

GLP-1 RA, GIP/GLP-1 RA AND TYPE 2 DIABETES



➤ WHY IS THIS LEAFLET FOR YOU?

If you are about to start or are taking a GLP-1 Receptor Agonist (RA) or dual GIP and GLP-1 RA for your type 2 diabetes this booklet can give you information on:

- What is a GLP-1 RA or GIP/GLP-1 RA?
- How do these medications work?
- Why take a GLP-1 RA or GIP/GLP-1 RA?
- The different makes of GLP-1 RA
- Common side effects
- How to take these medications
- Diet and exercise
- When to seek urgent medical advice
- Useful resources



➤ WHAT IS A GLP-1 RA OR GIP/GLP-1 RA?

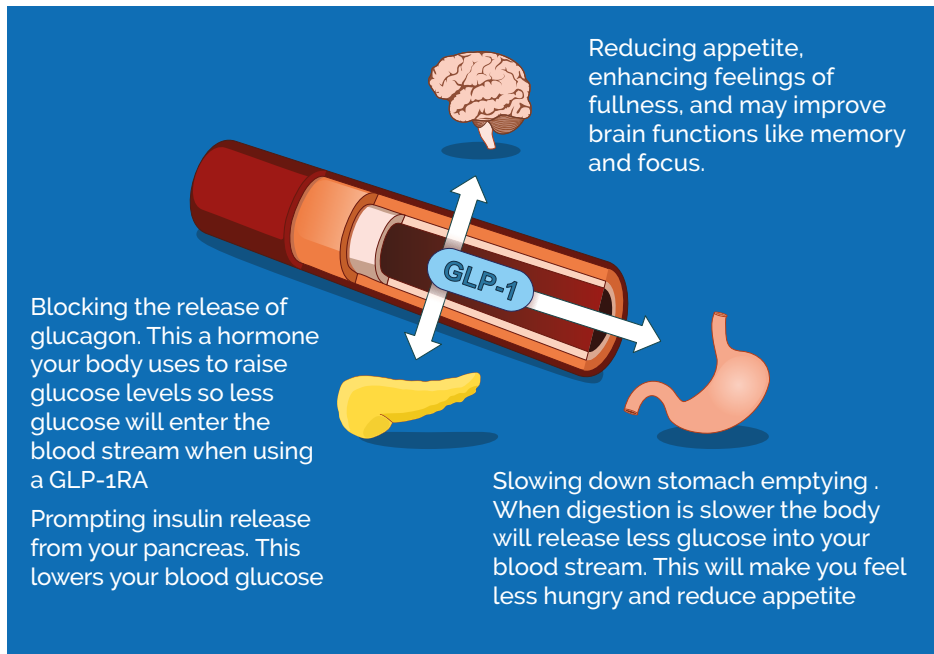
GLP-1 RA (Glucagon-like peptide 1) GIP/GLP-1 RA (Duel agonist for the GLP-1 and glucose dependent insulintropic polypeptide (GIP) receptor agonists) are part of the treatments available for the management of type 2 diabetes. They can be prescribed to be taken as an injection or given as a tablet depending on which product is prescribed.



➤ HOW DO THESE MEDICINES WORK?

- **GLP-1 RAs:** GLP-1 is a hormone normally found in the body, this hormone is naturally released from your stomach when you eat.
- **GIP/GLP-1 RA:** Also contain a GIP, which is a different hormone released by the stomach that controls insulin release in response to your food intake.

These medications work by:



> WHY TAKE A GLP-1 RA OR GIP/GLP-1 RA?

These drugs can:

✓ Reduce glucose levels

✓ Lower blood pressure

✓ Improve fatty liver disease

✓ Delay progress of diabetic kidney disease

✓ Promote weight loss

✓ Improve cholesterol levels

✓ Reduce the risk of heart and kidney disease

✓ Reduce the risk of cognitive decline



➤ WHICH GLP-1 RA OR GIP/GLP-1 RAs ARE AVAILABLE IN THE UK?

GLP-1 RA

- Dulaglutide (Trulicity® Once weekly injection)
- Exenatide (Byetta® Twice daily injection)
- Exenatide Prolonged release (Bydureon®) Once weekly injection
- Liraglutide (Victoza®) Once daily by injection
- Lixisenitide (Lyxumia®) Once daily by injection
- Semaglutide (Ozempic®) Once weekly injection
- Semaglutide (Rybelsus®) once daily tablet

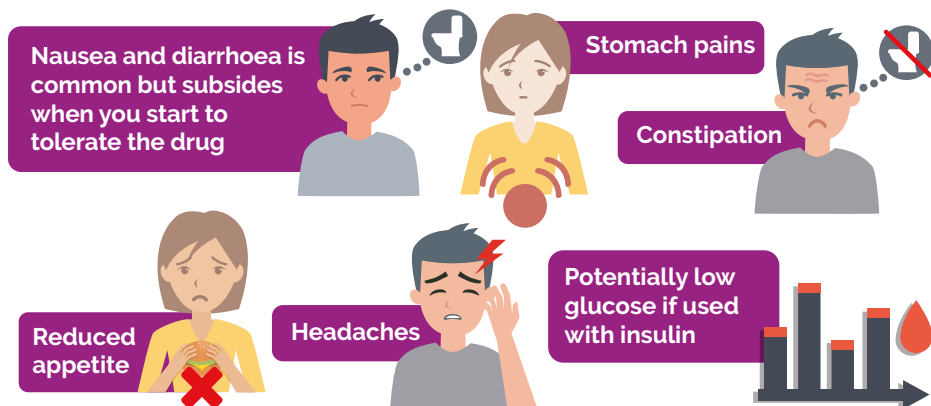
GIP/GLP-1 RA

- Tirzepatide (Mounjaro®) Once weekly injection

- ⚠ Each specific drug needs to be assessed against your current medications for risk of interaction and/or allergies.**
- ⚠ If using insulin the risk of hypoglycaemia (low glucose) will be greater so the insulin dose may need reducing - the health care professional prescribing the drug will advise you on this.**

➤ COMMON SIDE EFFECTS

The medication prescribed will contain specific information about your medication and potential side effects. Common side effects are:

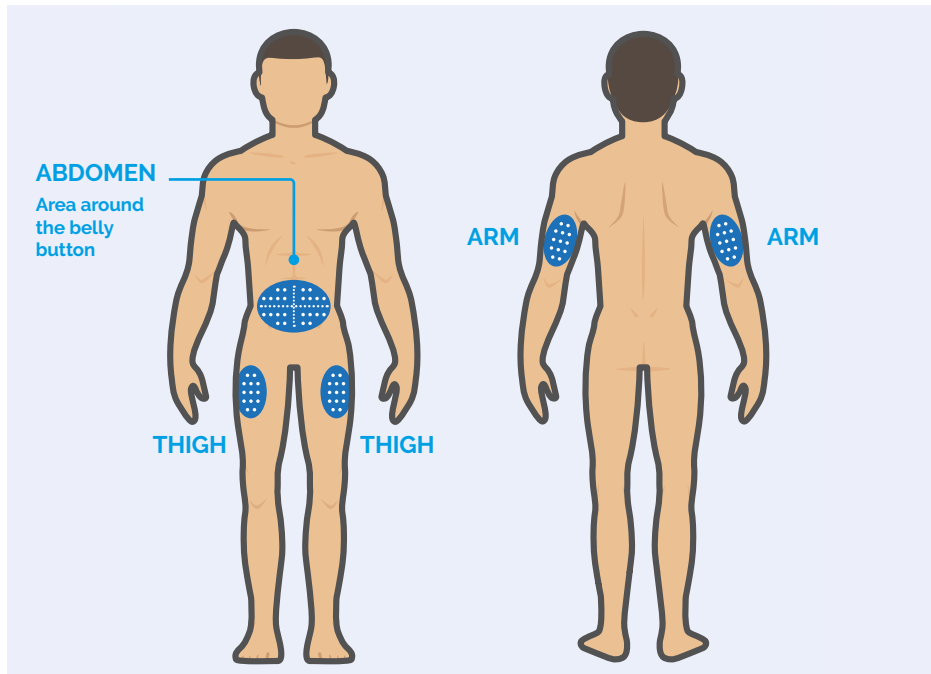


➤ HOW TO TAKE THESE MEDICATIONS

Your healthcare professional will show you how to administer your injection and adjust the dose as necessary.

Injections

- If you have an injectable drug it will come in a pen device. You will need a new needle for each injection.
- You will be shown how to give the medication injecting into the fatty layer under your skin. This can be done in several places as in the diagram below.
- Rotate your injection sites. Inject into one area no more frequently than every 4 weeks.
- Needles must be disposed of properly and safely in a NHS sharps container.



Tablets

If you take Rybelsus tablets (Oral Semaglutide):

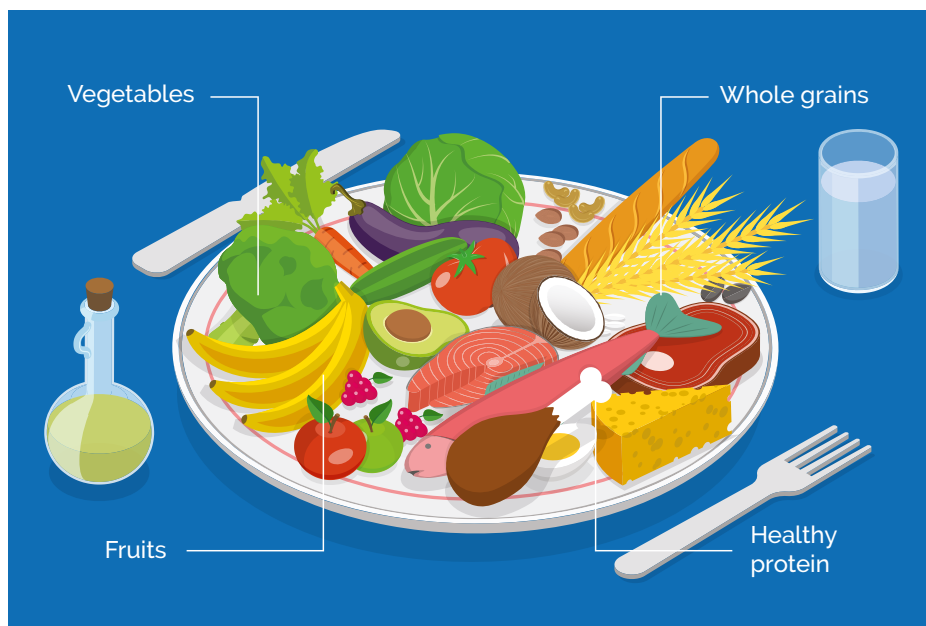
- Take 1 tablet every day when you wake up.
- Swallow the tablet with a sip of water (no more than half a glass or 120 mls).
- Wait for 30 minutes before eating or taking any other tablets.

➤ SHOULD I ADJUST MY DIETARY INTAKE?

As well as taking your medication and managing your diabetes you may need to make changes to your diet. People with special dietary needs or a medical condition such as type 2 diabetes should ask their doctor or a registered dietitian for advice.

The Eatwell Guide shows that to have a healthy, balanced diet, people should try to:

- Eat at least 5 portions of a variety of vegetables, salad or fruit every day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drinks if vegan or vegetarian)
- Eat some beans, pulses, fish, eggs, meat and other protein if vegan or vegetarian
- Choose unsaturated oils and spreads, and eat them in small amounts
- Drink plenty of fluids (at least 6 to 8 glasses a day)



- ✔ If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.
- ✔ Try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients.
- ✔ Most people in the UK eat and drink too many calories, too much saturated fat, sugar and salt, and not enough fruit, vegetables, oily fish or fibre.

➤ SHOULD I INCREASE MY ACTIVITY LEVELS?

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke.

Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

Adults aged 65 and over should aim to:



Be physically active every day, even if it's just light activity



Do activities that improve strength, balance and flexibility on at least 2 days a week



Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both



Reduce time spent sitting or lying down and break up long periods of not moving with some activity

❗ If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet.

What counts as light activity?

Light activity is moving rather than sitting or lying down. Examples of light activity include:

- ✓ Getting up to make a cup of tea
- ✓ Moving around your home
- ✓ Walking at a slow pace
- ✓ Cleaning and dusting
- ✓ Vacuuming
- ✓ Making the bed
- ✓ Standing up



> WHEN TO SEEK URGENT MEDICAL ADVICE

Stopping taking the medication if you:

- ❗ Have severe abdominal pain i.e. pancreatitis
- ❗ Have severe and ongoing pain with or without vomiting
- ❗ Are suddenly short of breath
- ❗ Develop hives
- ❗ Have difficulty swallowing
- ❗ Develop a red rash

Contact your GP/Nurse to discuss any of these issues as soon as is possible.



> USEFUL RESOURCES:

Trend Diabetes: www.trenddiabetes.online

Diabetes UK: www.diabetes.org.uk

Lilly: www.lilly.com/uk/

Novo Nordisk: www.novonordisk.co.uk

Sanofi: www.sanofi.co.uk



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