Starting a GLP-1 RA

If your doctor has prescribed a GLP-1 RA, have them fill in this section for you.

Product name: __________________________
When to take: __________________________
How to take: ______________________________________________________
Starting dose: __________________________
Dose adjustments (if needed): __________________________________________

Don’t hesitate to call a member of your diabetes care team if you have questions about how or when to take your medicine. Write the names and numbers of your team members below.

Primary doctor __________________________
________________________________________
Diabetes educator __________________________
________________________________________
Pharmacist ________________________________
________________________________________
Other ______________________________________
________________________________________

Move where you inject at least one inch from your last one in a recommended area of the body shown here. Be sure to avoid injecting in the same spot.

Follow-up appointment date: __________________________

To learn more or to sign up for support to help you manage your diabetes from Novo Nordisk, scan this code with a smartphone or tablet.

You may be eligible for free one-on-one support from a Diabetes Health Coach. Call 1-877-322-0281 to sign up today.*

*For patients starting certain Novo Nordisk products.
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How does this medicine work?

GLP-1 RAs help to lower blood glucose. This medicine:
• Helps the pancreas release more insulin when blood glucose is high
• Indirectly, stops the liver from making too much glucose when blood glucose levels are high
• Slows down movement of food leaving the stomach

Does this medicine cause side effects?

Like all medicines, GLP-1 RAs can have side effects. The most common side effects are usually gastrointestinal side effects. These include, nausea, vomiting, diarrhea, abdominal pain, indigestion, constipation, and decreased appetite. If you have side effects, talk to your diabetes care team to find ways to manage them. Be sure to tell your doctor about any side effect that bothers you or does not go away.

If you take other diabetes medicines with your GLP-1 RA, you may have a higher risk of having low blood glucose. The American Diabetes Association (ADA) defines low blood glucose (or hypoglycemia) as when your blood glucose is less than 70 mg/dL. Talk to your diabetes care team about your own blood glucose targets, and what to do if low blood glucose happens.

Why is this medicine important?

Taking a GLP-1 RA may help lessen the chances of having heart or blood vessel problems, such as a stroke or heart attack, in people with type 2 diabetes. Adding a GLP-1 RA is important for people with type 2 diabetes because this medicine can also lower your A1C. In addition, GLP-1 RAs may help you lose some weight.

Medicine (name) | How much to take | When to take it
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What medicines do you take?

You may have to take more than one diabetes medicine to reach your blood glucose goals. It’s important to know:
• What each medicine is
• How and when to take each one

Be sure to take each medicine exactly as your doctor tells you to. Write down all of your medicines here.