**Patient agreement form – GLP-1 agonists for Type 2 diabetes**

At your appointment today we have agreed to start treatment with one of the following medicines to help manage your type 2 diabetes:

* Liraglutide
* Dulaglutide (Trulicity)
* Semaglutide (Ozempic)
* Tirzepatide (Mounjaro)

These medicines all work in a very similar way and are sometimes known as GLP-1 agonists. Further information on how to use the device and any side-effects you should be aware of is included in the patient information provided with your medicine supply.

Although these medicines are given as an injection, they work in a different way to insulin. However, they should help reduce your blood glucose levels and may also help you lose weight, especially if you follow a healthy diet and take regular exercise.

Please ask your diabetes nurse if you would like further information on the use of these medicines to treat type 2 diabetes or help and support with losing weight.

**These injections do not work for everyone and if left unchecked may not be the best use of NHS resources. We therefore need to regularly monitor whether they are being effective.**

In order to do this, we follow the guidance from the National Institute for Health and Care Excellence (NICE). This states that treatment with these medicines should only be continued after 6 months ***if a patient sees a reduction in their HbA1c (measurement of long-term blood sugar control) of 11mmol/mol (in the old number system that is about 1% HbA1c) and a reduction in their weight of 3% or more***.

If the GLP-1 agonist injection we have agreed to start today does not provide these beneficial outcomes after 6 months, **we will need to consider alternative options to manage your condition and stop the GLP1 agonist injection**.

If treatment is continued after 6 months, we will continue to monitor your HbA1c and weight on a regular basis. If the beneficial effects are not maintained, then again, we will need to consider alternative options to manage your condition and then stop the GLP 1 agonist injection.

**PATIENT AGREEMENT:**

The information overleaf has been explained to me and I understand that treatment with GLP1 agonist will be stopped and alternative options considered if the beneficial effects on my weight and HbA1c are not achieved after 6 months or continued long-term.

|  |  |  |
| --- | --- | --- |
|  | **Today** | **6 month’s target** |
| Weight (3% loss needed by 6 months) |  |  |
| HbA1c  (11mmol/mol (1%) reduction needed by 6 months) |  |  |
| eGFR  (To check your kidney function) |  | To be measured in 6 months |

Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Clinician Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Clinician Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: Date of 6-month review:

If you have any questions or problems with your treatment, please contact:

Name:

Contact number:

***Please give a copy to the patient and keep a copy in the patient’s record.***

***If treatment is started by hospital clinicians, please also send a copy to the patient’s GP***