



LIRAGLUTIDE

lye-rah-gloo-tide

What does it do?

Liraglutide is used to treat diabetes by lowering blood glucose. It is also used to help you lose weight.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you use it?

Inject *liraglutide* regularly as directed into the skin of your tummy, thigh or upper arm. You can use the same area of your body each time, but choose a different place within that area. You can inject it any time of the day, with or without meals.

You, or the person giving the injections, will be given training on how to use the injections.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and inject your next dose at the usual time. Otherwise, inject the missed dose as soon as you remember. Do not inject two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

| Side Effects | Recommended action |
|--|---|
| Nausea, vomiting, loss of appetite, indigestion, tummy pain, constipation or diarrhoea | Common when you first start - if it continues or is severe, tell your doctor. |
| Pain, tenderness or redness at injection site | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- You will need a regular blood test (HbA1c) to check how your diabetes is controlled.
- If you are unwell, follow your diabetes [sick-day plan](#), or talk to your health professional.
- *Liraglutide* should normally be kept in the fridge, but you can store the pen at room temperature for up to 30 days after you first use it. Keep the cap on when you aren't using it to protect the medicine from light.