

Managing Hyperglycemia

USING GLP-1 RECEPTOR AGONISTS

WHAT ARE GLP-1 RECEPTOR AGONISTS?

Manmade GLP-1 receptor agonists are a class of medications that copy the actions of naturally occurring GLP-1.

These drugs not only replace lost GLP-1, but also provide amplified effects. Like insulin, these medicines would be destroyed by stomach acid if taken by mouth. So they must be injected under the skin to work.

WHAT IS THIS MEDICATION USED FOR?

GLP-1 medications are used in addition to healthy eating and physical activity, to lower blood glucose levels in people with type 2 diabetes. There are several different kinds of GLP-1 medications available. All can be used alone or together with other medicines. The primary difference between them is how often you take them, ranging from twice-daily to once-weekly, and how many side effects might happen. In general, the once-weekly version causes less nausea and vomiting than those you take daily.

APPROVED GLP-1 AGONISTS

As of January 2018

Generic Brand Name	Brand Name	Dosing	Manufacturer
Exenatide	Byetta	Twice-daily	AstraZeneca
Liraglutide	Victoza	Once-daily	Novo Nordisk
Lixisenatide	Adlyxin	Once-daily	Sanofi-Aventis
Dulaglutide	Trulicity	Once-weekly	Eli-Lilly
Exenatide	Bydureon	Once-weekly	AstraZeneca
Semaglutide	Ozempic	Once-weekly	Novo Nordisk

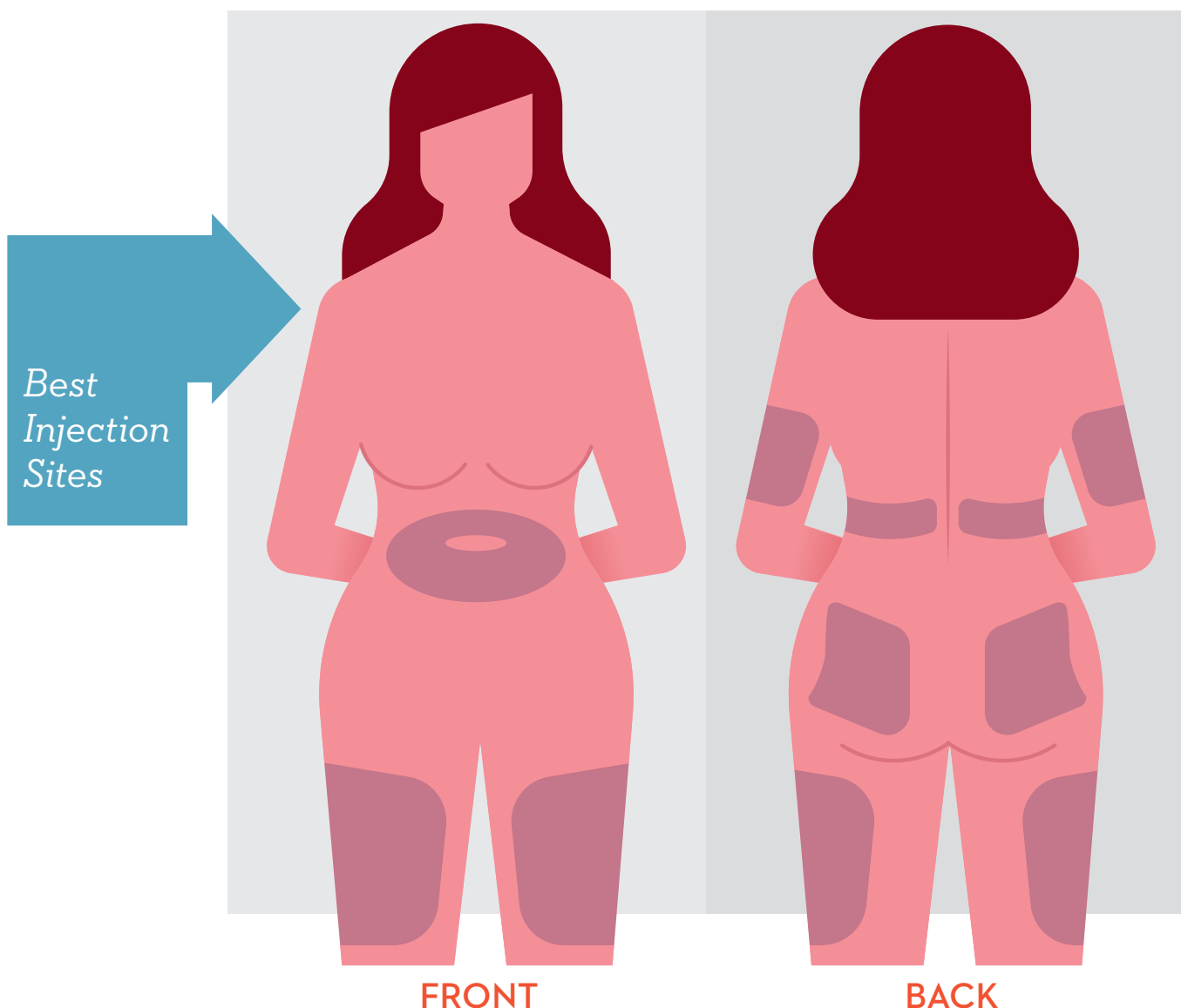


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HOW TO TAKE THIS MEDICATION:

Like insulin, GLP-1 medications need to be injected into the fat layer just under the skin. Places you can use are the abdomen (staying two fingers or a few inches away from the belly button), outer thighs, hips, upper buttocks, lower back, and backs of the arms.





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STEP-BY-STEP INSTRUCTIONS

1



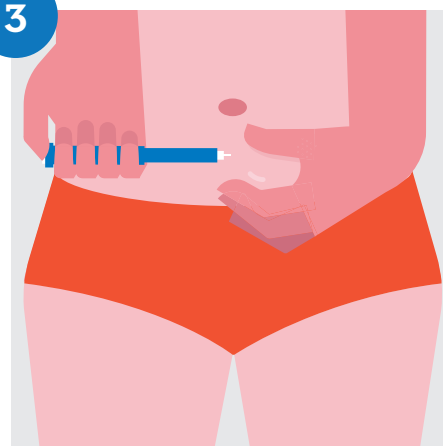
Wash your hands before and after use.

2



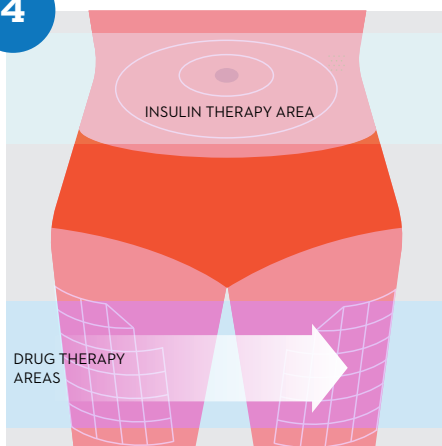
Follow the instructions on the GLP-1 medication package to prepare the drug. For more information, check out the [Pro Tips for Better Injections](#)

3



Give as a shot into fatty part of the skin on top of the thigh, belly area, or upper arm. Pinch the area and insert straight into the skin.

4



Give this drug at a different spot from where you give your insulin if you are also using insulin.

5



Throw away needles in a needle/sharp disposal box. Do not reuse needles.



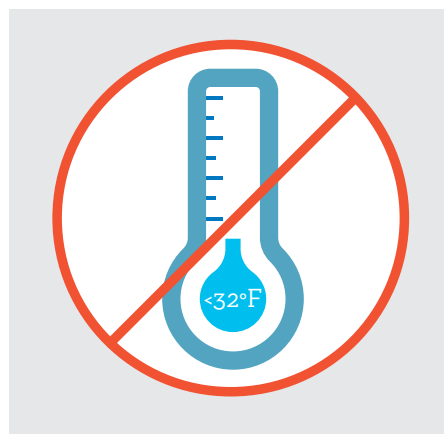
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HOW TO STORE THIS MEDICATION:



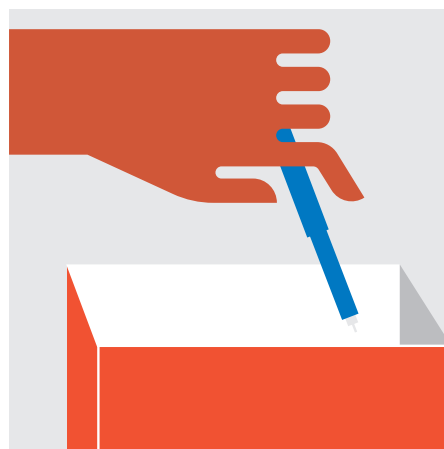
Protect from light.



Do not freeze and never use once frozen.



Store in a refrigerator or at room temperature.



Discard pen 30 days after first use.