

GLP-1 agonist medicines for diabetes

This booklet is about medicines called glucagon-like peptide 1 (GLP-1) agonists. It explains how these medicines, together with healthy lifestyle changes, can help you to manage type 2 diabetes.

If you have any questions, please speak to your healthcare professional.

Attach patient ID label here

Dates of appointments

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It is important to come to all your
appointments and bring this booklet

How GLP-1 agonist medicines work

GLP-1 agonists are medicines used to treat type 2 diabetes. They mimic (copy) the action of a hormone (chemical substance) called GLP-1. Your stomach naturally releases this hormone when you eat food.

The medicines work in different ways. They:

- help your body to make more insulin (the hormone that controls the amount of sugar in your blood) when needed
- reduce the amount of sugar (glucose) that your liver makes
- slow down the digestion of food, so that it takes longer for your body to absorb (take in) the sugar from meals
- can reduce your appetite

Side effects of the medicines

Before you start taking GLP-1 agonist medicines, it is important that your diabetic eye screening is up to date. This is a test that you have every year to check for eye problems caused by diabetes.

Please tell your healthcare professional if there are any concerns about your eyes before you start GLP-1 agonist medicines. They can then make sure that you have the most suitable medicines to treat your diabetes.

The patient information leaflet that comes with your GLP-1 agonist medicines has a full list of possible side effects. You are unlikely to have all the side effects listed and may not get any of them.

The most common possible side effects of these medicines include:

- feeling sick (nausea) and diarrhoea (these usually go away with time)
- stomach pains
- constipation (when you find it hard to poo or go to the toilet less often than usual)
- having less appetite
- low blood sugar (hypoglycaemia or hypos)
- headaches
- skin reactions if you inject your medicine

Stop taking the medicine and contact a doctor immediately if you have severe and long-lasting stomach pain. This pain might reach through to your back and happen with or without vomiting (being sick). It may be a sign that your pancreas is inflamed.

If you have any side effects, please talk to your healthcare professional about them.

Taking GLP-1 agonist medicines

You can take GLP-1 agonist medicines as injections or tablets.

If you have injections, your healthcare professional will tell you the best place to inject the medicine. This may be under the skin in:

- the front of your thighs
- your tummy (abdomen)
- your upper arms

If you have tablets, you take a tablet 1 time each day when you wake up on an empty stomach. You swallow the tablet with a sip of water (no more than half a glass or 120ml). Please wait for at least 30 minutes before eating, drinking or taking any other tablets.

Your healthcare professional explains:

- how much medicine to take (the dose)
- when to take the medicine
- how often to take the medicine

Your treatment

This section contains information on the GLP-1 agonist medicine that we have prescribed for you. It includes space for you to make a note of any side effects. You can talk to the team about these at your next review.

Name of GLP-1 medicine

Starting dose

Date to be started

Time to take the medicine

GLP-1 medicine.....

Date	Instructions for taking the medicine (dose, time and how often)

(Note to healthcare professional: please make sure that the patient's prescription lasts for at least for 4 weeks or until their next clinic appointment.)

Side effects from the medicine

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Your other diabetes medicines

We may need to make changes to your other diabetes medicines. We explain these changes to you and list them below. Make sure that you keep taking all your other medicines as before, unless we tell you otherwise.

Medicine

Date	Strength	Instructions for taking (dose, time and how often)

Medicine

Date	Strength	Instructions for taking (dose, time and how often)

Medicine

Date	Strength	Instructions for taking (dose, time and how often)

Treatment aims

We take the following measurements before you start the GLP-1 agonist medicine and repeat them after 3 and 6 months. These measurements help us to see if the medicine and lifestyle changes have improved your diabetes control. We can also check for any side effects of the medicine.

1) **Glycated haemoglobin (HbA1c):** This blood test measures how well your diabetes has been controlled over the past 3 months.

Start	<div>mmol/mol</div>	<div>6-month target 11mmol/mol drop in HbA1c mmol/mol</div>
3-month reading	<div>mmol/mol</div>	
6-month reading	<div>mmol/mol</div>	

2) **Weight**

Start	<div>kg</div>	<div>6-month target 3% loss in weight kg</div>
3-month reading	<div>kg</div>	
6-month reading	<div>kg</div>	

3) **Kidney function:** We do a blood test to estimate how many millilitres of waste your kidneys can filter in a minute.

eGFR	<div>ml/min</div>	<div>Not applicable</div>
Start		
3-month reading	<div>ml/min</div>	

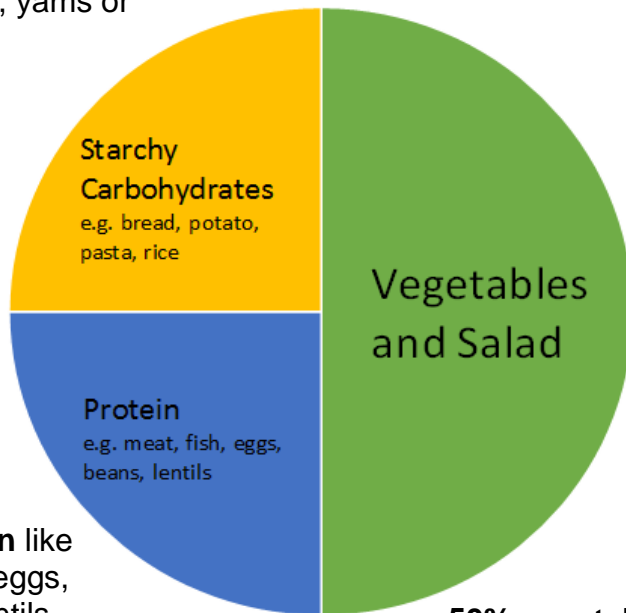
Healthy changes to your diet

- **Eat small, regular meals.** Spread your food over the day.
- **Choose high-fibre, starchy foods.** Examples are wholegrain breads and cereals, beans, peas, lentils and oats. Avoid large portions of starchy carbohydrates, such as potatoes, bread, rice and pasta. Add extra vegetables or salad to your plate instead.
- **Eat vegetables and fruit every day.** Include vegetables or salad with each meal. Spread the fruit that you eat over the day because all fruit contains natural sugar. Limit fruit juices to about 125ml a day.
- **Eat less fat.** Use small amounts of mono-unsaturated fats and oils, such as olive oil and rapeseed oil (vegetable oil). Avoid large amounts of saturated fats, such as butter, lard, ghee, red palm oil, pastry, cheese, crisps, mayonnaise and cakes. Eat fewer fried foods and cut fat off all meat. Eat leaner (less fatty) meats, such as chicken or turkey.
- **Do not eat too many sugary foods and drinks.** Use artificial sweeteners instead of sugar, honey, glucose or fructose. Replace energy drinks, Lucozade and malt drinks with diet or no added sugar varieties.
- **Do not eat too much salt.** Flavour food with pepper, garlic, herbs and spices instead.
- **Reduce alcohol.** Do not drink more than 14 units of alcohol a week and spread this over 3 or more days. 14 units are about 6 pints of average strength beer or 6 medium (175ml) glasses of average strength wine.

Dinner plate model to help with weight loss

25% starchy carbohydrate foods

like bread, potatoes, pasta, rice, yams or cassava



25% protein like meat, fish, eggs, beans or lentils

50% vegetables, salad or fruit

Healthy lifestyle session 1

The change that I plan to make is

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The way that I will achieve this

.....

.....

.....

.....

I will look at this change again on (date)

.....

How confident do I feel that I can make this change?
(Circle a number between 1 and 10.)

0	1	2	3	4	5	6	7	8	9	10
Not at all confident						Extremely confident				

If the score is less than 7, try to make the change simpler so that you will be successful.

Change to achieve my goal

Healthy lifestyle session 2

The change that I plan to make is

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The way that I will achieve this

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I will look at this change again on (date)

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How confident do I feel that I can make this change?
(Circle a number between 1 and 10)

0 1 2 3 4 5 6 7 8 9 10
Not at all confident Extremely confident

If the score is less than 7, try to make the change simpler so that you will be successful.

Change to achieve my goal

Making healthier food choices

Limit these foods	Replace with these foods
sugar (white or brown), honey, glucose, fructose powder	artificial sweetener, such as Canderel®, Splenda®, Sweetex or Hermesetas
cereals coated in sugar or honey, such as Crunchy Nut Cornflakes, Frosties, Coco Pops or sweet oatmeal	high-fibre, unsweetened cereals, such as porridge oats, Fruit 'n Fibre, Weetabix, sugar-free muesli or Shredded Wheat
regular soft drinks, Nutrament malt drinks such as Supermalt, energy drinks such as Lucozade or Red Bull	water (still or sparkling), no added sugar squash, diet fizzy drinks
drinking chocolate, malted hot drinks such as Milo or Horlicks	low-calorie drinking chocolate, such as Options, Highlights or Ovaltine Light
sweets, chocolate, cake, ice cream	limit chocolate and cakes to special occasions (be aware that low-fat options may be high in sugar)
chocolate biscuits, jam or cream-filled biscuits	plain biscuits, such as rich tea, ginger nut or Hovis® biscuits (limit to 2 biscuits)
savoury biscuits, such as butter puffs, Ritz crackers or Tuc crackers	plain crackers, water crackers, oat cakes, crisp breads such as Ryvita (use a low-fat spread)
dried fruit (limit to 1 tablespoon at a time)	fresh or frozen fruit
fruit, canned in syrup	fruit, canned in natural juice

Limit these foods	Replace with these foods
fruit juice (limit any type of fruit juice to about 125ml a day)	no added sugar squash
fried food	grilled, poached, boiled or baked food
pastry, croissant	scone, currant bun, English muffin
coconut milk, coconut cream	semi-skimmed or skimmed milk (fresh, long-life or powdered)
salad cream, mayonnaise, coleslaw	low-fat French or vinaigrette dressing, vinegar, lemon juice, low calorie salad cream or mayonnaise (1 to 2 teaspoons)

Use this space to write any questions that you have.

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This booklet has been modified and adapted with agreement from the Lambeth Intermediate Care Team (2017).

Contact us

If you need medical advice, please contact the diabetes department or Southwark community diabetes team.

Diabetes department

Phone 020 7188 1993, Monday to Friday, 9am to 5pm

If we cannot answer your call, please leave a voicemail. We call you back within 1 working day. Out of hours, please contact your GP, go to **web** 111.nhs.uk or **phone** 111.

Email gstt.diabetesandendocrine@nhs.net

We respond to your email within 1 working day.

Southwark community diabetes team

Phone 020 3049 8863 (please leave a voicemail)

We call you back within 3 working days or, if the matter is urgent, by the end of the working day.

Email gstt.southwark-diabetes@nhs.net

We respond to your email within 1 working day.

Pharmacy medicines helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

Phone 020 7188 8748, Monday to Friday, 9am to 5pm

Email gstt.mymedicines@nhs.net

Leaflet number: 4520/VER3

Date published: October 2022

Review date: October 2025

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A list of sources is available on request