# INSULIN/GLP-1 RA COMBINATION MEDICATION

## Type of Drug and How It Works

### The GLP-1 RA:
- 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.

### The basal insulin:
- Gives your body extra insulin to control blood glucose (BG) between meals and overnight.

## Generic Name | Brand Name | Risk of Hypoglycemia | What You Should Know Before Choosing This Medication
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Degludec/liraglutide | Xultophy® 100/3.6 | Low to medium | 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).
Glargine/lixisenatide | Soliqua® 100/33 | | 

## Weight Change | A1C Change
--- | ---
This medication may help prevent weight gain and might help with weight loss. | $\downarrow$ 1-2%

## Adjusting Dose

If Fasting Blood Glucose (FBG) is above ________

- [ ] Increase dose by ____ units (Increase up to four units at a time)

If FBG is at target _________

- [ ] Make no change

If FBG is below _________

- [ ] Decrease dose by _______ units

Until FBG is at ____________

(Fasting = at least 6-8 hours without food)

## Storage

### Opened:

- **Xultophy®** can be stored at room temperature for up to 21 days after opening
- **Soliqua®** can be stored at room temperature for up to 14 days after opening

### Unopened:

- Store in refrigerator until expiration date

## How It Is Taken

- **Xultophy®**: Inject once a day at the same time each day
- **Soliqua®**: Inject once a day within one hour of your first meal

## Tips for Administration

- 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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American Association of Nurse Practitioners’
### My Next Appointment

<table>
<thead>
<tr>
<th>My Current Medications for Diabetes:</th>
<th>Recommended Time of Day to Take Medications:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date: ____________________________</td>
<td>Before:</td>
</tr>
<tr>
<td>Bring your glucose meter</td>
<td>1) ____________________________</td>
</tr>
<tr>
<td>Bring your glucose log</td>
<td>2) ____________________________</td>
</tr>
<tr>
<td>Bring your medications</td>
<td>3) ____________________________</td>
</tr>
<tr>
<td>4) ____________________________</td>
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</tbody>
</table>

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

### My A1C

<table>
<thead>
<tr>
<th>My Blood Glucose</th>
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<tbody>
<tr>
<td>My A1C now is: ___________</td>
</tr>
<tr>
<td>The A1C goal is: ___________</td>
</tr>
<tr>
<td>My FBG target is: _______________________</td>
</tr>
<tr>
<td>My target before a meal is: _______________________</td>
</tr>
<tr>
<td>My target after a meal is: _______________________</td>
</tr>
<tr>
<td>My target at bedtime is: _______________________</td>
</tr>
</tbody>
</table>

### When Should I Check My Blood Sugar?

- **Before:**  |  |  |
- **1-2 hours after:**  |  |  |
- **At:**  |  |

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:**

______________________________________________________________________________  
______________________________________________________________________________  
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**NOTES:**

______________________________________________________________________________  
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