

## Glucagon-like peptide-1 (GLP-1) factsheet

GLP-1 is an incretin; it has the ability to decrease blood sugar levels in a glucose-dependent manner by enhancing the secretion of insulin.

### NHS Kernow

With the exception of people who use insulin, liraglutide, dulaglutide and exenatide (once weekly) are considered suitable for initiation and prescribing in primary care for intensification of treatment, (as detailed below).

For people who use GLP-1 in combination with insulin, this remains a specialist-initiation, with ongoing support from the Diabetes Specialist Nurse team.

Semaglutide is only considered appropriate for specialist initiation until the local experience of this new GLP1 RA is accumulated.

### Background

The GLP-1 mimetics are exenatide (Byetta®, Bydureon®), liraglutide (Victoza®), dulaglutide (Trulicity®), lixisenatide (Lyxumia®), and semaglutide (Ozempic®).

NICE guidance recommends GLP-1 mimetics are indicated as follows<sup>1</sup>:

At second intensification of therapy, if triple therapy with metformin and 2 other oral drugs is not effective, not tolerated or contraindicated, consider combination therapy with metformin, a sulfonylurea and a glucagon-like peptide-1 (GLP-1) mimetic for adults with type 2 diabetes who:

- have a BMI of 35 kg/m<sup>2</sup> or higher (adjust accordingly for people from black, Asian and other minority ethnic groups) **and** specific psychological or other medical problems associated with obesity **or**
- have a BMI lower than 35 kg/m<sup>2</sup> **and**:
  - for whom insulin therapy would have significant occupational implications or
  - weight loss would benefit other significant obesity-related comorbidities.

NICE also recommend that GLP-1 mimetic therapy should only be continued if the person with type 2 diabetes has had a beneficial metabolic response (a reduction of at least 11 mmol/mol [1.0%] in HbA1c and a weight loss of at least 3% of initial body weight in 6 months).

For patients on insulin based treatments, NICE recommends that GLP-1 mimetic therapy in combination with insulin should only be offered with specialised care advice and ongoing support from a consultant-led multidisciplinary team<sup>1</sup>.

## Prescribing quantities and directions

GLP-1 mimetic products are available as either pre-filled syringes or a powder and solvent to be made up. They are either given as a once or twice daily or weekly dose depending on the product. Some products need to be titrated before the maximum dose is reached<sup>2</sup>.

All products come in a pack size which is sufficient for a one month supply and care needs to be taken that larger quantities are not prescribed mistakenly. Monthly prescription quantities are generally encouraged to avoid waste and for safety reasons.

## Products, cost and doses <sup>2, 3</sup>

Name of GLP-1 mimetic	Dose	Pack size and price	Packs needed for 1 month supply
Liraglutide (once-daily injection) <b>Victoza</b> (2 <sup>ND</sup> line once-daily)	Initially 0.6mg once daily for at least 1 week, then increased to 1.2mg once daily for at least 1 week, then increased if necessary to 1.8mg once daily	2 x 6mg/ml, 3ml pre-filled pens, £78.48 3 x 6mg/ml, 3ml pre-filled pens, £117.72	For a 1.2mg daily dose, 2 x 6mg/ml, 3ml pen will be sufficient for 30 days For a 1.8mg daily dose, 3 x 6mg/ml, 3ml pen will be sufficient for 30 days
Dulaglutide (once-weekly injection) <b>Trulicity</b>	0.75mg once weekly as monotherapy 1.5mg once weekly in combination treatment	4 x 0.75mg/0.5ml pre-filled pens, £73.25 4 x 1.5mg/0.5ml pre-filled pens, £73.25	Each pack contains 4 pre-filled disposable pens which is sufficient for 4 weeks
Semaglutide (once weekly injection) <b>Ozempic</b> (SPECIALIST initiation ONLY)	Initially 0.25mg once weekly for 4 weeks, then increased to 0.5mg once weekly for at least 4 weeks, then increased if necessary to 1mg once weekly	0.25mg/0.19ml, 1.5ml pre-filled pen ( <b>titration dose only</b> ), £73.25 0.5mg/0.37ml, 1.5ml pre-filled pen, £73.25 1mg/0.74ml, 3ml pre-filled pen, £73.25	0.25mg strength <b>should not</b> be added to repeat prescriptions One pre-filled pen is sufficient for 4 weeks

## Prescribing notes

- Prescribe all GLP-1s by **brand**
- Dose **titration**:
  - **Victoza** Only one concentration produced. Dose titration achieved by varying volume of injection
  - **Trulicity and Ozempic** Multiple concentrations produced. Take care - prescribe **correct concentration** for required dose

Note: Liraglutide once-daily injection marketed as Saxenda is licenced as an adjunct to weight management and costs £196.20 for 5 prefilled syringes. It should not be prescribed for diabetes<sup>2</sup> and it is not expected that this product will be prescribed at NHS expense, for any person, for any indication in Cornwall.

Adapted from PresQIPP

<https://www.presqipp.info/umbraco/surface/authorisedmediasurface/index?url=%2fmedia%2f4481%2fensuring-appropriate-quantities-of-glp-1-mimetics-december-2019.pdf> accessed 23/12/19

## References

1. National Institute for Health and Care Excellence. Type 2 diabetes in adults: management. NICE guideline NG28. Published December 2015, last updated August 2019. Accessed 22/11/19 <https://www.nice.org.uk/guidance/ng28>
2. Joint Formulary Committee. British National Formulary (online) London: BMJ Group and Pharmaceutical Press. November 2019. Accessed 22/11/19. <https://bnf.nice.org.uk/medicinal-forms/exenatide.html>
3. NHS BSA Prescription Pricing Division. Drug Tariff. November 2019. Accessed 22/11/19 <http://www.drugtariff.nhsbsa.nhs.uk/#/00758525-DD/DD00758520/Home>