

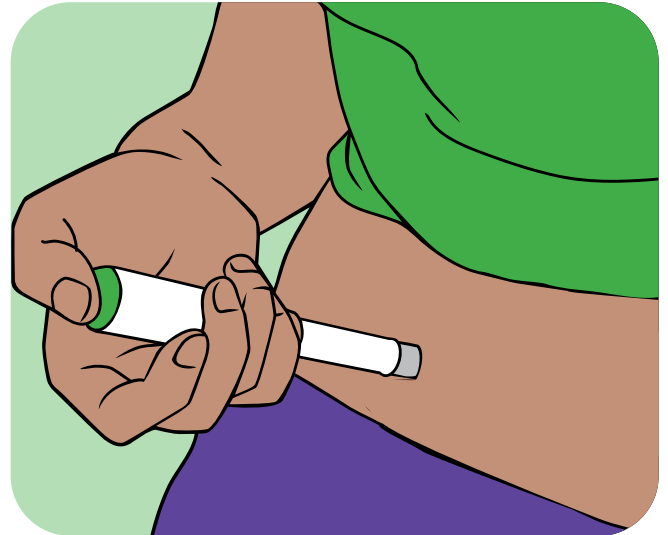
Starting an Injectable Diabetes Medication? What to Know

Not all diabetes injections are insulin. In fact, a whole group of medicine is based on a gut hormone that helps use the insulin already in your body. Meaning, this group of medicine is not insulin. If you're starting this type of injectable medication you may have a number of questions. Here are a few things to help get you started with your health care team.

What about the needle?

Many people are afraid of taking an injectable medication. But, needles are another way of getting medicine to where it needs to be, just like a patch or pill. Did you know that most of this group of medicine only needs to be injected weekly?

- » These needles are short and thin, so you may not even see them.
- » The needles are shorter than those used for your annual flu shot and should hurt less.



What resources are available to help with doing an injection?

There are a number of resources available to help if you have questions about giving an injection.

These can be:



Nurses



Diabetes Care & Education Specialists



Pharmacists



Instructions for use that come with your medication



Injection support resources on websites



Videos found on the product website

How can I make my first injection successful?

✓ Practice

- Practice with a demo device
- Give your first injection at the clinic, if possible
 - A sample may be available at the clinic or, bring your filled prescription to the clinic
- Follow along with the instructions that come with your medicine so you can do it at home

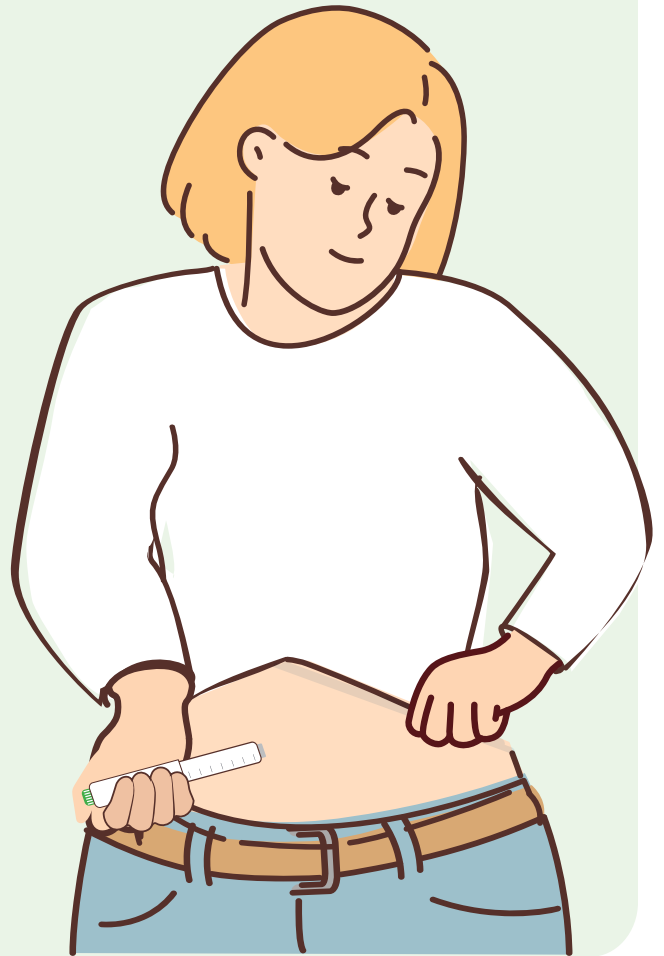
✓ Prepare your equipment

- Before injecting, make sure the medication in the pen is clear and colorless.
- Be sure you have the right dose of medication.

✓ Clean your hands and injection site

- Wash your hands. Make sure you have all your equipment handy like your medication, and a needle (if needed).
- Choose a clean spot to inject and make sure there are no lumps, bumps, or scars.

✓ Dispose of the pen per the manufacturer's instructions.



Each device has a different way for you to make sure you gave the full dose:

- Either hold the dose knob down while the needle is in the skin and count to 10
- OR hold your finger/thumb on the dose knob until you hear the 2nd click.

Does it need to be refrigerated?

- As a default your medicine should be kept in the refrigerator.
- You must ensure your injectable medicine does not freeze, get exposed to direct sun, or get too hot.
- These medicines can be kept out of the refrigerator, at room temperature, for a certain amount of time (such as for 14 days). Check the specific instructions for your medicine for specific details.



What are the most common side effects?

When you first start the medicine, the most common side effects are usually either nausea, diarrhea, or vomiting. These side effects are mostly mild to moderate and go away over time, which could be a few weeks. However, if you have side effects that don't go away or you have trouble keeping fluids down, contact your care team. There are other less common side effects that you should ask your care team about.

How do I minimize the side effects?

- Eat less than you normally would, especially for the first few days after your injection.
- Eat more slowly than usual and stop eating when you feel full.
- Cut back on fatty and spicy foods.
- It's important to stay on the low dose of your medicine for at least 4 weeks to give your body time to adjust to it, especially if you experience mild nausea.



How do I know if I am on the right dose?

Sometimes, the dose you start on isn't the dose you'll stay on. It is common to start on a low dose so your body can get used to the medicine. The most effective dose for lowering blood sugar, also known as glucose, will likely be higher. If you have some mild nausea, this should lessen in a few weeks. It's important to **check in with your care team by at least 4 weeks** to let them know how you're doing. For some medicines, you will either stay at this dose or for others you will move up to the next dose.

Most importantly, don't forget to celebrate your success!

