

● Getting started with Trulicity®
● A guide to your diabetes treatment




trulicity®
(dulaglutide) injection

Start here to learn about Trulicity



Type 2 diabetes is a condition in which your body does not make enough insulin and/or does not use the insulin that your body produces as well as it should.

Trulicity is not a substitute for insulin. It is a treatment for adults with type 2 diabetes. It helps your body release more insulin when your blood sugar is high. This may help to improve your blood sugar control. Your doctor may prescribe it along with other diabetes medicines (metformin, metformin with a sulfonylurea, metformin with basal insulin, or metformin with mealtime insulin) as well as diet and exercise.

How do I take Trulicity?

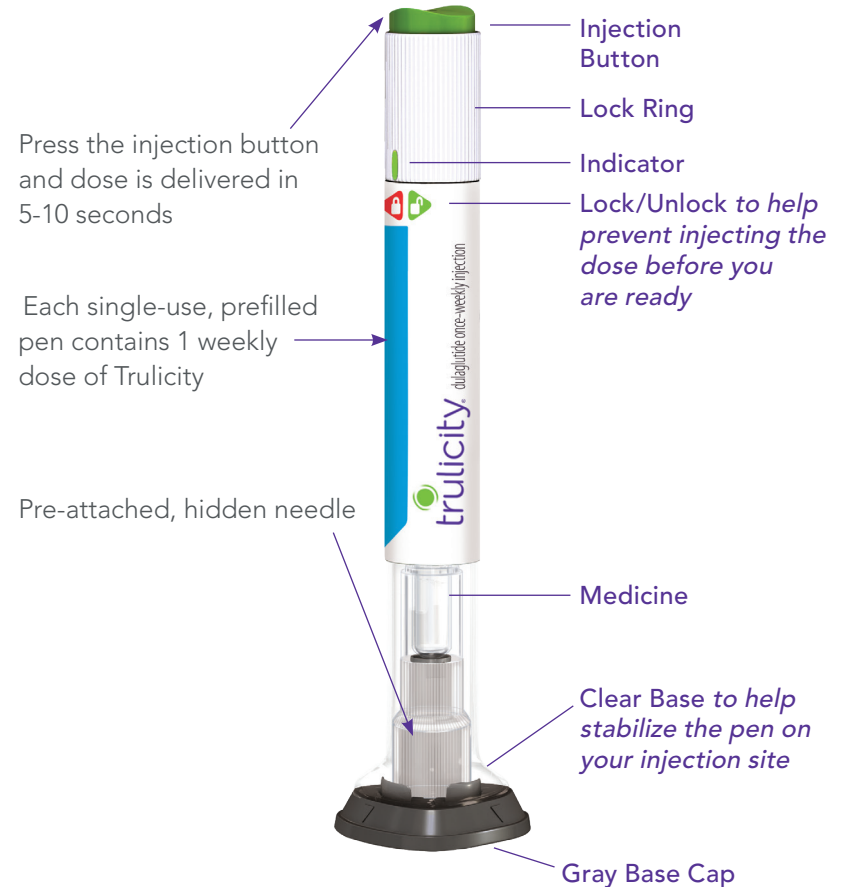
Trulicity is taken once weekly. You can take Trulicity any time of day, with or without meals.

The recommended starting adult dose is 0.75 mg once weekly, administered subcutaneously (under the skin), but your doctor may increase your dose to 1.5 mg once weekly based on your blood sugar response. The maximum recommended dose is 1.5 mg once weekly.



Follow your doctor's advice about how often to test your blood sugar. The information can help your doctor assess your treatment plan.

The single-use, prefilled Trulicity pen



The Trulicity injection pen has been shown
to be easy to learn and easy to use.

How to use Trulicity

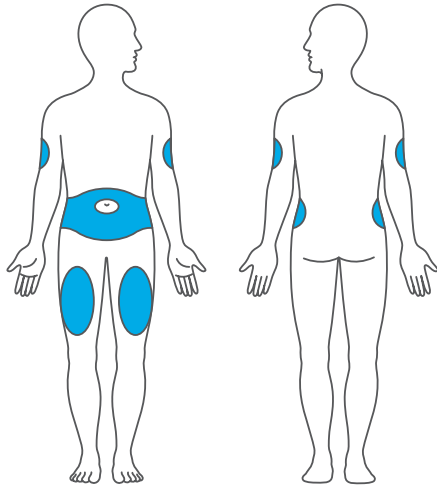
- Store your pen in the refrigerator (do not freeze). Do not use it beyond the expiration date.
- When refrigeration is not possible, you can keep your pen unrefrigerated for up to 14 days at a temperature not to exceed 30°C.
- The pen has glass parts. Use a new one if you drop it on a hard surface.

Injection sites

You may inject the medicine in your stomach (abdomen) or thigh. Or, another person may give you the injection in the back of your upper arm.

Change your injection site each week. You may use the same area of your body, but be sure to choose a different injection site in that area.

Your healthcare provider can help you choose the injection site that is best for you.



What should I do if I miss a dose?

- Take it right away if there are 3 or more days (72 hours) until your next regular dosing day.
- Skip it if there are less than 3 days until your next regular dosing day.
- You must always leave at least 3 full days between doses of Trulicity.

What should I do with my used pens?

- Put the pen in a closeable, puncture-resistant sharps container (like a biohazard container).
- Do not recycle the filled sharps container.
- Discuss disposal of the used pen device with your healthcare provider.

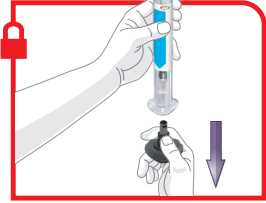


Refer to the Instructions for Use for more information about how to properly take Trulicity. If you have questions about taking Trulicity, talk to your healthcare professional. Or call us at 1-888-545-5972.



Using Trulicity: 1-2-3

1 UNCAP




 Make sure the pen is **locked**.

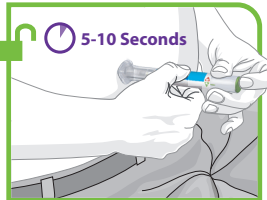
- Pull off and throw away the gray Base Cap. **Do not put the gray Base Cap back on the pen – this could damage the needle. Do not touch the needle.**


2 PLACE AND UNLOCK



- Place the Clear Base flat and firmly against your skin at the injection site.
-  **Unlock** by turning the Lock Ring.

3 PRESS AND HOLD



- Press and hold the green Injection Button; you will hear a loud click.
-  Continue holding the Clear Base firmly against your skin until you hear a **second click**. This occurs when the needle starts retracting in about 5–10 seconds.
- Remove the pen from your skin.



You will know your injection is complete when the gray part is visible.

A short video showing how to administer Trulicity is available at: Lilly.ca/en/trulicityvideo.





How Trulicity works in your body

Trulicity belongs to a class of medicines called GLP-1 receptor agonists (glucagon-like peptide-1 receptor agonists).

Trulicity may lower blood sugar in adults with type 2 diabetes by helping your body release more insulin when your blood sugar is high.

What are the possible side effects from using Trulicity?

The most common side effects people experienced with Trulicity include nausea, diarrhea, vomiting, abdominal pain, and low blood sugar when used in combination with other diabetes medications (especially metformin, insulin, or secretagogues). If nausea happens, it is most common when first starting Trulicity. In most people, nausea decreases over time as their body gets used to the medicine.

If you experience nausea, talk to your healthcare provider. These tips may help you manage it:



Eating smaller meals



Eating slowly



Avoiding fried or other fatty foods

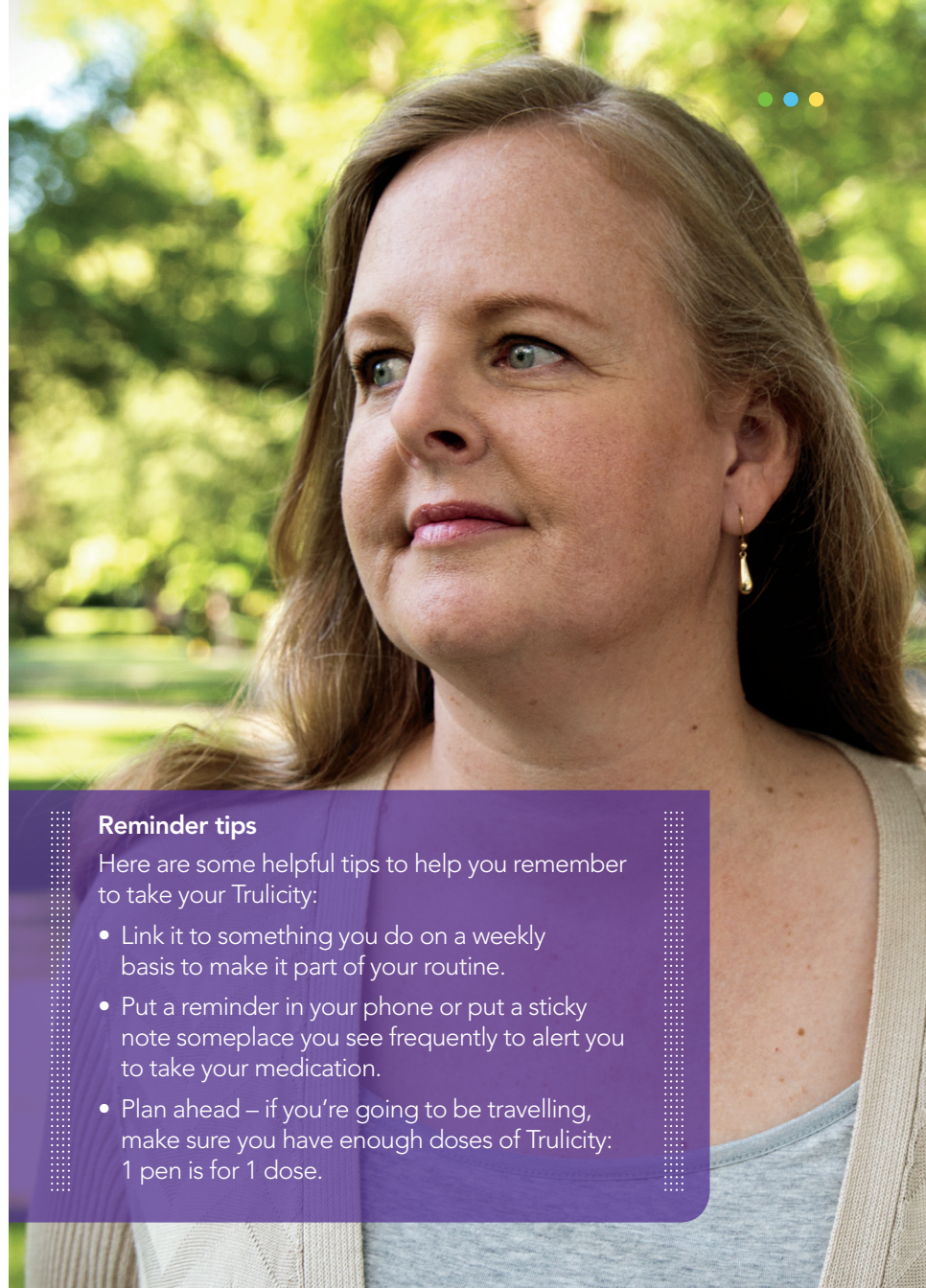


This is not a complete list of side effects you may experience while taking Trulicity. If you experience any side effects not listed here, contact your healthcare professional.



Other warnings you should know about

- People with a personal or family history of MTC and patients with Multiple Endocrine Neoplasia syndrome type 2 (MEN 2) should NOT take Trulicity. In animal studies, dulaglutide caused a type of thyroid tumor called C-cell tumors. It is unknown whether monitoring or thyroid ultrasound will help to reduce human risk of thyroid C-cell tumors. Talk to your healthcare professional about the risk and symptoms of thyroid tumors.
- Trulicity may make your pulse faster and could cause changes detectable by electrocardiogram (ECG) tracings. Rarely, drugs with these effects can cause changes in heart rhythm that could result in dizziness, palpitations (a feeling of rapid, pounding, or irregular heart beat), fainting or death. These heart rhythm changes are more likely if you have heart disease, or if you are taking certain other drugs. It is important to follow your doctor's advice about the dose of Trulicity or about any special tests that you may need.
- Stop using Trulicity and call your healthcare provider right away if you have severe pain in your stomach area that will not go away, with or without vomiting.
- It is not known if Trulicity can be used in people who have had pancreatitis.
- Trulicity is not recommended for use in people with severe stomach or intestinal problems.
- Your risk for getting low blood sugar may be higher if you use Trulicity with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin.
- Stop using Trulicity and get medical help right away if you have any symptoms of a serious allergic reaction including itching, rash, or difficulty breathing.
- In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids which may cause kidney problems to get worse.
- Dehydration: Nausea, vomiting and diarrhea can lead to dehydration. It is important to avoid dehydration which can cause serious kidney problems even in people with normal kidney function.

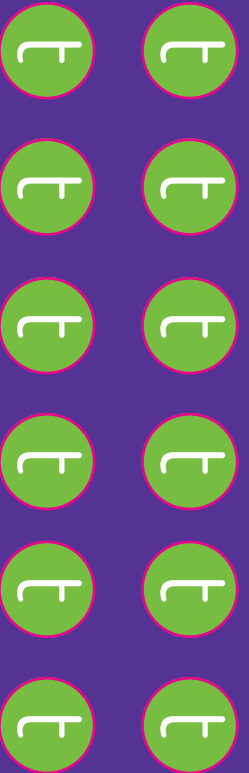


Reminder tips

Here are some helpful tips to help you remember to take your Trulicity:

- Link it to something you do on a weekly basis to make it part of your routine.
- Put a reminder in your phone or put a sticky note someplace you see frequently to alert you to take your medication.
- Plan ahead – if you're going to be travelling, make sure you have enough doses of Trulicity: 1 pen is for 1 dose.

Use these reminder stickers on your calendar. Place one on the day you take Trulicity each week as a reminder to take your weekly dose. Or, if you use a pillbox, place a sticker on the lid as a weekly reminder.





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Trulicity may improve blood sugar control in adults with type 2 diabetes mellitus in addition to diet and exercise, either alone, in combination with metformin, metformin and a sulfonyleurea, metformin and basal insulin, or metformin and mealtime insulin. Trulicity should not be used in type 1 diabetes or diabetic ketoacidosis (a complication of diabetes).

Trulicity has not been studied in children under 18 years of age.

Trulicity is not a substitute for insulin.

Do not use Trulicity if you or a member of your family have ever had medullary thyroid cancer, you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2), you are allergic to dulaglutide or any of the other ingredients in Trulicity, or if you are pregnant or breastfeeding.

Please see the Patient Medication Information for more information on possible side effects and information about Trulicity.

For more information on Trulicity, call 1-888-545-5972.

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