Te Whatu Ora
Health New Zealand
Waitaha Canterbury

LIRAGLUTIDE

lye-rah-gloo-tide

What does it do?

Liraglutide is used to help you lose weight, to treat diabetes, or to reduce your chance of having a stroke or heart problems.

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.

Follow the instructions in the packet 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:

- *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.
- If you have diabetes, 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.