

Getting started with

Zegluxen[®]

(liraglutide)



This leaflet is not designed to replace the Package Leaflet that you will find inside the carton with your medicine. Please read the Package Leaflet carefully before injecting.

ZENTIVA

Setting Goals



scan this QR Code to access digital support resources



Before starting Zegluxen® it's important to set treatment goals with your doctor.

These goals can include maintaining optimal blood sugar levels to help manage your diabetes.

How Zegluxen[®] works

Zegluxen[®] is a medicine that helps control your blood sugar levels if you have type 2 diabetes

Zegluxen[®] works like a natural hormone in your body called GLP-1 (glucagon-like peptide-1). Your gut releases this hormone after you eat.

Zegluxen[®] helps you in several ways:

- It helps your body make more insulin when your blood sugar is high
- It reduces the amount of glucagon (a hormone that raises blood sugar)
- It slows down how fast food leaves your stomach

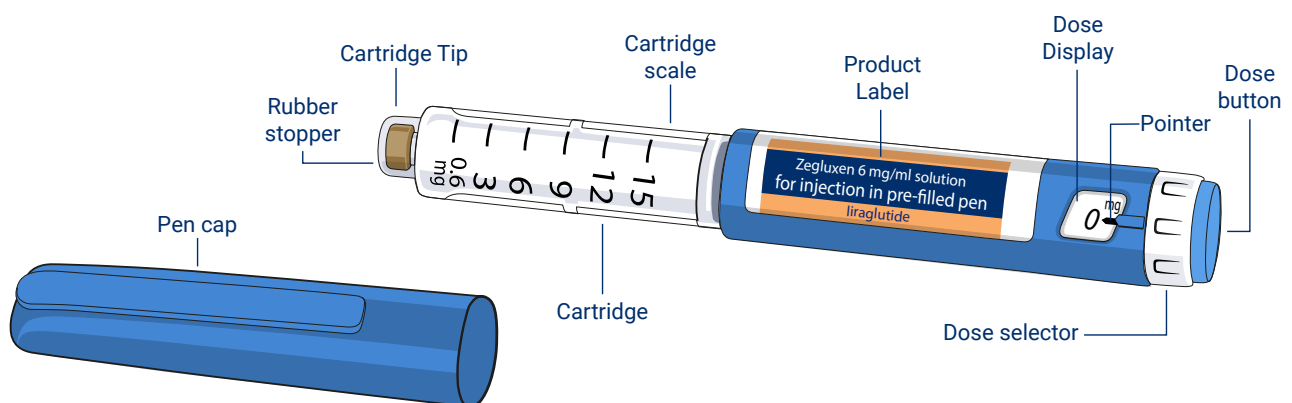
This means you may feel fuller for longer, which can help with managing your weight.



The Zegluxen[®] Pen

Before you use the pen for the first time, your doctor or nurse will show you how to use the pre-filled pen, and the correct needles to use.

The pen is made up of the following parts:



Zegluxen[®] pre-filled pens contain 18 mg of liraglutide. You can choose doses of 0.6 mg, 1.2 mg or 1.8 mg.

The pen is designed to be used with disposable needles, which are not included in the pack.

Speak to your doctor or nurse to ensure you have the correct needles to use. They will also provide you with a special bin (a 'sharps' bin) for safe needle disposal.

Top tips for safe use of the Zegluxen[®] pen

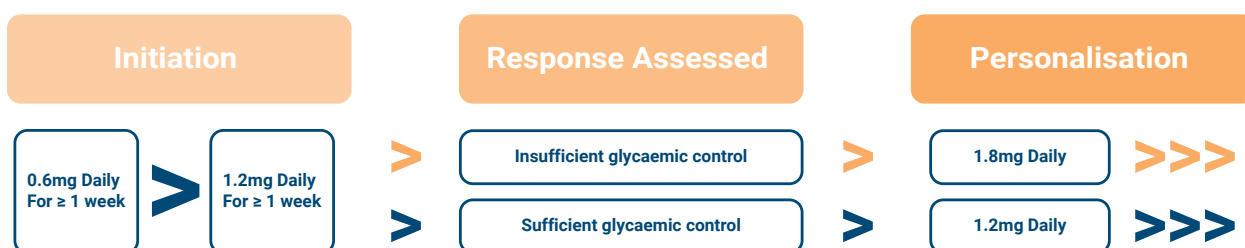
It's important to use the Zegluxen[®] pen safely to keep the medicine secure and avoid harming yourself.

Here are some top tips to help you safely use the pen:¹

- To avoid potential infection, do not share the pen with other people, even if the needle has been changed
- Always use a new needle for each injection to prevent contamination
- The needle should be removed after each injection and the pen should be stored without the needle attached. This reduces the risk of contamination, infection, medicine leakage, blocked needles and incorrect dosing
- Keep out of reach of children
- If you drop your Zegluxen[®] pen, or damage the needle, it should be carefully be replaced. If the pen is damaged, do not try to repair the pen or pull it apart
- Never put the inner needle cap back on the needle, this may result in needle-stick injuries
- Do not wash, soak or lubricate the pen, as this can harm it. If cleaning is needed, use a cloth dampened with a mild detergent
- Keep the pen away from dust, dirt and all kinds of liquid
- After first use: Store below 30°C or store in a refrigerator (2°C–8°C). For up to 30 days.

How much Zegluxen[®] to use

To help minimise any digestive issues, liraglutide is started at a lower dose and gradually increased over time.¹



The starting dose is **0.6 mg once a day**, for at least one week.

Your doctor will tell you when to increase it to 1.2 mg once a day. Your doctor may tell you to further increase the dose to 1.8 mg once a day, if your blood sugar level is not adequately controlled with a dose of 1.2 mg.¹

Always use this medicine exactly as your doctor has told you. Check with your doctor, pharmacist or nurse if you have any questions about taking liraglutide.

Preparing your Zegluxen[®] Pen

There are four simple steps to using your Zegluxen[®] Pen:

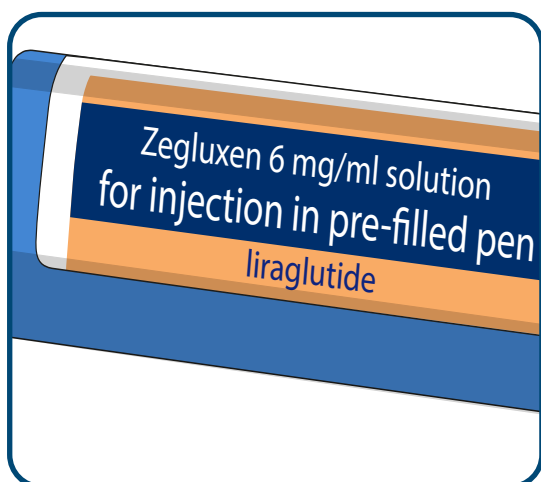
Prep

Flow

Dose

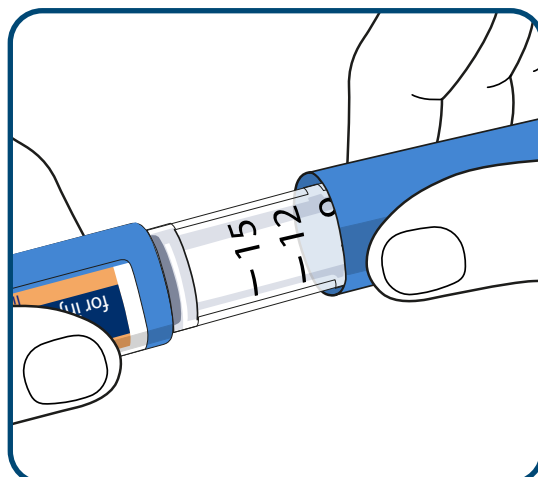
Go

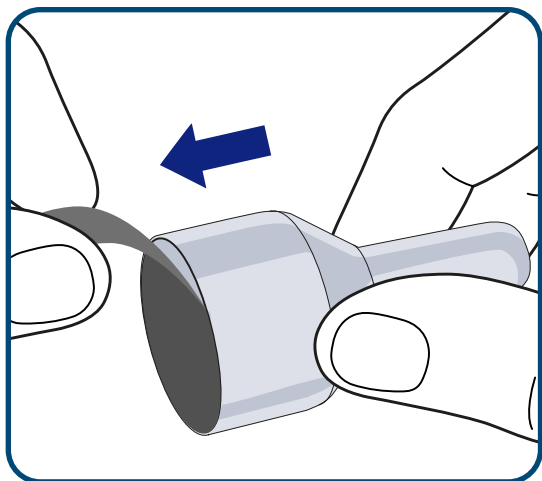
1. Prepare your pen with a new needle



Check the name and coloured label of the pen to ensure that it contains Zegluxen[®]. Using the wrong medicine could cause severe harm. Once checked, you can pull off the pen cap.

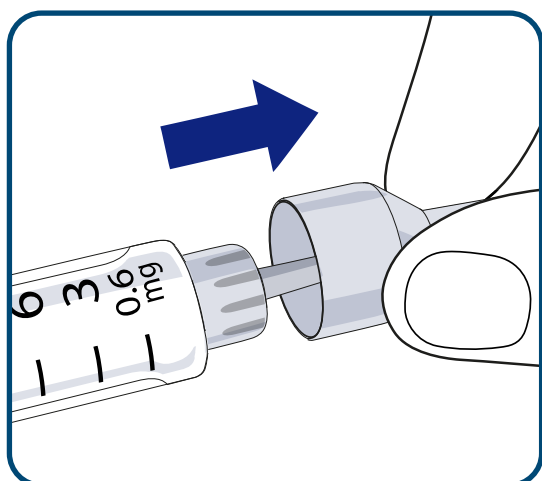
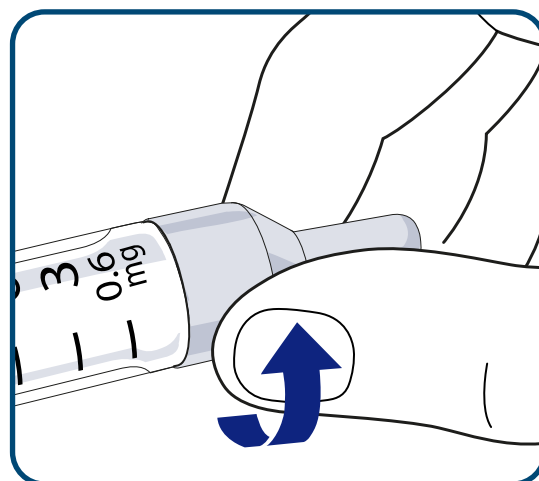
Check that the solution in the pen is clear and colourless by looking through the pen window. Do not use the pen if the solution looks cloudy.





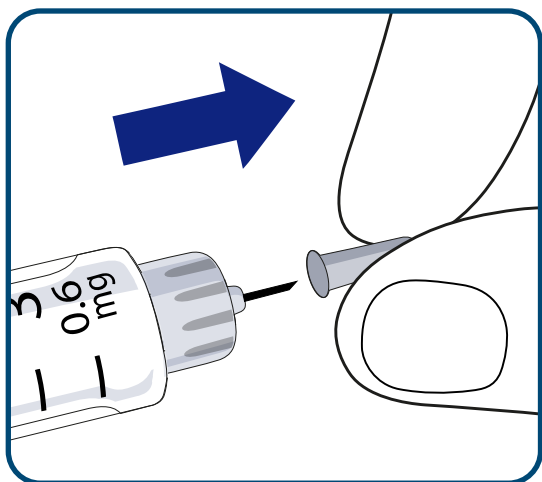
Remove the paper tab from a new disposable needle.

Screw the needle straight and tightly onto the pen.



The needle is covered by two caps.

Remove the outer needle cap and place on a clean surface for later.



Pull off the inner needle cap and throw it away. A drop of solution may appear at the needle tip. This is normal, but if you are using a new pen. Do not attach a new needle to the pen until you are ready to have the injection.

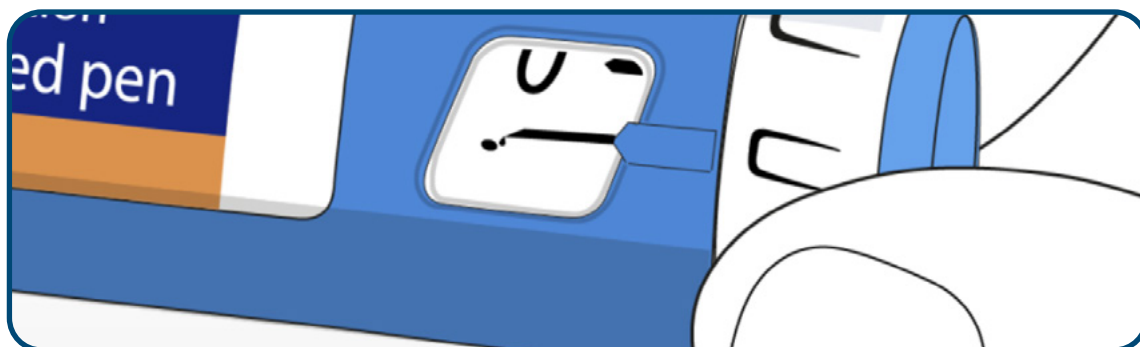
2. Check the flow

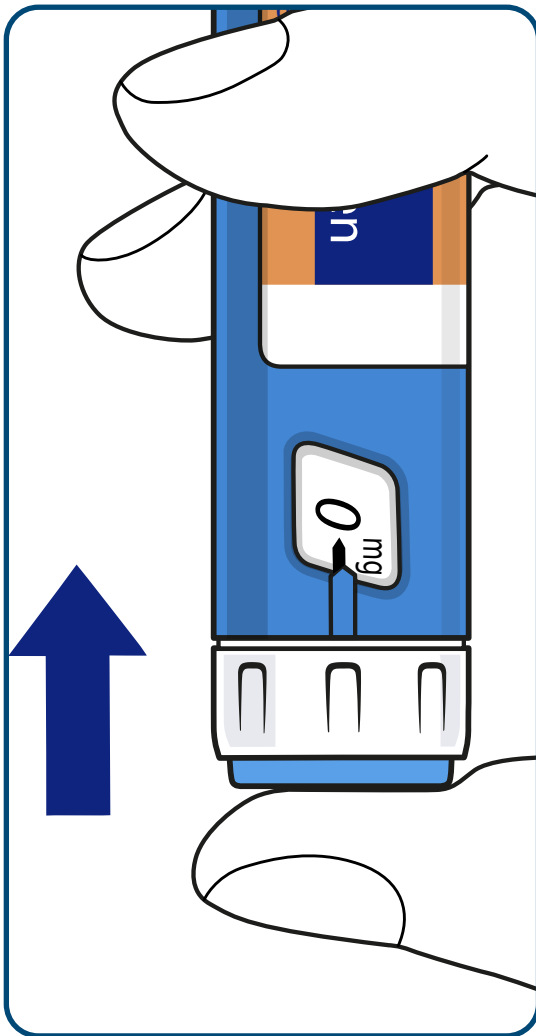
Check the flow with each new needle before injecting.

A new needle should be used with every injection to help prevent infections and blocked needles.

Turn the dose selector until the dose counter shows the flow check symbol right past 0.

Hold the pen with the needle pointing up.





Keep the needle pointed up and press the dose button until the 0mg lines up with the pointer. A drop of medicine should appear at the needle tip - this confirms your needle is properly primed.

If no drop appears, repeat "Check the Flow" up to four times.

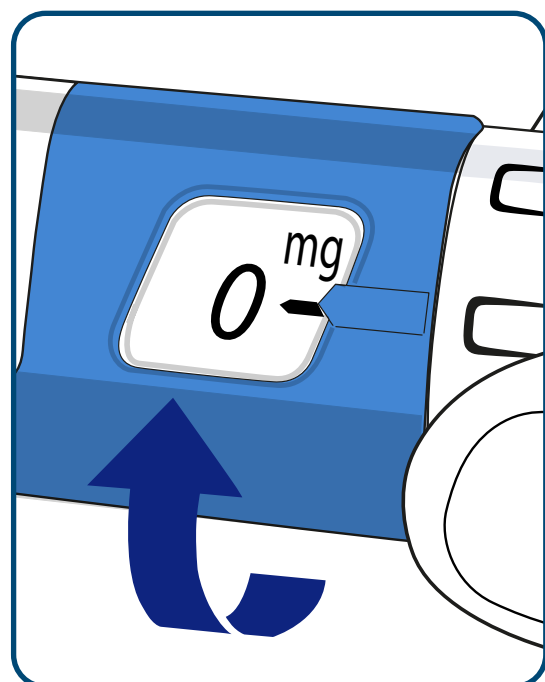
If there is still no drop of medicine appearing, you should change the needle and repeat "Check the Flow" steps.

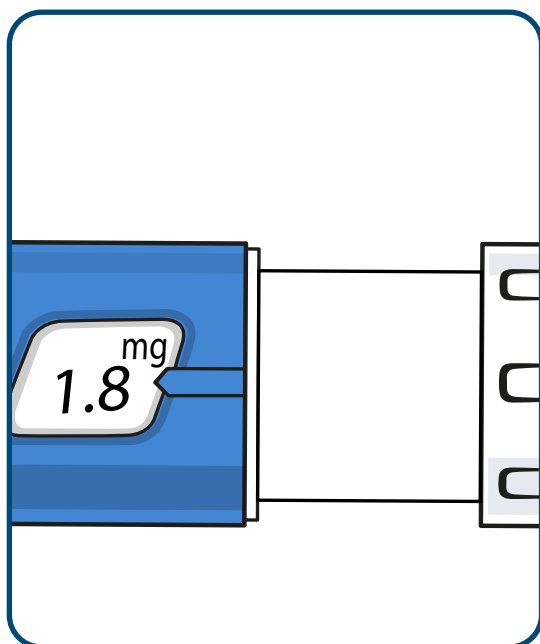
Do not use the pen if a drop still does not appear as it indicates the pen is defective and you should use a new one.

3. Selecting your dose

Turn the dose selector until the dose counter shows the dose that you need to take (0.6 mg, 1.2 mg or 1.8 mg).

If the wrong dose is selected, the dose selector can be turned forwards or backwards to the correct setting.





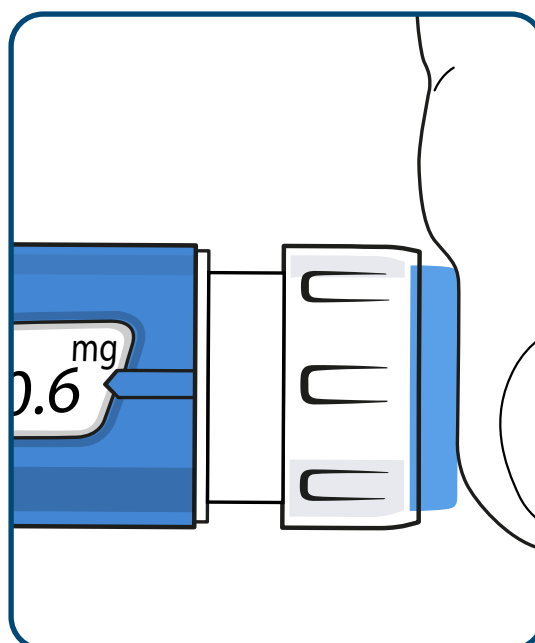
You should always use the dose counter and the dose pointer to see how much medicine you have selected before injecting this medicine.

Only doses of 0.6 mg, 1.2 mg or 1.8 mg must be selected with the dose selector. The selected dose must line up precisely with the dose pointer to ensure you get the correct dose.

If the dose selector stops before the required dose lines up with the pointer there is not enough liraglutide left for a full dose.

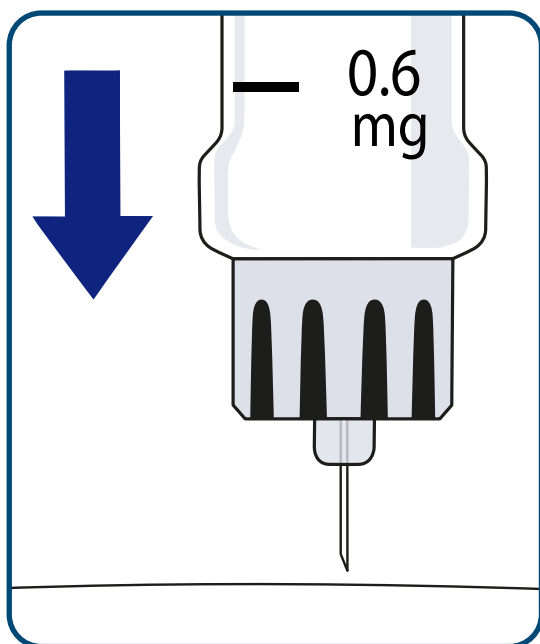
You may:

- Inject the full dose with a new pen
- Split your dose between the current pen and a new pen (only after discussing with your doctor or nurse)



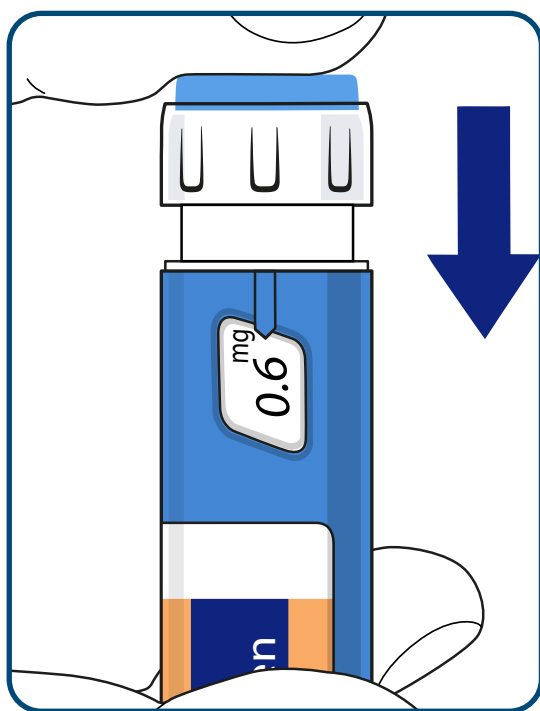
Turn the dose selector in either direction until 0.6 mg or 1.2 mg lines up with the pointer, then inject the dose. Patients should then prepare a new pen for injection and inject the rest of the dose needed. A calculator may help you to plan the doses.

4. Injecting your medication



You should insert the needle into the skin as shown by your doctor or nurse: Make sure you can see the dose counter. Try not to cover it with your fingers as this might interrupt the injection.

Press and hold down the dose button until the dose counter shows 0. The 0 must line up with the dose pointer. You may then hear or feel a click. Keep the needle in your skin after the dose counter has returned to 0 and count slowly to 6. If the needle is removed earlier, you may see a stream of solution coming from the needle tip, meaning the full dose has not been delivered.



Remove the needle from the skin and release the dose button.

If blood appears at the injection site, you should press lightly, but do not rub the area. You may see a drop of solution at the needle tip after injecting. This is normal and does not affect the dose.

Always watch the dose counter to know how many mg you are injecting. Hold the dose button down until the dose counter shows 0.

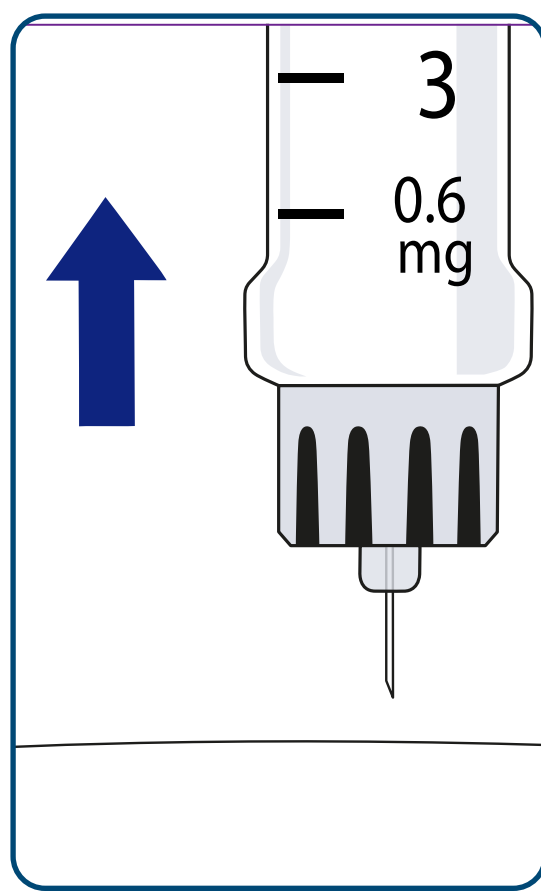


How to identify a blocked or damaged needle?

- If 0 does not appear in the dose counter after continuously pressing the dose button, you may have used a blocked or damaged needle.
- In this case, you will have not received any medicine, even though the dose counter has moved from the original dose that you have set.

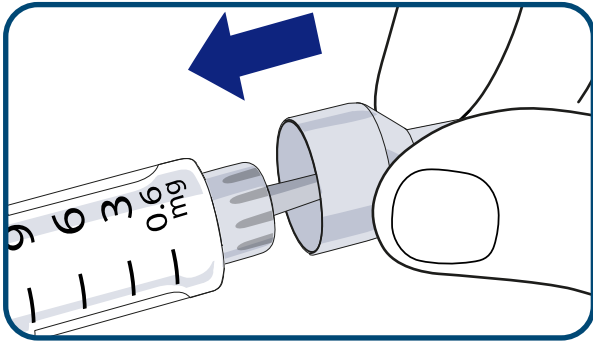
How to handle a blocked needle?

- Change the needle as described in Step 5 'After injecting' and repeat all steps starting with Step 1 'Prepare your pen with a new needle'.
- Make sure you select the full dose needed.
- Never touch the dose counter when they inject. This can interrupt the injection.

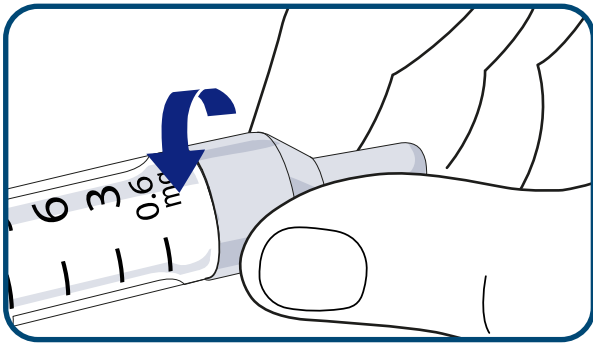


After your Zegluxen[®]

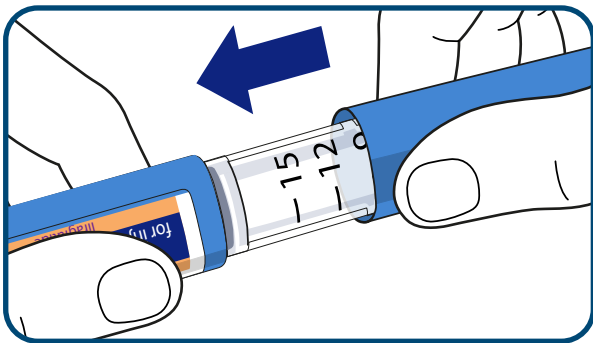
Injection



Guide the needle tip into the outer needle cap without touching the needle or the outer needle cap.



When the needle is covered, you may carefully push the outer needle cap onto the pen. Unscrew the needle and dispose of it carefully in your sharps bin. Then replace the pen cap.



When the pen is empty, patients should carefully dispose of it without a needle attached, in accordance with local requirements.

Managing Common Side Effects of Zegluxen®

Taking Zegluxen® can sometimes cause side effects. Here are some common ones and tips on how to manage them:



Nausea

What to do: Try taking Zegluxen® with food. Eating small, frequent meals can also help. Ginger tea or ginger candies might soothe your stomach.
When to call your doctor: If nausea is severe or doesn't go away, contact your doctor.



Vomiting

What to do: Stay hydrated by drinking small sips of water frequently. Avoid large meals and stick to bland foods.
When to call your doctor: If vomiting is persistent or severe, seek medical advice.



Diarrhoea

What to do: Drink plenty of fluids to stay hydrated. Avoid fatty or spicy foods that might worsen diarrhoea.
When to call your doctor: If diarrhoea is severe or doesn't improve, contact your doctor.



Constipation

What to do: Increase your intake of dietary fibre by eating fruits, vegetables, and whole grains. Drink plenty of water and stay active.
When to call your doctor: If constipation is severe or persistent, consult your doctor.



Dizziness

What to do: Stand up slowly from sitting or lying positions. Avoid driving or operating heavy machinery if you feel dizzy.
When to call your doctor: If dizziness is severe or doesn't improve, consult your doctor.



Headache

What to do: Drink plenty of water and rest in a quiet, dark room. Over-the-counter pain relievers may help, but check with your doctor first.
When to call your doctor: If headaches are severe or frequent, seek medical advice.



Dry Mouth

What to do: Sip water regularly, chew sugar-free gum or suck on sugar-free candies. Avoid caffeine and alcohol, as they can make dry mouth worse.
When to call your doctor: If dry mouth is bothersome or persistent, talk to your doctor.

Always follow your doctor's instructions and report any side effects you experience. Your healthcare team is there to help you manage any issues and ensure your treatment is as comfortable as possible.

How to store Zegluxen®?

Keep Zegluxen® out of the sight and reach of children.¹

Do not use Zegluxen® after the expiry date which can be found on the pen label and carton after 'EXP'. The expiry date refers to the last day of that month.¹



Before Opening

Store in a refrigerator (2–8°C). Keep away from the freezer compartment. Do not freeze.



After Use

After first use, you can keep and use the pen for 30 days, as long as it is stored at a temperature below 30°C or in a refrigerator (2–8°C), away from the freezer compartment. Do not freeze.

When you are not using the pen, keep the pen cap on to protect the medication from the light.

Do not use this medicine if the solution is not clear and colourless or almost colourless.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

Healthy lifestyle

tips

Healthy eating and regular exercise can help you manage your blood sugar levels. They can also help you reduce the risk of complications. Here are some handy tips to help you make healthier food choices and move more.



Choose healthier carbohydrates, such as whole grains (brown rice, whole oats), fruit, vegetables, pulses (chickpeas, beans) and dairy (unsweetened yoghurt and milk).



Eat less salt. Try to limit yourself to a maximum of 6g (one teaspoonful) of salt per day.



Swap red and processed meat for pulses, eggs, fish, poultry (chicken, turkey) and unsalted nuts.



Start exercising slowly with 'warm-ups' and increase your activity levels gradually to prevent injuries. Begin with small changes, such as moving more around the house; activities like hoovering, washing your car, or watering plants can all make a difference.



Keep active whilst you're on the move. For example, you can get off the bus or tube one stop earlier, park further away from your destination, take the stairs, and walk or cycle wherever possible.

Use the space below to jot down your exercise goals while undergoing treatment. This can help you stay focused and motivated.

FAQs

How will Zegluxe[®] help me manage my diabetes?

Your doctor might prescribe Zegluxe[®] if your blood sugar is not properly controlled by diet and exercise alone, and you can't take metformin (another diabetes medicine), to help manage your blood sugar levels. It may be that current diabetes medicines (such as metformin, pioglitazone, sulfonylurea, sodium-glucose co-transporter 2 inhibitors (SGLT2i) and/or insulin) aren't enough to control your blood sugar levels, in which case doctor might add Zegluxe[®] to your existing treatment plan.

Zegluxe[®] is a medicine known as a glucagon-like peptide-1 receptor agonist (GLP1-RA), for use in people with Type 2 diabetes. It is very similar to a natural hormone called GLP-1 released into the body after eating.

Zegluxe[®] helps your body reduce your blood sugar level, but only when your blood sugar is too high. It also slows food passage through your stomach and can help weight loss.

Do I still need to keep taking my diabetes medicine?

Your doctor will advise you. If your current diabetes medicines (such as metformin, pioglitazone, sulfonylurea, sodium-glucose co-transporter 2 inhibitors (SGLT2i)) and/or insulin) aren't enough to control your blood sugar levels, your doctor might add liraglutide to your existing treatment plan.



Should I be worried about side effects?

As with other medicines there are potential side effects from taking Zegluxen®, but these are usually manageable and improve over time. Not everyone will experience them.

When initiating treatment with Zegluxen®, you may experience loss of fluids/dehydration, e.g. through possible vomiting, nausea or diarrhoea. It is important to avoid dehydration by drinking plenty of fluids. Contact your doctor if you have any questions or concerns.

Hypoglycaemia (low blood sugar) can affect some people taking Zegluxen® (up to 1 in 10 people). Being aware of the warning signs of low blood sugar is recommended so you can act appropriately if this occurs. If you experience sudden onset cold sweat, cool pale skin, headache, fast heartbeat, feeling sick, feeling very hungry, changes in vision, feeling sleepy, feeling weak, nervous, anxious, confused, difficulty concentrating, shaking (tremor), you should contact your doctor. Your doctor will tell you how to treat low blood sugar and what to do if you notice these warning signs. Some guidance is also provided below in 'How do I manage side effects'. You are more likely to experience low blood sugar if you also take a sulfonylurea or insulin. Your doctor may reduce your dose of these medicines before you start using Zegluxen®.



Can Zegluxen® affect my energy levels?

Zegluxen® may make some people feel weak or tired. For others, they might experience some difficulty sleeping. This does not affect all those taking Zegluxen®. This usually occurs during the first three months of treatment however and should resolve in time. For further information please refer to Side Effects section of our website, or the Patient Information Leaflet. If you have any concerns about your side effects or feel they are unmanageable, please contact your doctor or healthcare professional.



How long will I need to stay on Zegluxen®?

Addressing type 2 diabetes and establishing glycaemic control can require long-term treatment, but you can support this treatment by following a healthy diet and exercising regularly (see the Healthy Lifestyle section).



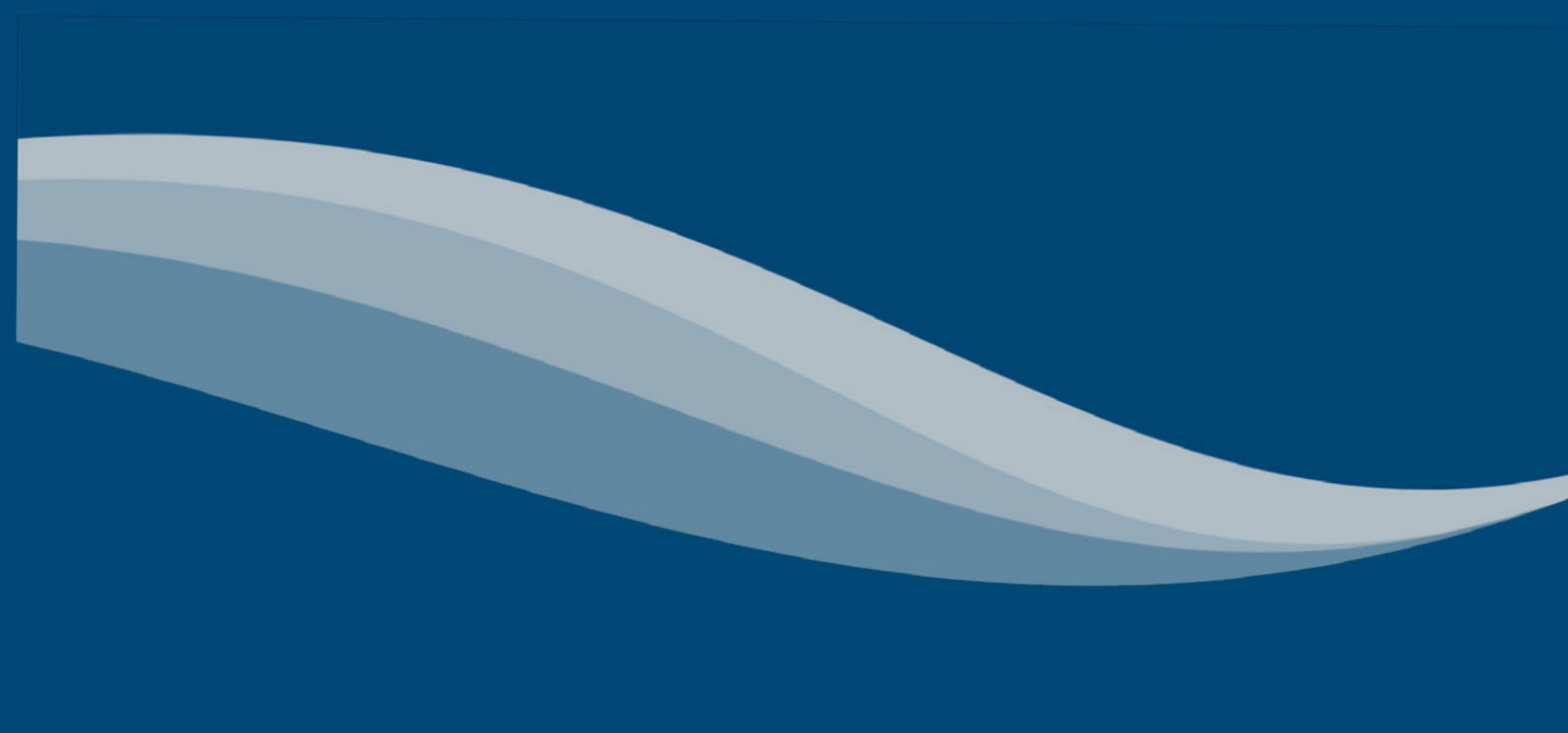
Can Zegluxen® interact with other medications?

As with most medicines, Zegluxen® may interact with other medications, particularly due to its effects on gastric emptying and potential side effects like diarrhoea or vomiting, which can affect the absorption of oral medicines. However, it has a low potential for pharmacokinetic interactions with cytochrome P450 and plasma protein binding.

No dose adjustments are needed when Zegluxen® is taken with paracetamol, atorvastatin, griseofulvin, insulin detemir, digoxin, lisinopril, or oral contraceptives, as any pharmacokinetic changes are not clinically significant. If in doubt please contact your doctor.

Notes

Please use this space to add any notes from your doctor



For further information on Zegluxen (liraglutide) and managing Type 2 diabetes, please visit www.liraglutide.co.uk