

The Benefits of Newer Diabetes Medications

GLP-1 RA

Have you been prescribed one of these medications?

Dulaglutide (Trulicity)	Semaglutide (Rybelsus)
Liraglutide (Victoza)	Exenatide (Byetta)
Semaglutide (Ozempic)	Exenatide XR (Bydureon BCise)

Side effects are usually mild and may improve or go away in time. These include:

Mild stomach or intestinal side effects are the most common and improve or go away in a few weeks.

- Nausea or vomiting
- Worsening acid reflux
- Diarrhea or constipation
- Stomach discomfort/cramping
- Skin reaction at site of injection

How is the medication taken?

Most are injected (weekly or daily) under the skin on your stomach – for some you do NOT even see the needle!

See our **How-To Video Series** to learn GLP-1 RA injection:
michmed.org/JQzJw



Rybelsus is an oral medication that must be taken with 4 oz of water 30 minutes before eating the first meal of the day. It must be taken prior to other medications, including thyroid medication.

Affording these medications:

For patients with:

- **Commercial insurance:** GLP1-RAs are generally covered, but insurance may not cover all medications. Check with your insurance to see which are covered and tell your health care team. **MCT2D Coverage guide:** michmed.org/jmKmn You may have a copay. Use the link below to find a copay savings card that may lower your out-of-pocket cost. If you have a high deductible plan, you will have to pay the full cost of the medication until your deductible is met.
- **Medicare Part D:** You may have a copay. Copay savings cards cannot be used with Medicare insurance. Talk to your doctor about Patient Assistance Programs. Patients with an annual income of less than \$50,000 may be able to get the medication for free.
- **Michigan Medicaid:** A least one of these medications will be covered by your insurance. These medications do not have a generic version. Check with your insurance to see which medications is preferred. This will have the lowest out-of-pocket cost to you.

Medication Copay Savings Card Programs Reference Guide

michmed.org/dJJk5



Patient Assistance Program (PAP) Guide

michmed.org/kQQRy



Did you know that these medications can do more that help lower your blood sugar? Other benefits include:

- All GLP-1 RA's can help reduce your weight.
- Many GLP-1 RA's lower risk of heart attack and stroke. Rybelsus does not reduce these risks.

When should I call my health care team?

If you experience:

- Blurred vision
- Severe stomach pain
- Upper stomach pain, that moves to your back, with or without fever
- Low blood sugars (less than 70)

How can I lessen or avoid side effects?

- Listen to your body for signs of being full (this might surprise you!)
- Eat smaller meals
- Avoid eating within 1-2 hours of going to bed
- Avoid fatty, greasy, or spicy foods
- Drink plenty of water daily
- Monitor your blood sugar if on insulin or glipizide, glyburide, or glimepiride
- Your health care team may adjust these medications if your blood sugar is too low

*NOTE: These are the most common side effects. This list does not include all possible side effects. You may not experience these side effects. Please talk to your health care team if you have other concerns about side effects.

This handout should not be used as a substitute for medical advice from your health care team. It is your responsibility to review information provided by your pharmacy and consult with your doctor or health care team member prescribing these medications with any questions about your medication.

The Benefits of Newer Diabetes Medications

SGLT2is

Have you been prescribed one of these medications?

Dapagliflozin (Farxiga) Empagliflozin (Jardiance)
Canagliflozin (Invokana) Ertugliflozin (Steglatro)

Side effects are usually mild and may improve or go away in time. These include:

- Increased urination
- Dehydration
- Yeast infection
- Low blood pressure
- Urinary tract infection

How is the medication taken?

These are oral medications that should be taken once a day. Because they make you urinate more, you should take them in the morning.

When should I call my health care team?

- Unexplained fatigue, loss of appetite, or shortness of breath
- Intense pain of genitals or rectum with a fever and/or feeling unwell
- Unexplained falls
- Being unable to eat
- Unexplained, frequent low blood sugars (less than 70)
- If you are started on a new blood pressure medication
- If you are scheduled for surgery and need to stop your medications
- If you decide to start following a low carb diet (less than 100 grams of total carbohydrate daily)

Affording these medications:

For patients with:

- **Commercial insurance:** GLP1-RAs are generally covered, but insurance may not cover all medications. Check with your insurance to see which are covered and tell your health care team. **MCT2D Coverage guide:** michmed.org/jmKmn You may have a copay. Use the link below to find a copay savings card that may lower your out-of-pocket cost. If you have a high deductible plan, you will have to pay the full cost of the medication until your deductible is met.
- **Medicare Part D:** You may have a copay. Copay savings cards cannot be used with Medicare insurance. Talk to your doctor about Patient Assistance Programs. Patients with an annual income of less than \$50,000 may be able to get the medication for free.
- **Michigan Medicaid:** A least one of these medications will be covered by your insurance. These medications do not have a generic version. Check with your insurance to see which medications is preferred. This will have the lowest out-of-pocket cost to you.

Medication Copay Savings Card
Programs Reference Guide
michmed.org/dJjk5



Patient Assistance Program
(PAP) Guide
michmed.org/kQqRY



Did you know that these medications can do more that help lower your blood sugar? Other benefits include:

- Protect kidney function and prevent the need for dialysis.
- Lower blood pressure
- Lower risk of having or dying from a heart attack, stroke, or heart failure
- Mild weight loss

How can I lessen or avoid side effects?

- Drink 6 to 8 glasses of water daily
- Avoid drinking water too close to bedtime
- Practice good genital hygiene (ensure you wipe yourself dry after urinating) and shower daily (in hot summer months, consider showering multiple times per day)
- Use cotton underwear
- Monitor your blood pressure at home
- Monitor your blood sugar at home if on insulin, glipizide, glyburide, or glimepiride
- Notify your doctor if another doctor/specialist starts you on a blood pressure medication

What should I expect after starting an SGLT2i?

After starting this medicine, you may see a small decrease in your kidney function (slight increase in your creatinine/decrease in your eGFR.) **This is an expected short-term effect of the medicine, and kidney function will be better overall in the long-term**

You can also expect to see a decrease in protein leakage in your urine (decrease in uACR).

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