



99% of Trulicity users find the pen easy to use^{*,6}

- Each pen contains just one dose and is disposable⁵.
- Small, hidden needle⁷.
- No need to attach needles, measure, or mix anything⁵.
- Delivers your medicine in 5 to 10 seconds, with the press of a button⁵.

What should I do if I miss a dose?

- Take it right away if there are ≥ 3 days until your next regular dosing day⁵.
- Skip it if there are < 3 days until your next regular dosing day⁵.
- You must leave at least 3 full days between doses of Trulicity⁵.

Please refer to the instructions for use for more information.

If you have questions, talk to your healthcare provider.



What to expect

Lilly

Most frequent side effects

- Nausea¹
- Vomiting¹
- Diarrhoea¹

Tips to manage nausea:

- 1) Eat smaller meals⁸
- 2) Stop eating when you feel full⁹
- 3) Avoid fried or other fatty foods⁸

Talk to your healthcare provider if you experience nausea

These symptoms are usually not severe and decrease after the second dose¹

Other possible side effects

- Decreased appetite¹
- Low blood sugar (your healthcare provider may lower the doses of other type 2 medicines that you take to prevent this)¹
- Slight weight loss¹
- Trulicity is **not** a weight-loss product¹

^{*}Based on studies, the range of weight loss was 0.35 kg to 3.18 kg for people taking the 1.5 mg dose¹.

References

1. Eli Lilly Trulicity prescribing information. 2. Nauck MA, Vardarli I, Deacon CF, Holst JJ, Meier JJ. Secretion of glucagon-like peptide-1 (GLP-1) in type 2 diabetes: what is up, what is down? *Diabetologia* 2011;54:10-8. 3. Toft-Nielsen MB, Damholt MB, Madsbad S, et al. Determinants of the impaired secretion of glucagon-like peptide-1 in type 2 diabetic patients. *J Clin Endocrinol Metab* 2001;86:3717-23. 4. MacDonald PE, El-Kholy W, Riedel MJ, Salapatek AM, Light PE, Wheeler MB. The multiple actions of GLP-1 on the process of glucose-stimulated insulin secretion. *Diabetes* 2002;51 Suppl 3:S434-42. 5. Eli Lilly Trulicity user manual. 6. Matfin G, Zimmermann A, Van Brunt K, Threlkeld R, Ignaut D. Safe and effective use of the single-use pen for injection of once weekly dulaglutide in injection-naïve patients with type 2 diabetes. Poster presented at: American Diabetes Association 74th Scientific Session; June 13-17, 2014; San Francisco, CA. 7. Eli Lilly and Company. Company Confidential. DULA Device POV: Learning and Adherence. September 2013; 4. 8. Maceira E, Lesar TS, Smith HS. Medication related nausea and vomiting in palliative medicine. *Ann Palliat Med* 2012;1:161-76. 9. Unger JR, Parkin CG. Glucagon-like peptide-1 (GLP-1) receptor agonists: Differentiating the new medications. *Diabetes Ther* 2011;2:29-39.

A diabetes treatment you can really click with

Once-weekly dose. Ready-to-use pen.



This leaflet is for educational purpose and should be distributed by healthcare professionals to adult patients with type 2 diabetes who have been prescribed Trulicity. If there is any enquiry, please contact with your doctors for further information.


trulicity
dulaglutide injection once weekly
0.75 mg/0.5 mL, 1.5 mg/0.5 mL

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trulicity
dulaglutide injection once weekly
0.75 mg/0.5 mL, 1.5 mg/0.5 mL

^{*} Based on a study of 211 users who had never done a self-injection⁶.

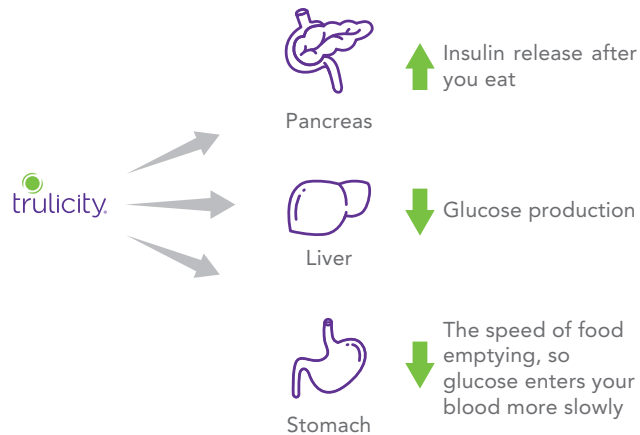
What is Trulicity

Trulicity is a once-weekly medicine for adults with type 2 diabetes¹. It is similar to glucagon-like peptide 1 (GLP-1)¹, a natural hormone that helps your body to release its own insulin when you eat². When you have type 2 diabetes, your body may not make as much GLP-1 as it needs³.

Trulicity comes in 2 doses: 0.75 mg and 1.5 mg¹. Your doctor will decide which one is right for you.



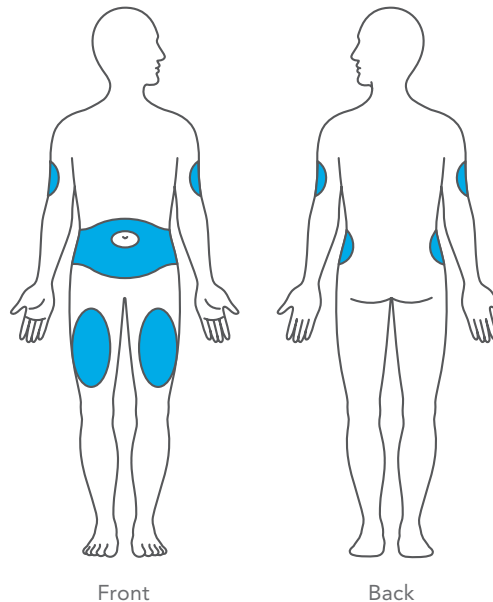
How Trulicity works to control your blood glucose levels^{1,4}



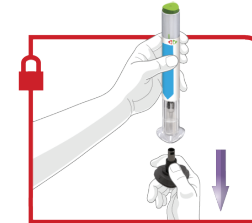
Points to note when using Trulicity

- Wash your hands, then inspect your pen⁵.
- Store your pen in the refrigerator. If not possible, keep it at room temperature (< 30°C) for up to 14 days⁵.
- The pen has glass parts. Use a new one if you drop it⁵.
- You may inject the medicine in your stomach (abdomen) or thigh. Or, another person may give you the injection in your upper arm⁵.
- You can use the same part of your body each week, but try not to use the exact same spot⁵.
- Your healthcare provider can help you choose the injection site that is best for you⁵.
- You can take Trulicity any time of day, with or without meals⁵.

Injection sites



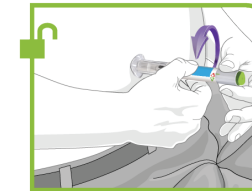
Using Trulicity is as easy as 1-2-3*



1. UNCAP

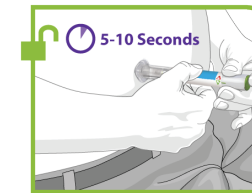
Make sure pen is **locked**⁵.

- Pull off and throw away the grey cap⁵. **Do not** put the grey cap back on the pen—this could damage the needle. **Do not** touch the needle⁵.



2. PLACE AND UNLOCK

- Place the clear base flat and firmly against your skin⁵. Then, **unlock** by turning the lock ring⁵. **Do not** unlock before the pen is against your skin⁵.



3. PRESS AND HOLD

- Press and hold the green injection button; you will hear a loud click⁵.
- Keep holding the pen firmly against your skin until you hear a **second click**. It may take up to 5 to 10 seconds⁵.
- Remove the pen from your skin⁵.



Your injection is complete when you see the grey part inside the pen, just below the label⁵.

* Based on a study of 211 users who had never done a self-injection⁶.

* The labels displayed on the injection pens are for reference only. Please refer to local packaging for details.

Patient Instruction Video

<https://vimeo.com/a3388/trulicity-guideline>

