WHAT ARE THE SIDE EFFECTS OF SUBCUTANEOUS GLP-1 RECEPTOR AGONIST?

Side effects may not always occur. The most frequent ones can include **nausea** and **diarrhea**. Other gastrointestinal side effects are **abdominal pain, vomiting, gas and bloating, heartburn**. They are usually temporary, but if they do not go away or get worse, talk with your doctor or pharmacist.

A rare but serious side effect in an **inflammation of the pancreas** (acute pancreatitis). Its symptoms can include severe upper abdominal pain that does not go away. Sometimes it radiates to the back and is accompanied by nausea, vomiting and fever.

A reaction may occur **at the injection site** (erythema, rash, bruising, pain, irritation, itching). Usually this is a mild symptom.

This information is based on the Summary of Product Characteristics of medicinal products containing GLP-1 receptor agonists (subcutaneous use) and:

- https://ptdiab.pl/zalecenia- ptd/zalecania-aktywni-czlonkowie-2024
- https://ihub.scot/improvement-programmes/scottish-patient-safety-programme-spsp/spsp-medicines/high-risk-situations-involving-medicines/medicines- sick-day-rules-card
- Czupryniak L., Płaczkiewicz-Jankowska E., Strojek K.: Leczenie cukrzycy typu 2 -farmakoterapeutyczna rewolucja dokonana. Omówienie stanowiska American Diabetes Association i European Association for the Study of Diabetes 2022. Med. Prakt., 2022; 12: 32-48

DEHYDRATION AND MY NEW MEDICINE

If you lose too much water from your body (dehydration), it can be dangerous. It may lead to kidney dysfunction. If you are vomiting intensely, have diarrhea or infection with high fever, you may be at risk of dehydration. Symptoms of dehydration can include:

- dry mouth, dry eyes
- dry and cold skin
- feeling thirsty, tired, weak
- headaches or dizziness
- possibly dark, strong-smelling urine

If you have these symptoms, don't wait. Contact your doctor or pharmacist immediately. Don't forget to drink enough water.

WHERE CAN I GET MORE INFORMATION ABOUT MY NEW MEDICINE?

For more information see the patient information leaflet (PIL). If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Pharmacist's comments and recommendations

NEW MEDICINE SERVICE

PHARMACEUTICAL CARE

EDUCATIONAL MATERIAL FOR PATIENTS

New Medicine in the Treatment of Type 2 Diabetes

GLP-1 AGONIST – SUBCUTANEOUS USE

Drug name	
Drug dose	
Dosage/time of the day	

DIABETES TYPE 2 HOW PHARMACIST CAN HELP

Talk to your pharmacist about diabetes.
The pharmacist will:

- give you advice about medicines. This includes how to use your medicine, worries about side effects or any other questions you have
- show you how to measure your blood glucose using a glucometer
- tell you about lifestyle changes that will make it easier to control diabetes.



You can find more information about a healthy lifestyle in the leaflet, ask your pharmacist for it.

HOW WILL MY NEW MEDICINE HELP ME WITH DIABETES?

GLP-1 receptor agonist:

- reduces excessive blood glucose concentration
- delays gastric emptying and reduces your appetite, which helps reduce body weight
- has a beneficial effect on lipid levels, lowers blood pressure and reduces inflammation

Thanks to these properties, the drug helps control and prevent diabetes complications.

WHAT SHOULD I DO IF I AM ALSO TAKING OTHER MEDICATIONS?

Your new medication may interact with other medicines you are taking, which could impact how they work or increase side effects. It is crucial to inform your doctor or pharmacist about:

- any medications you are currently taking, including over-the-counter medicines, herbal products and supplements
- any new medicines you plan to start

If you use this medicine alongside insulin or other diabetes treatments, it may lead to low blood sugar (**hypoglycemia**). Your doctor may ask you to measure your blood glucose levels regularly, and this can help to adjust medication doses.

CAN SUBCUTANEOUS GLP-1 RECEPTOR AGONIST BE USED DURING PREGNANCY AND WHILE BREASTFEEDING?

If you are pregnant or breastfeeding, you should not use the new medication.

If you suspect you may be pregnant, take a pregnancy test. If the result is positive, contact your doctor immediately.

WHEN SHOULD I CONTACT A PHYSICIAN IMMEDIATELY?

Call for medical help if you experience some of the symptoms of:

- **acute pancreatitis**, such as persistent, severe stomachache
- **intestinal obstruction**, i.e. a severe form of constipation with additional symptoms such as abdominal pain, flatulence, vomiting
- **severe allergic reaction** (swelling of the face, tongue or throat, difficulties in swallowing and breathing, cool pale skin, dizziness, feeling sick)



HOWTO TAKE MY NEW MEDICINE?

This medicine is intended for long-term use therapy. Be careful and remember the following rules:
[* - completed by pharmacist]

1. You can give yourself the injection _____*, at any time of the day, regardless of meals.

2. Set the recommended dose on the pen according to the prescription.

3. Administer the medicine subcutaneously in the front of your thighs, the front of your waist (abdomen), or your upper arm.

4. Store your pens (stock) in a fridge between 2°C and 8°C. Keep them in the original packaging to protect them from light. Do not use improperly-stored drugs.

5. You can keep your current pen out of the refrigerator for a period of _____* at a temperature of up to 30 degrees.

6. If you miss a dose, but no more than _____* hours have passed, inject the medicine as soon as possible. If more time has passed, skip the missed dose, and take the next one as planned. Do not take a double dose to make up for the missed dose.

7. If your blood glucose level is normal, this means the medicine works well. Do not change the dose.

8. This medicine has been prescribed for you only. Do not share it with others. It may harm them, even if their illness is the same as yours.

PHARMACIST'S COMMENTS AND RECOMMENDATIONS

Active substance	Dosage	What to do if you miss a dose	Storage outside a refrigerator at a temperature not exceeding 30°C	Lancet
Dulaglutide (Trulicity)	Once a week	• If at least 3 days **(72 hours)** remain until the next injection date, administer the missed dose as soon as possible. • If less than 3 days **(72 hours)** remain until the scheduled date of the next injection - skip the missed dose and administer the next dose on the scheduled day.	Until 14 days	• Integrated with the injector, it will automatically insert itself into the skin and hide itself after the injection is completed
Liraglutide (Victosa)	Once a day	• If at least **12 hours** remain until the next injection date, administer the missed dose as soon as possible • If less than **12 hours** remain until the scheduled date of the next injection - skip the missed dose and administer the next dose on the scheduled day	Until 1 month	• Disposable, up to 8 mm long and 30G, 31G, 32G thick • After administering the medicine, remove the needle from the pen to prevent leakage and inaccurate dosing • Use a new needle for each injection (drug administration)
Semaglutide (Ozempic)	Once a week	• If at least 2 days **(24 hours)** remain until the next injection date, administer the missed dose as soon as possible • If less than 2 days **(24 hours)** remain until the scheduled date of the next injection - skip the missed dose and administer the next dose on the scheduled day	Until 6 weeks	• Disposable, up to 8 mm long and 30G, 31G, 32G thick • After administering the medicine, remove the needle from the pen to prevent leakage and inaccurate dosing • Use a new needle for each injection (drug administration)