PATIENT & CAREGIVER EDUCATION

Insulin Degludec and Liraglutide

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Xultophy

Brand Names: Canada

Xultophy [DSC]

Warning

- This drug has been shown to cause thyroid cancer in some animals. It is not known if this happens in humans. If thyroid cancer happens, it may be deadly if not found and treated early. Call your doctor right away if you have a neck mass, trouble breathing, trouble swallowing, or have hoarseness that will not go away.
- Do not use this drug if you have a health problem called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2), or if you or a family member have had a type of thyroid cancer called medullary thyroid cancer (MTC). Talk to your doctor if you are not sure.
- Have your blood work checked and thyroid ultrasounds as you have been told by your doctor.

What is this drug used for?

- It is used to help control blood sugar in people with type 2 diabetes.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor

about the allergy and what signs you had.

- If you have an acidic blood problem caused by diabetes.
- If you have low blood sugar.
- If your stomach empties slowly or you have trouble digesting food.
- If you are using another drug that has the same drug in it.
- If you are using another drug like this one. If you are not sure, ask your doctor or pharmacist.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Avoid driving and doing other tasks or actions that call

for you to be alert until you see how this drug affects you.

- Low blood sugar may happen with this drug. Very low blood sugar can lead to seizures, passing out, long lasting brain damage, and sometimes death. Talk with the doctor.
- Do not drive if your blood sugar has been low. There is a greater chance of you having a crash.
- Check your blood sugar as you have been told by your doctor.
- Follow the diet and exercise plan that your doctor told you about.
- Be sure you have the right insulin product. Insulin products come in many containers like vials, cartridges, and pens. Be sure that you know how to measure and get your dose ready. If you have any questions, call your doctor or pharmacist.
- Some diabetes drugs like pioglitazone or rosiglitazone may cause heart failure or make it worse in people who already have it. Using insulin with these drugs may increase this risk. If you also take one of these drugs, talk with the doctor.
- It may be harder to control blood sugar during times of stress such as fever, infection, injury, or surgery. A

change in physical activity, exercise, diet, or weight may also affect blood sugar.

- Wear disease medical alert ID (identification).
- Talk with your doctor before you drink alcohol or take products that have alcohol in them.
- This drug may prevent other drugs taken by mouth from getting into the body. If you take other drugs by mouth, you may need to take them at some other time than this drug. Talk with your doctor.
- If you cannot drink liquids by mouth or if you have upset stomach, throwing up, or diarrhea that does not go away, you need to avoid getting dehydrated. Contact your doctor to find out what to do. Dehydration may lead to low blood pressure or to new or worsening kidney problems.
- Do not share pen or cartridge devices with another person even if the needle has been changed. Sharing these devices may pass infections from one person to another. This includes infections you may not know you have.
- If you will be having any surgery or procedure, talk with your doctor. This drug may raise the risk of food getting into the lungs during surgery or other procedures that use anesthesia or deep sedation. You may need to stop

this drug before these types of surgery or procedures.

- If you are 65 or older, use this drug with care. You could have more side effects.
- This drug may cause harm to the unborn baby if you take it while you are pregnant. If you are pregnant or you get pregnant while taking this drug, call your doctor right away.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat. Rarely, some allergic reactions have been life-threatening.
- Thick skin, pits, or lumps where the injection was given.

- Swelling in the arms or legs.
- Low blood sugar may happen. Signs may be dizziness or passing out, blurred eyesight, mood changes, slurred speech, headache, feeling sleepy or weak, shaking, fast heartbeat, confusion, hunger, sweating, or seizures. Call the doctor right away if any of these signs happen. Follow what you have been told to do if low blood sugar happens. This may include taking glucose tablets, liquid glucose, or some fruit juices.
- Severe and sometimes deadly pancreas problems (pancreatitis) have happened with this drug. Call your doctor right away if you have severe stomach pain, severe back pain, or severe upset stomach or throwing up.
- Low blood potassium may happen with this drug. If not treated, this can lead to an abnormal heartbeat, severe breathing problems, and sometimes death. Call your doctor right away if you have signs of low potassium levels like muscle pain or weakness, muscle cramps, or an abnormal heartbeat.
- Kidney problems have happened. Sometimes, these may need to be treated in the hospital or with dialysis. Tell your doctor right away if you have signs of kidney problems like being unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight

gain.

- Gallbladder problems have happened while taking this drug. Sometimes, people had to be treated in the hospital. In some cases, the gallbladder had to be removed. Call your doctor right away if you have signs like pain in the upper right belly area, right shoulder area, or between the shoulder blades; yellow skin or eyes; fever with chills; bloating; or very upset stomach or throwing up.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Nose or throat irritation.
- Signs of a common cold.
- Headache.
- Constipation, diarrhea, stomach pain, upset stomach, throwing up, or decreased appetite.
- Gas.
- Burping.
- Bloating.
- Weight gain.

- Irritation where the shot is given.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1- 800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

- It is given as a shot into the fatty part of the skin on the top of the thigh, belly area, or upper arm.
- If you will be giving yourself the shot, your doctor or nurse will teach you how to give the shot.
- Check the pen label closely each time you use this drug. Be sure that you know how to measure and get your dose ready. If you have any questions, call your doctor or pharmacist.
- Take this drug at the same time of day.
- Take with or without food.

- Wash your hands before and after use.
- Move site where you give the shot each time.
- Do not give into skin that is thickened, or has pits or lumps.
- Do not give into skin that is irritated, tender, bruised, red, scaly, hard, scarred, or has stretch marks.
- Do not use if the solution is cloudy, leaking, or has particles.
- Do not use if solution changes color.
- Put the cap back on after you are done using your dose.
- Attach new needle before each dose.
- Remove all pen needle covers before injecting a dose (there may be 2). If you are not sure what type of pen needle you have or how to use it, talk with the doctor.
- This product may make a clicking sound as you prepare the dose. Do not prepare the dose by counting the clicks. Doing so could lead to using the wrong dose.
- This drug must not be used in an insulin pump. If you have questions, talk with the doctor.
- Do not mix with other liquids.
- Do not move this drug from the pen to a syringe or mix with other types of insulin.

- Drink lots of noncaffeine liquids every day unless told to drink less liquid by your doctor.
- Throw away needles in a needle/sharp disposal box. Do not reuse needles or other items. When the box is full, follow all local rules for getting rid of it. Talk with a doctor or pharmacist if you have any questions.

What do I do if I miss a dose?

- Skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.
- If you miss 3 days of this drug, call your doctor to find out what to do.

How do I store and/or throw out this drug?

- Store unopened pens in a refrigerator. Do not freeze.
- Store in the original container to protect from light.
- Do not use if it has been frozen.
- After first use, store in a refrigerator or at room temperature. Protect from heat and light. Throw away any part not used after 3 weeks.
- Take off the needle after each shot and safely put it in a needle/sharp disposal box. Do not store this device with the needle on it.
- Keep all drugs in a safe place. Keep all drugs out of the

reach of children and pets.

- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- This drug comes with an extra patient fact sheet called a Medication Guide. Read it with care. Read it again each time this drug is refilled. If you have any questions about this drug, please talk with the doctor, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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