

# GLP-1 receptor agonists



Take charge of your diabetes

## Medicines for Type 2 Diabetes

Exp. 04/2024

**ADCES FAVORABLY REVIEWED**

Association of Diabetes Care & Education Specialists

The Favorably Reviewed logo indicates this material has been reviewed for educational content and does not imply endorsement of any product.



### ? Questions?

Many people have questions when they start taking a new medicine. Ask your diabetes care team any questions you may have, such as:

**Question** *What if I forget to take my medicine?*

**Answer** \_\_\_\_\_  
\_\_\_\_\_

**Question** \_\_\_\_\_

**Answer** \_\_\_\_\_  
\_\_\_\_\_

**Question** \_\_\_\_\_

**Answer** \_\_\_\_\_  
\_\_\_\_\_

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 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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.

## 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: \_\_\_\_\_  
\_\_\_\_\_

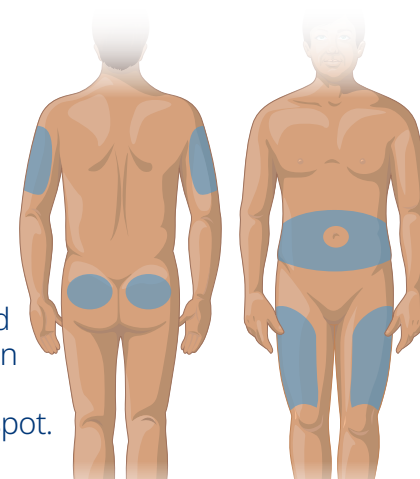
How to take: \_\_\_\_\_  
\_\_\_\_\_

Starting dose: \_\_\_\_\_

Dose adjustments (if needed):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Where to inject (if needed):  
\_\_\_\_\_  
\_\_\_\_\_

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.



# Starting a GLP-1 RA

Like many people with type 2 diabetes, you may be managing your diabetes by:

- Being active
- Eating healthy
- Taking diabetes medicine

At some point, this may not be enough. This is because diabetes changes over time. Your treatment may also have to change to help you reach your blood glucose (sugar) goals.

Your doctor may recommend a **glucagon-like peptide-1 receptor agonist** (GLP-1 RA). It is a noninsulin diabetes medicine that can help you lower your blood glucose. A1C is a blood test that tells your average blood glucose for the past 2 to 3 months. Write your numbers here.

My A1C  
now:

My A1C  
goal:

## When is this medicine taken?

GLP-1RAs can be taken once a day, twice a day, or once weekly, depending on the medicine.

Talk to your diabetes care team about when to take your GLP-1 RA. Fill it in here.

When to take my GLP-1 RA:

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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:

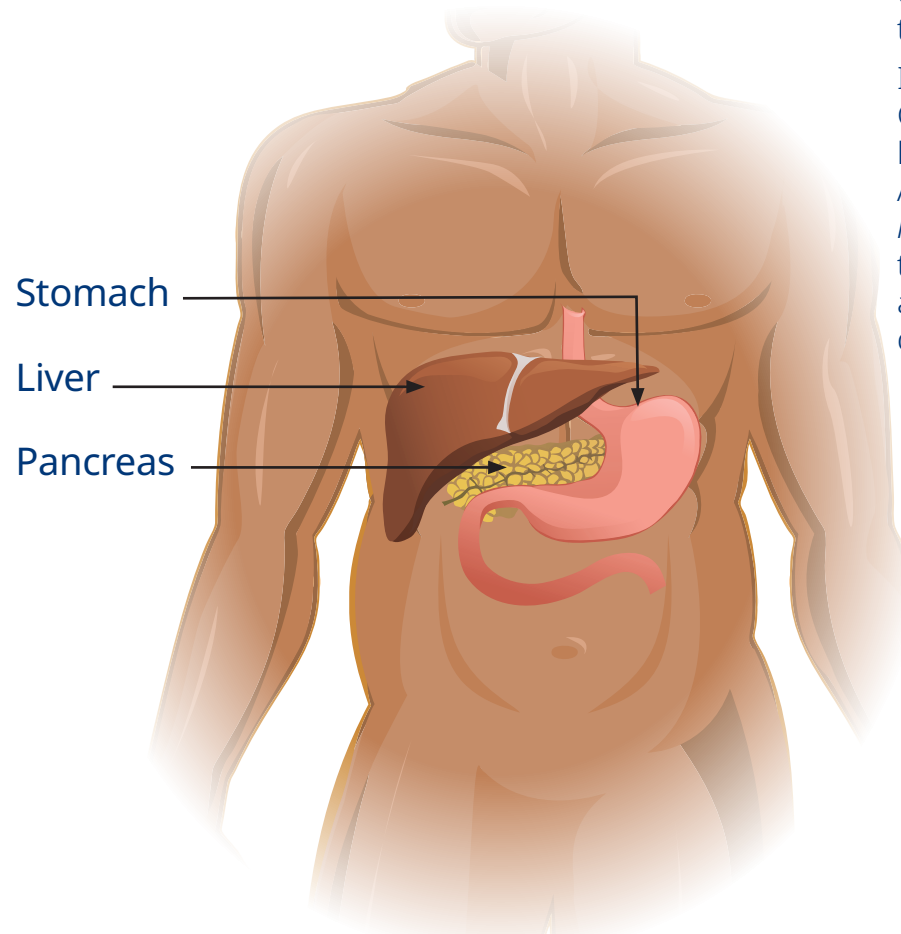
- What each medicine is
- How and when to take each one

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

## 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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