

Your diabetes treatment

A once-weekly dose in a ready-to-use pen



This brochure is for adult patients with type 2 diabetes who have been prescribed Trulicity® (dulaglutide) as part of a treatment plan to improve blood glucose control.

Lilly

TYPE 2 DIABETES CHANGES OVER TIME, AND SO MAY YOUR TREATMENT

Trulicity is a once-weekly medicine for adults with type 2 diabetes that contains a medicine called dulaglutide. Your Healthcare Professional may prescribe it in addition to other diabetes medications that you already take, along with diet and exercise. You can take it any time of day, with or without meals.

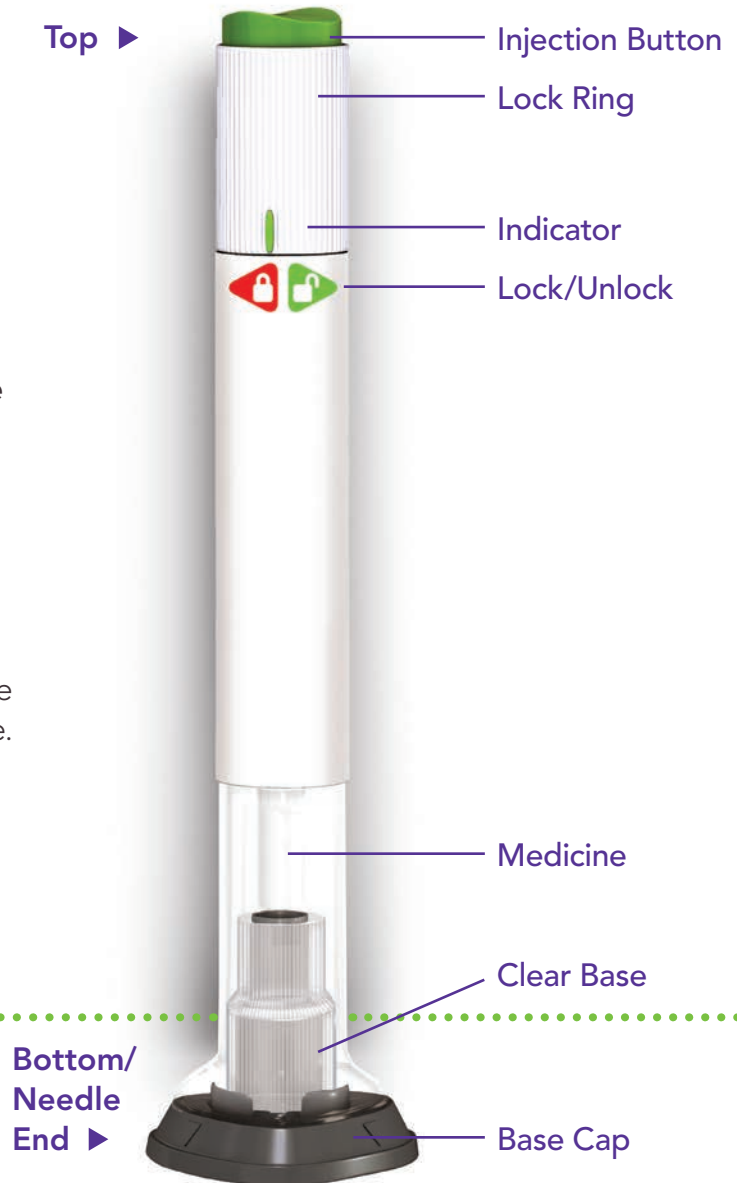
This medicine is not insulin. It helps your body to release its own insulin just when you need it, improving blood glucose control through the week.

These instructions do not replace the Patient Information Leaflet (PIL) and Instructions For Use (IFU) that came with your medicine. Please read the PIL and IFU carefully.

Introducing your Trulicity pen

- Each ready-to-use pen contains just one dose and is disposable
- There is a small, hidden needle
- No need to attach needles, measure or mix anything
- Delivers your medicine in 5 to 10 seconds. Your pen will click for a second time when the full dose has been taken

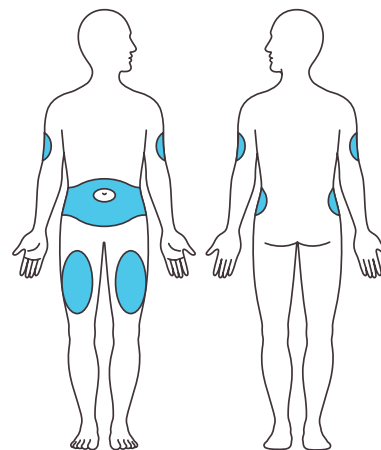
Follow your Healthcare Professional's advice about how often to test your blood glucose. Blood glucose monitoring can help tell you how well your treatment plan is working.



How to use your medicine

- You may inject the medicine into your stomach (abdomen) or thigh
- The medicine can also be injected into the back of your upper arm with the help of another person
- You can use the same part of your body each week. Just try not to use exactly the same spot
- Your Healthcare Professional can help you choose the injection site that is best for you

INJECTION SITES



WE CAN HELP REMIND YOU WHEN TO TAKE YOUR MEDICINE:



Download the Trulicity Reminder App to set your own location-based reminders (UK only)



Use the stickers on your calendar and/or pill box to help you remember to take Trulicity







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- Store your pen in the refrigerator (2–8°C)
- When refrigeration is not possible (for example, when you are on holiday), you can keep your pen at room temperature (less than 30°C) for up to 14 days
- Do not freeze your pen. If the pen has been frozen DO NOT USE
- Store the pen in the original package in order to protect from light
- The Trulicity pen has glass parts so do not use the pen if you drop it on a hard surface. Use a new pen

WHAT SHOULD I DO IF I MISS A DOSE?

- A missed dose can be safely taken for up to 3 days after you should have taken it

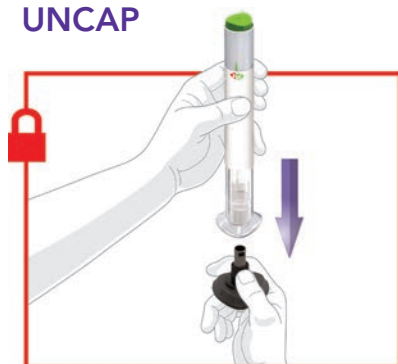
Example: Normal dose day is **Monday**

Mon	Tue	Wed	Thu
			
Fri	Sat	Sun	Mon
			

-  Do not take Trulicity on these days. You should not take 2 doses of Trulicity within 72 hours of each other
-  Your next dose should then be taken on your normal dosing day

Using your medicine: step-by-step guide

1 UNCAP



- Check the pen is **locked**
- Pull off and throw away the grey cap – replacing the grey cap could damage the needle
- Do not touch the needle

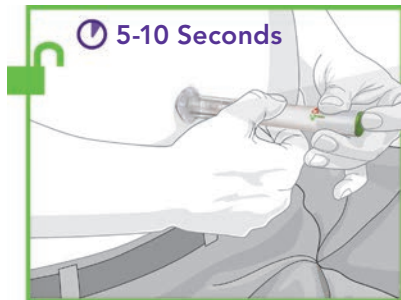
2 PLACE AND UNLOCK



- Place the clear base flat and firmly against your skin
- Then, **unlock** by turning the lock ring
- Do not unlock before the pen is against your skin - you could waste the dose if you press the injection button too soon

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3 PRESS AND HOLD

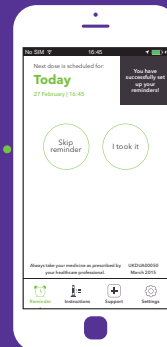


You will know you received all of your medicine when the grey part inside the pen becomes visible just below the label.

- Press and hold the green injection button; you will hear a loud click
- ⚠ Keep holding the pen firmly against your skin until you hear a **second click**. It may take 5 to 10 seconds
- Remove the pen from your skin

WHAT SHOULD I DO WITH MY USED PENS?

- Put your used pens in a closable sharps container to prevent accidental needle-stick injuries to yourself or others
- Ask your Healthcare Professional about how to obtain and dispose of the sharps container in your area



Download the Trulicity Reminder App to watch a video on how to use your Trulicity Pen (UK only)

The common side effects of your medicine

Your medicine has been shown to lower blood glucose. However, like all medicines, it may not work for everyone and you may experience some side effects.

SIDE EFFECTS

Like all medicines, Trulicity may cause side effects although not everybody gets them.

The most common side effects that may affect more than 1 in 10 people using this medicine are:

- **nausea (feeling sick)**
- **vomiting (being sick)**
- **diarrhoea**
- **abdominal (stomach) pain**

These side effects are usually not severe and are most common when first starting the medicine. After 2 doses, these decrease for most people.

DEHYDRATION

When starting your medicine, you may experience loss of fluids/ dehydration (due to vomiting, nausea and/or diarrhoea) which may lead to a decrease in kidney function. It is important to avoid dehydration by drinking plenty of fluids.

NAUSEA

If you experience nausea, talk to your Healthcare Professional. Some of these simple tips could help you manage any nausea that may occur as a result of your medicine:

- **eat smaller meals**
- **stop eating when you feel full**
- **avoid fried or other fatty foods**
- **make sure you drink adequate fluids**

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HYPOGLYCAEMIA

When this medicine is used with other diabetes medicines that contain metformin, a sulphonylurea, or insulin, more than 1 in 10 people experience hypoglycaemia (low blood glucose). If you already take a sulphonylurea or insulin, your doctor may decide to lower the dose before adding Trulicity to your treatment plan.

Hypoglycaemia may affect up to 1 in 10 people when this medicine is used alone, or with both metformin and pioglitazone, or with a sodium-glucose co-transport 2 inhibitor (SGLT2i) with or without metformin.

Symptoms of hypoglycaemia may include headache, drowsiness, weakness, dizziness, feeling hungry, confusion, irritability, fast heartbeat, and sweating. Your doctor should tell you how to recognise and treat hypoglycaemia.

Follow your Healthcare Professional's advice about how often to test your blood glucose. It can help tell you how well your treatment plan is working.

If you also experience or have ever experienced any of the following, please speak to your Healthcare Professional immediately:

- if you have severe problems with food digestion or food staying in your stomach for longer than normal. This medicine is not recommended if you have severe gastrointestinal disease
 - if you have ever had severe pain in the stomach and back that does not go away. These can be signs of pancreatitis (inflammation of your pancreas). This medicine should not be used if you have ever experienced this problem
 - if you have an allergic reaction after taking this medicine
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How your medicine works

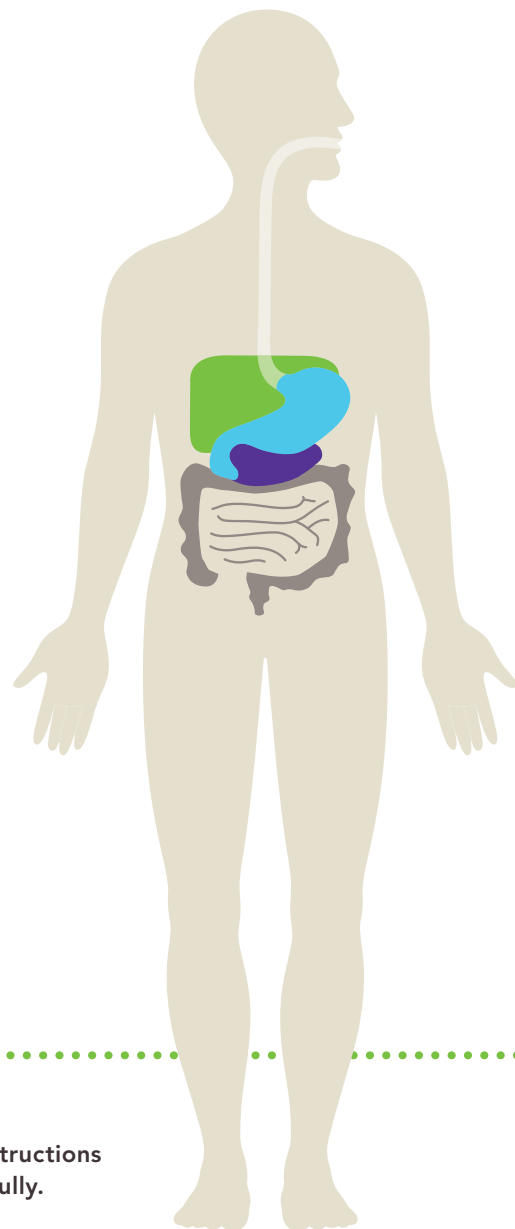
Your medicine is designed to work like a natural hormone your body releases when you eat.

This hormone is called GLP-1. One of its jobs is to help control your blood glucose levels.

Your medicine is similar to the GLP-1 your body produces and works in much the same way:

- it tells your **pancreas** how much insulin to release after you eat
- it can limit how much glucose enters your blood from your **liver**
- it helps slow down how quickly food leaves your **stomach**, so glucose enters your blood more slowly

These actions can help to control your blood glucose levels.



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HEALTHCARE PROFESSIONAL CONTACT CARD

For easy access to safety information you can remove this card and carry it in your wallet/purse.

HELPFUL REMINDERS



- Download the Trulicity Reminder App (UK only)
- Add the reminder stickers to your calendar

Where to learn more?

- Speak to your Healthcare Professional
- Read the Patient Information Leaflet (PIL) that came with your medicine
- Visit www.trulicity.co.uk (UK)
www.trulicity.ie (ROI)

REPORTING SIDE EFFECTS

If you experience side effects, talk to your doctor or other healthcare professional. This includes any possible side effects not listed in the package leaflet. To report a side effect or product complaint with a Lilly product please call Lilly UK on 01256 315000 Lilly Ireland on 01 664 0446. Additionally, reporting forms and further information can be found at UK: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store (UK) or Ireland: www.hpra.ie. By reporting side effects, you can help provide more information on the safety of medicines.

This information is brought to you by Lilly, the manufacturers of this medicine.

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