

# GLP-1 Start Instructions

## What is it?

GLP-1 is a hormone in the body that helps to regulate our appetite and blood sugar levels. People with type 2 diabetes often have low levels of GLP-1 in their body. GLP-1 medications are an injection given either daily or weekly along with healthy eating, active living, and other diabetes medications to help keep blood sugar levels under control.

## Side Effect Information

- Common side effects are nausea, headache and diarrhea.
- Nausea is the most common when you first start a GLP-1 medication, or if you increase the dose. Nausea decreases over time for most people.
- If you have nausea and vomiting that does not go away, please call your diabetes care team.

## Blood Glucose Monitoring

- Test your blood sugars at least twice each day while on a GLP-1 medication.
- It is recommended that you test every morning (before breakfast), and at another time during the day (before lunch or before supper). If you are on other medications, you may have to test more often.
- Write your blood sugars in your log book or on the log sheet provided to you by your diabetes educator.
- If you experience more than two episodes of hypoglycemia (blood sugar less than 4.0 mmol/L) in one week, please call your diabetes care team.

## Other Medication Adjustments:

**STOP** taking:

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**CONTINUE** taking:

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**ADJUST** dose:

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### ☐ **VICTOZA:**

- Start by taking 0.6 mg of Victoza once daily for 1 week. If you do not have any side effects after 1 week of being on Victoza, increase your dose to 1.2 mg.
- Book a phone follow up with your diabetes educator or physician for 1 week after increasing to the 1.2 mg dose. If you are feeling well, your dose will be increased to 1.8 mg.
- If you are injecting insulin at the same time as Victoza, please inject Victoza in a different spot.
- Each prefilled pen of Victoza will deliver 30 doses of 0.6 mg, 15 doses of 1.2 mg and 10 doses of 1.8 mg.
- Keep your opened Victoza pen at room temperature for up to 30 days (out of direct sunlight and in an area that remains at room temperature).
- Keep unopened Victoza pens in the refrigerator.

#### **ADLYXINE:**

- Start by taking 10 mcg of Adlyxine once daily with your first meal of the day for 2 weeks.
- If you do not have any side effects after 2 weeks of being on Adlyxine, increase your dose to 20 mcg.
- Adlyxine comes in a prefilled pen. Each pen will deliver either 10 mcg (green pen) or 20 mcg (purple pen) doses depending on your prescription.
- To give your dose of Adlyxine, pull the injection button out until it stops.
- Choose your injection site and insert needle.
- Press down injection button until you hear a click. Hold for 2 seconds before removing the needle from your body.
- If you are injecting insulin at the same time as Adlyxine, please inject Adlyxine in a different spot.
- Each prefilled pen of Adlyxine contains 14 doses of either 10 mcg or 20 mcg.
- Keep your opened Adlyxine pen at room temperature for up to 14 days.
- Keep unopened pens in the refrigerator.

#### **TRULICITY:**

- Start by taking 0.75 mg of Trulicity once per week.
- Take Trulicity on the same day each week.
- Trulicity comes in a single use pen. Each pen contains either 0.75 mg or 1.5 mg depending on your prescription. Your doctor may increase your dose to 1.5 mg if your blood sugars are still high.
- Take the pen out of the box and remove the guard on the end of the pen.
- Place the clear end of the pen against your skin at the injection site.
- Twist the top of the pen to the “unlocked” position.
- Press and hold the green button. You will hear 2 clicks: one when the injection starts, and another click when the injection has finished.
- Hold the pen against your skin until you hear the 2<sup>nd</sup> click and you can see the grey bar in the base.
- Dispose of the whole pen in your sharps container.
- Keep unopened Trulicity pens in the refrigerator. Take your Trulicity pen out of the refrigerator the night before your next injection. The Trulicity pen can be out of the fridge for a maximum of 14 days.

#### **OZEMPIC:**

- Start by taking 0.25 mg of Ozempic once per week for 4 weeks. If you do not have any side effects after 4 weeks of being on Ozempic, increase the dose to 0.5 mg.
- Book a phone follow up with your diabetes educator or physician for 4 weeks after increasing to the 0.5 mg dose. If you are feeling well, your dose will be increased to 1.0 mg.
- If you are injecting insulin at the same time as Ozempic, please inject Ozempic in a different spot.
- There are 2 different Ozempic pens. A starter pen that delivers 0.25 mg and 0.5 mg doses, and a maintenance pen that delivers 1.0 mg doses.
- Each prefilled pen of Ozempic will deliver 8 doses of 0.25 mg, 4 doses of 0.5 mg and 2 doses of 1.0 mg.
- Keep your opened Ozempic pen at room temperature for up to 56 days (out of direct sunlight and in an area that remains at room temperature).
- Keep unopened Ozempic pens in the refrigerator.