GLP–1 agonists for diabetes

This leaflet discusses the use of GLP-1 agonist medicines and lifestyle changes to help manage your diabetes. It focuses on treatment goals and how we will monitor you. If you have any questions, please speak to a doctor or nurse caring for you.

Affix patient ID label here

Date .................................................................

Appointments

It is important to attend ALL appointments and bring this booklet
What are GLP-1 agonists?
Glucagon-like peptide 1 (GLP-1) agonists are medicines used in the treatment of type 2 diabetes. They mimic the action of a hormone naturally released from the stomach when you eat food (GLP-1). The medicines work in different ways. They help the body produce more insulin when needed, and reduce the amount of glucose being produced by the liver. They also slow down the digestion of food so that sugar from your meals takes longer to be absorbed, and they can reduce appetite.

Do they have any side effects?
Please see the patient information leaflet that comes with your medicines for the full list of side-effects.

The most common side-effects associated with these medicines include nausea (feeling sick) and diarrhoea (these usually go away over time), vomiting (being sick), stomach pains, constipation, decreased appetite, hypoglycaemia (low blood sugar), headache and skin reactions where you have injected.

Stop taking the medicine and contact your doctor immediately if you experience severe and persistent stomach pain, which might reach through to your back, with or without vomiting. This may be a sign that your pancreas is inflamed.

If you experience any side-effects please discuss them with the doctor or nurse caring for you.

Limit | Replace with
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Dried fruit – limit to one tablespoon at a time | Fresh or frozen fruit
Fruit, canned in syrup | Fruit, canned in natural juice
Fruit juice (any type – limit to about 125ml per 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 (either fresh, long-life or powdered)
Salad cream, mayonnaise, coleslaw | Low-fat French or vinaigrette dressing, vinegar, lemon juice, low calorie salad cream or mayonnaise (one to two teaspoons)

Use this space to write down any questions you have

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This booklet has been modified and adapted with agreement from the Lambeth Intermediate Care Team (2017).
Further guidance on making healthier choices

<table>
<thead>
<tr>
<th>Limit</th>
<th>Replace with</th>
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<tbody>
<tr>
<td>Sugar (white or brown), honey, glucose, fructose powder</td>
<td>Artificial sweetener, for example, Canderel, Splenda, Sweetex, Hermesetas</td>
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<tr>
<td>Cereals coated in sugar or honey, for example, Crunchy Nut Cornflakes, Frosties, Coco Pops, sweet oatmeal</td>
<td>High-fibre, unsweetened cereals, for example, Porridge oats, Fruit &amp; Fibre, Weetabix, sugar-free muesli, Shredded wheat</td>
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<tr>
<td>Regular soft drinks, Nutriment Malt drinks, for example, Supermalt, Energy drinks, for example, Lucozade, Red Bull</td>
<td>Water (still or carbonated), ‘no added sugar’ squash, diet fizzy drinks</td>
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<tr>
<td>Drinking chocolate, malted hot drinks, for example, Milo, Horlicks</td>
<td>Low-calorie drinking chocolate, for example, Options, Highlights, Ovaltine Light</td>
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<tr>
<td>Sweets, chocolate, cake, desserts, ice-cream</td>
<td>Limit chocolate and cakes to special occasions (be aware that low-fat options may be high in sugar)</td>
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<tr>
<td>Chocolate biscuits, jam or cream-filled biscuits</td>
<td>Plain biscuits, for example, rich tea, ginger nut or Hovis biscuits (limit to two)</td>
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<tr>
<td>Savoury biscuits, for example, butter puffs, Ritz, Tuc</td>
<td>Plain crackers, water crackers, oat cakes, crisp breads, for example, Ryvita (minimise spreading fat – use low-fat type)</td>
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</table>

Your treatment

This section contains information on the GLP-1 agonist medicine that has been prescribed for you. It includes space for you to note down any side-effects you have experienced, that you may want to discuss with the team at your next review.

Your GLP-1 medication is ...........................................

Starting dose ..........................................................

Date to be started ....................................................

Time of injection .....................................................

Your GLP-1 medication and dose

<table>
<thead>
<tr>
<th>Date</th>
<th>Instructions for taking (dose, time and frequency)</th>
<th>Name and designation</th>
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(Note to clinician: please ensure the prescription supplied to the patient will last at least for four weeks or until the next clinic appointment.)

Side effects I have experienced

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Your other diabetes medications
We may need to make some changes to your other diabetes medicines. These will be discussed with you and listed below. Please ensure that you keep taking all your other medicines as before unless you are told otherwise.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Date</th>
<th>Strength</th>
<th>Instructions for taking (dose, time and frequency)</th>
<th>Name and designation</th>
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Healthy lifestyle session two
The change I am going to make is

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The way I am going to achieve this
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I will look at this change again on (date)
........................................................................................................................................

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

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

If the score is less than seven, look back at the change and try to make it simpler so that you will be successful.

Your change for your goal
Healthy lifestyle session one

The change I am going to make is

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The way I am going to 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 one and ten.)

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

If the score is less than seven, look back at the change and try to make it simpler so that you will be successful

Your change for your goal

Treatment aims

The following measurements will be taken before you start treatment with the GLP-1 agonist medicine and will then be repeated after three and six months. These will help us to see if the medicine and the lifestyle changes you have made have improved your diabetes control, and to check for side-effects.

1) Glycated haemoglobin (HbA1c) – this blood test measures how well your diabetes has been controlled over the previous three months.

<table>
<thead>
<tr>
<th>Start mmols/mol</th>
<th>6-month target 1% drop in HbA1c mmol/mol</th>
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2) Weight

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<tr>
<th>Start kgs/lbs</th>
<th>6-month target 3% loss in weight kgs/lbs</th>
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3) Kidney function

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<th>6-month target Not Applicable</th>
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Glycosylated haemoglobin (HbA1c) – this blood test measures how well your diabetes has been controlled over the previous three months. 

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Dietary advice

- **Eat small, regular meals.** Spread your food over the day.

- **Choose high-fibre, starchy foods.** Whole grain breads and cereals, beans, peas, lentils and oats. Avoid large portions of starchy carbohydrates add extra vegetables or salad to your plate instead.

- **Eat vegetables and fruit daily.** Include vegetables or salad with each meal. All fruit contains natural sugar, so spread them over the day. Limit fruit juices to about 125ml per day.

- **Cut down on fats.** Use small amounts of mono-unsaturated fats and oils, such as olive oil and rapeseed oil (vegetable oil). Limit saturated fats (butter, lard, ghee and red palm oil), and pastry, cheese, crisps, mayonnaise, cakes, etc. Eat fewer fried foods and cut fat off all meat. Eat leaner meats, for example, chicken or turkey.

- **Cut down on sugary foods and drinks.** Limit your use of sugar, honey, glucose or fructose. Artificial sweeteners can be used instead. Avoid energy drinks, Lucozade and malt drinks and replace with diet or ‘no added sugar’ varieties.

- **Cut down on salt.** Flavour food with pepper, garlic, herbs and spices instead.

- **Drink alcohol in moderation only.** No more than two units per day for women (for example, two small glasses of wine), or three units per day for men (for example, one-and-a-half pints of beer)

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**Dinner plate model to assist with weight loss**

- 25% carbohydrate foods including yams, rice, sweet potatoes, bread, pasta, cassava etc
- 50% vegetables, salads and fruit
- 25% protein meat, fish, etc