

INSULIN/GLP-1 RA COMBINATION MEDICATION

Type of Drug and How It Works	Generic Name	Brand Name	Risk of Hypoglycemia	What You Should Know Before Choosing This Medication
GLP-1 Receptor Agonists (RA)/Basal Insulin Combination				
<p>The GLP-1 RA:</p> <ul style="list-style-type: none"> Helps your pancreas make more insulin in response to eating. Prevents your liver from making extra glucose (sugar) overnight and between meals. Slows the rate of food emptying from your stomach. Helps you feel full after eating. <p>The basal insulin:</p> <ul style="list-style-type: none"> Gives your body extra insulin to control blood glucose (BG) between meals and overnight. 	Degludec/liraglutide Glargine/lixisenatide	Xultophy® 100/3.6 Soliqua® 100/33	Low to medium	<p>These medications are taken by injection (shot). They are a combination of a long-acting basal insulin and a GLP-1 RA. Together, they help control your BG between meals and overnight (basal insulin) and prevent your BG from rising after meals (GLP-1 RA).</p> <p>Side effects: Nausea which usually lessens after you take the medication for a while. Hypoglycemia (low blood sugar) can occur when you take any insulin.</p> <p>Possible risks: May increase the risk of pancreatitis (inflammation of the pancreas).</p>
	Weight Change		A1C Change	
	This medication may help prevent weight gain and might help with weight loss.		↓ 1-2%	

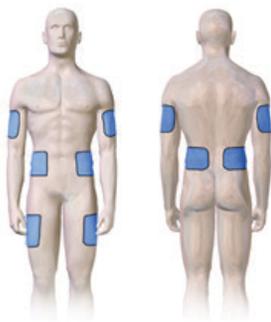
Adjusting Dose	Storage	How It Is Taken	Tips for Administration
<p>If Fasting Blood Glucose (FBG) is above _____</p> <p><input type="checkbox"/> Increase dose by _____ units (Increase up to four units at a time)</p> <p>If FBG is at target _____</p> <p><input type="checkbox"/> Make no change</p> <p>If FBG is below _____</p> <p><input type="checkbox"/> Decrease dose by _____ units</p> <p>Until FBG is at _____ (Fasting = at least 6-8 hours without food)</p>	<p style="text-align: center;">Opened:</p> <p>Xultophy® can be stored at room temperature for up to 21 days after opening</p> <p>Soliqua® can be stored at room temperature for up to 14 days after opening</p> <p style="text-align: center;">Unopened:</p> <p>Store in refrigerator until expiration date</p>	<p>Xultophy®: Inject once a day at the same time each day</p> <p>Soliqua®: Inject once a day within one hour of your first meal</p>	<ul style="list-style-type: none"> You will need two prescriptions: one for the pen and one for the pen needles (recommended needle size is 4-5 millimeters). Injection sites include the abdomen (belly), back of arms and upper or outer thigh. You should rotate the injection to a different site each time you give yourself a shot. You should prime the pen (air shot) before each dose with 1-2 units to clear the needle of air. Please see package instructions for details. After injecting but before removing the needle, you should count to 10 to make sure you get your full dose of medication.

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My A1C	My Blood Glucose	When Should I Check My Blood Sugar?
My A1C now is: _____ The A1C goal is: _____	My FBG target is: _____ My target before a meal is: _____ My target after a meal is: _____ My target at bedtime is: _____	Before: <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner 1-2 hours after: <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner At: <input type="checkbox"/> Bedtime Comments: _____

My Next Appointment	My Current Medications for Diabetes:	Recommended Time of Day to Take Medications:
Date: _____ <input type="checkbox"/> Bring your glucose meter <input type="checkbox"/> Bring your glucose log <input type="checkbox"/> Bring your medications	1) _____ 2) _____ 3) _____ 4) _____	1) _____ 2) _____ 3) _____ 4) _____

If you are unable to fill your prescription or cannot take the medication, contact the office or call _____.



Sites on the Body Where a Subcutaneous Injection Can Be Given

If my blood glucose gets too low (hypoglycemia) (below _____), I should take 1 of the items below and recheck my blood sugar every 15 minutes until my blood glucose level is above _____:

- 4 glucose tablets ½ cup fruit juice ½ cup of regular (not diet) soft drink
- 1 cup of nonfat or 1% milk 1 tablespoon of sugar or honey
- Other: _____

NOTES: _____

