WHAT ARE THE SIDE EFFECTS OF 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.

The drug may cause side effects in some patients like temporary worsening of eye disease caused by diabetes (**diabetic retinopathy**). If you will experience any vision problems during treatment contact with a doctor.

A rare but serious side effect is 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.

This information is based on the Summary of Product Characteristics of medicinal products containing GLP-1 receptor agonists 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
- rare dark rendering, strongly 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 – FOR ORAL 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 regularly check your blood glucose levels and adjust the dosages of your medications as necessary.

CAN AN ORAL GLP-1 AGONIST BE USED DURING PREGNANCY AND WHILE BREASTFEEDING?

It is advisable to use contraception if you can be pregnant. Your medicine should be discontinued at least 2 months before a planned pregnancy. If you suspect you may be pregnant, take a pregnancy test. If the result is positive, contact your doctor immediately.

Your medicine should not be used during breastfeeding.

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)



HOW SHOULD I TAKE MY NEW MEDICINE?

This medicine is intended for long-term use therapy and may be combined with another medicines lowering blood glucose levels. During treatment, please remember the following rules:

1. Take the medicine every day on an empty stomach (i.e. at least two hours after the last meal) at a fixed time of the day.
2. Swallow the tablet whole with a small amount of water (maximum 120 ml, i.e. about half of a standard glass).
3. Do not divide, crush or chew the tablet, as it may affect drug absorption.
4. Wait at least 30 minutes after taking the tablet before you eat, drink or take other medicines by mouth.
5. If you miss a dose, just carry on with the next dose as normal. Do not take a double dose to make up for this one omitted.
6. If your blood glucose level is normal, this means the medicine works well. Continue taking medication, and do not change the dose.
7. 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.