



GPS





GPS

Victus | Eris

Your doctor has prescribed you **Gliptoza** to manage your diabetes

Type-2 Diabetes is a common lifestyle disease in which blood glucose levels rise higher than normal & discipline is the key to manage it



As a patient with diabetes, you're taking an important step towards managing your diabetes with Gliptoza

What is Gliptoza & How does it works:

Gliptoza contains Liraglutide

Liraglutide is a medication that mimics the action of a natural incretin GLP-1 in your body. It helps your body make appropriate amount of insulin without causing low blood sugar

It reduces the amount of sugar released into your bloodstream, & slows down the digestion of food. This will help you to-



Lower
blood sugar levels



Reduce
the weight



Reduce the risk
future risk of heart events



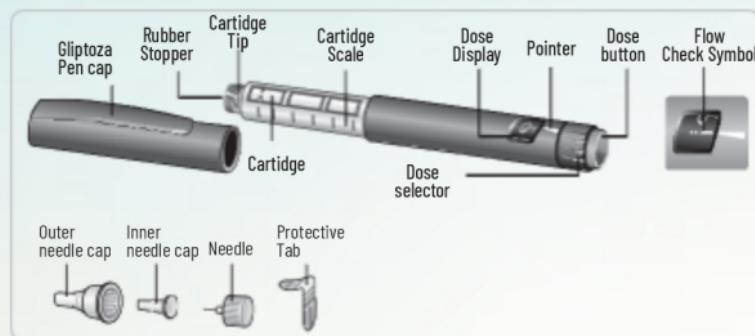
Reduces
appetite

It's easier to use than you would have ever thought

Before use

- Store your new, unused Gliptoza® pen in the refrigerator, Do not freeze Gliptoza® & Do not use Gliptoza® if it has been frozen.

Know How to use

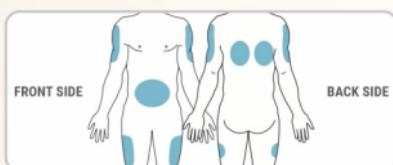


Just Load - Hold right - Click

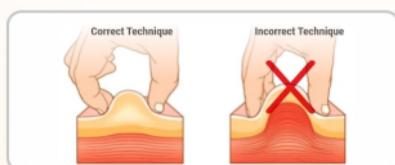
- 1. Load:** Use 32 gauge, 4 mm needle with pen. Rotate the dose selector of the pen to prescribed dose
- 2. Hold** it on the skin at 90 degree angle.
- 3. Push** it & hold for 6 seconds for delivery of complete medicine.

For more details on usage, refer to the video/product leaflet

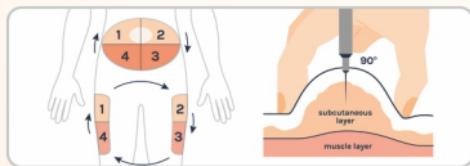
Self-injecting with the Gliptozza® pen



Choose the comfortable site for subcutaneous injection from any of these as shown in picture



Slightly hold the skin tissue & avoid holding muscle



Keep rotating the site of injection everyday to avoid any side effect on injection site

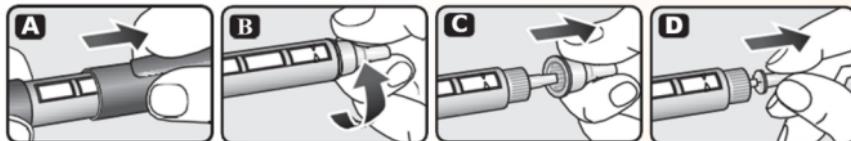
First Time Use for Each New Pen

Step A. Check the Pen

- Take your new Gliptoza Pen out of the refrigerator.
- Wash hands with soap and water before use.
- Pull off pen cap (See Figure A).
- Check Gliptoza in the cartridge. The liquid should be clear, colorless and free of particles. If not, do not use.
- Wipe the rubber stopper with an alcohol swab.

Step B. Attach the Needle

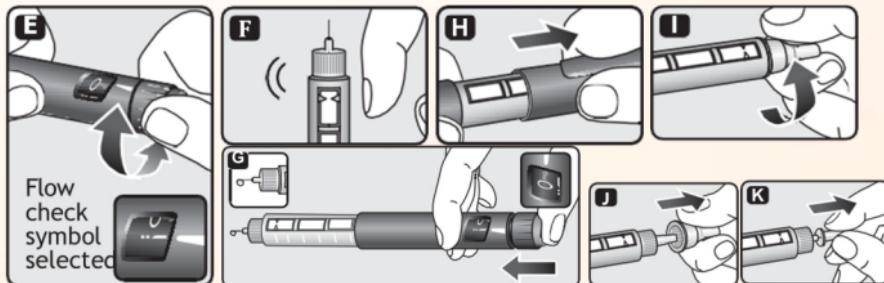
- Push outer needle cap containing the needle straight onto the pen, then screw needle on until secure.



Step C. Dial to the Flow Check Symbol

This step is done only Once for each new pen and is only required the first time you use a new pen.

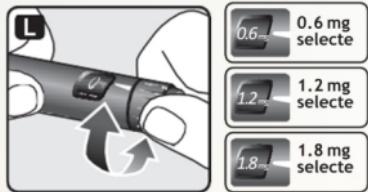
- Turn dose selector until flow check symbol (–) lines up with pointer (See Figure E, F, G, H, I). The flow check symbol does not administer the dose as prescribed by your healthcare provider.



First Time Use for Each New Pen

Step D. Dial the Dose

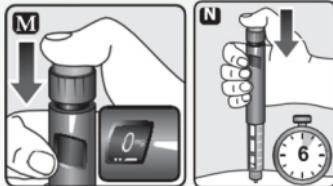
- Gliptoza Pen can give a dose of 0.6 mg (starting dose), 1.2 mg or 1.8 mg. Be sure that you know the dose of Gliptoza that is prescribed for you.
- Turn the dose selector until your needed dose lines up with the pointer (0.6 mg, 1.2 mg or 1.8 mg) (See Figure L).
- You will hear a “click” every time you turn the dose selector. Do not set the dose by counting the number of clicks you hear.
- If you select a wrong dose, change it by turning the dose selector backwards or forwards until the correct dose lines up with the pointer. Be careful not to press the dose button when turning the dose selector. This may cause Gliptoza to come out.



Step E. Injecting the Dose

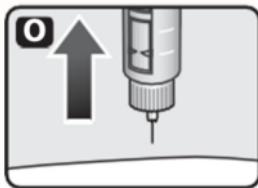
- Insert needle into your skin in the stomach (abdomen), thigh or upper arm. Use the injection technique shown to you by your healthcare provider. Do not inject Gliptoza into a vein or muscle.
- Press down on the center of the dose button to inject until 0 mg lines up with the pointer(See Figure M).
- Be careful not to touch the dose display with your other fingers. This may block the injection.
- Keep the dose button pressed down and make sure that you keep the needle under the skin for a full count of 6 seconds to make sure the full dose is injected. Keep your thumb on the injection button until you remove the needle from your skin(See Figure N).

- Change (rotate) your injection sites within the area you choose for each dose.
Do not use the same injection site for each injection.



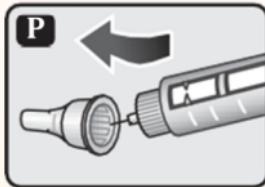
Step F. Withdraw Needle

- You may see a drop of Gliptozia at the needle tip. This is normal and it does not affect the dose you just received. If blood appears after you take the needle out of your skin, apply light pressure, but do not rub the area (See Figure O).



Step G. Remove and Dispose of the Needle

- Carefully put the outer needle cap over the needle (See Figure P). Unscrew the needle.
- Throw the needle after putting it in a hard container like waste plastic water bottles. Close the tap tightly before throwing to avoid animals contact.



There may be some after drug effects of Gliptozza

Don't worry just learn to manage them

Liraglutide can cause some After drug effect, which indicates that it is working, the After drug effect include



NAUSEA & VOMITING



ABDOMINAL PAIN



DIARRHEA



INJECTION SITE PAIN

Ask your doctor about how to manage them

Some ways to reduce After drug effect include



Only if really
Hungry



Smaller
portion



Stop when
satiated



No straw



No Lying down
after meals



Not too active
after meal



Fresh air,
Light exercise



No meals
before bedtime



Food Diary to identify
what works better

Eat a little less of this & Little more of that while on Gliptoza



- High-fat, ultra-processed, foods and drinks eg
- Avoid: Butter, excess oil, Peanut butter, Cheese



- Lean Protein: low-fat dairy, Beans, Lentils, tofu.
- Fruits: watermelon, kiwi, bananas, limes, oranges, grapes, & apples.



- High-fiber food like starchy vegetables can also increase side effects.



- Plain water in small quantities



Sugar-sweetened beverages include:

- Regular soda • Fruit drinks • Sports drinks
- Energy drinks • Sweetened coffee, tea, & water.

- Probiotic-Rich Foods: Including probiotic rich foods like yogurt, Curd, & fermented food in your diet can help support gut health, which is important for overall digestion & nutrient absorption, potentially enhancing the benefits of Liraglutide



High-sugar foods include:

- Sugary breakfast cereal • Candy • Cakes
- Cookies • Pies • Donuts • Pastries & other desserts.

- Eat whole grains in small portion
- Eat grains with complex carbohydrates such as Oats, Barley, Ragi etc.



Keep moving, Keep Going

It just takes 35 minutes in a day

The moderate intensity workout which you enjoy can be a great way to shred it off & keep it off



If your age is between 30-60 & fitness level is good



Cycling



Dancing



Brisk walk



Yoga & Aerobics

For Age above 60



Walk



Chair Exercise



Resistance exercise

Follow these suggested steps as much as you can for effective blood glucose management & obesity management