



Glucagon-Like-Peptide-1 (GLP-1) mimetic treatment

To help you lose weight and control your blood glucose levels, your diabetes health care team have started you on a glucagon-like-peptide-1 mimetic (GLP-1) medicine called liraglutide (*Victoza*[®]) /Exenatide (*Byetta*[®] or *Bydureon*[®]) / *Dulaglutide (Trulicity*[®]) Lixisenatide (*Lyxumia*[®]). You will need to follow a low sugar and low-fat diet and undertake regular exercise in combination with these medicines.

The GLP-1 medicines only benefit some patients therefore the National Institute for Health Excellence (NICE) advise that these treatments should only be continued in those patients who have had a 11mmol/mol or 1% reduction in their HbA1c (the blood test that measures your average blood glucose level over 2-3 months) and a reduction in weight of 3% following 6 months of treatment.

Over the next 6 months your diabetes health care team will monitor your HbA1c and weight to assess if you are a patient who benefits from GLP-1 treatment. If after 6 months your HbA1c have not reduced by the above levels, your GLP-1 treatment will be stopped.

If you are a patient who has had the above reduction in HbA1c and weight, treatment will continue beyond 6 months and your diabetes health care team will review your treatment every 6 months to ensure you are still benefiting from your treatment.

Your most recent HbA1c is: _____ mmol/mol

After 6 months, your target HbA1c is: _____ mmol/mol

Your current weight is: _____ kg

After 6 months, your target weight is: _____ kg

Patient agreement

I have discussed the above information with a member of the diabetes health care team and understand that treatment with a GLP-1 mimetic will only continue after 6 months if my HbA1c and weight measurement at 6 months demonstrates a beneficial effect as outlined above.

Patient name:

Patient signature:

Clinician signature:

Date:
