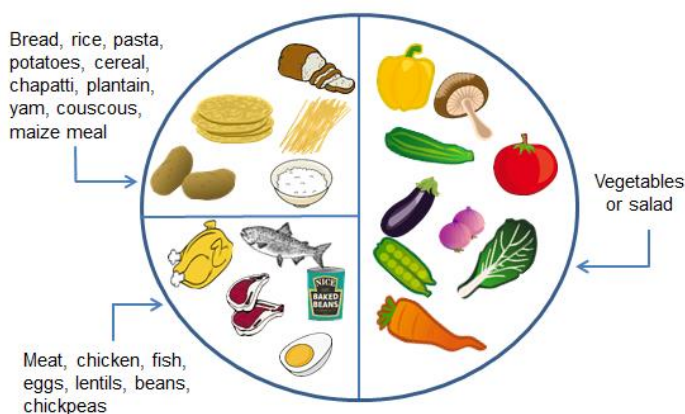
Remember - You can make a big difference to your diabetes and health. Learn more and take control. Aim to change habits so that this becomes a different way of living.

Lose weight

Aim to shift your energy balance by reducing your calorie intake and increasing your physical activity. Food and drink provide calories or “fuel” for the body. If you take in less fuel than your body needs each day, your body will start to use up fat stores.

Try to:

- Reduce your portion sizes, try using a smaller plate. Eat slowly, and stop eating as soon as you are satisfied, rather than continuing until the plate is empty.
- Avoid foods high in fat or sugar, or have only occasionally e.g. fried foods, pastry, chocolate, non-diet fizzy drinks, cakes and sweets.
- Include more vegetables or salad at mealtimes. These are low in calories, and contain plenty of vitamins & minerals, with fibre to fill you up. Aim for ½ of your plate to be vegetables or salad, with about 1/4 protein, and 1/4 carbohydrate.
- Choose lean sources of protein e.g. chicken, fish, eggs, pulses. Avoid adding extra fat or oil, and grill, boil, or steam rather than fry.
- Try to pause before you have a snack, and think “Am I hungry?” If not, then try to do something else to distract yourself. If you are hungry, choose a healthy snack.
- Reduce your alcohol intake – a pint of beer or glass of wine contains about 170-250 calories, so these can soon add up.



Reduce carbohydrate intake

All carbohydrate foods break down into glucose in your blood: having less of these will reduce the amount of glucose going into your bloodstream.

There are two main types of carbohydrate foods: sweet, and starchy.

Starchy carbohydrates include potatoes, bread, rice, pasta, breakfast cereal, chapattis, plantain, yam, maize or corn meal, and cassava. Try to reduce your portions of these foods. For example, aim for just ¼ of your plate to be starchy carbohydrate, and limit bread to just 1-2 slices per meal.

Sweet carbohydrates include those foods with added sugar, and those containing natural sugars such as fruit, fruit juices, and honey.

Try to limit your intake of foods with added sugar:

- Choose diet or sugar free alternatives, water, tea or coffee, rather than full sugar fizzy drinks and squashes, fruit juices and smoothies.
- Try to avoid snacks such as cakes, biscuits, chocolate, or have only occasionally.
- Choose a diet or natural yogurt, or sugar-free jelly for a sweet treat.
- Have a portion of fruit (one handful) as a healthy snack.

Increase activity

Increasing activity burns more calories, helps reduce your blood glucose, and can also help to keep your joints healthy and improve your mood. Build up your activity gradually, and limit sitting down time.

Take medication

Take medication if prescribed by your doctor – but remember that changes to your diet and activity levels will help you to control your blood glucose alongside the medication.

Useful sources of information

NHS Choices (www.nhs.uk/conditions/diabetes)

Diabetes UK (www.diabetes.org.uk)