






## Injectable GLP-1 and GLP-1/GIP Receptor Agonists (RA) Patient Information Leaflet

### Introduction

Your doctor has recently suggested or prescribed a medication that is a Glucagon-like peptide-1 (GLP-1) or a GLP-1/Glucose-dependent insulintropic polypeptide (GIP) receptor agonist (RA). This leaflet provides more information about these medications. They are injectable medications used to manage Type 2 Diabetes Mellitus (T2DM) and/or support weight management.

They work by acting like natural gut hormones to help regulate blood sugar and reduce hunger. Benefits include improved blood sugar control, weight reduction, and protection against heart disease, stroke, and the worsening of kidney function. GLP-1 RA or GLP-1/GIP RA work best when combined with healthy eating and regular physical activity, providing the greatest overall health benefits and treatment outcomes.

### Pictorial references of GLP-1 RA and GIP/GLP-1 RA

GLP-1 and GLP-1/GIP RA	Pictures	Frequency
Liraglutide (Saxenda®)		Once daily
Dulaglutide (Trulicity®)		Once weekly
Semaglutide (Ozempic®)		Once weekly
Semaglutide (Wegovy®)		Once weekly
Tirzepatide (Mounjaro™)		Once weekly

## Are there any subsidies for GLP-1 RA and GIP/GLP-1 RA?

Additional subsidies through the Medication Assistance Fund (MAF) are available for certain GLP-1 RA and GIP/GLP-1 RA medications. However, eligibility depends on means testing and the medical reason for use. You may find out more by scanning the [QR code](#) below:



<https://for.sg/moh-subsidised-drug>

## What are the dosage instructions?

Your doctor will usually start you on a low dose and increase it gradually to reduce side effects. **Follow your doctor's instructions carefully. If unsure, speak with your healthcare provider.**

Dose escalation *(to be filled in with healthcare provider)*

Medication name: \_\_\_\_\_

Date: \_\_\_\_\_

- \_\_\_\_\_ mg once daily / weekly for \_\_\_\_\_ weeks, THEN
- \_\_\_\_\_ mg once daily / weekly for \_\_\_\_\_ weeks, THEN
- \_\_\_\_\_ mg once daily / weekly for \_\_\_\_\_ weeks, THEN
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- \_\_\_\_\_ mg once daily / weekly for \_\_\_\_\_ weeks, THEN

## How do I use this medication? (links to step-by-step video guide)



<https://for.sg/liraglutide-guide>

[Liraglutide](#)  
[\(Saxenda®\)](#)



<https://for.sg/dulaglutide-guide>

[Dulaglutide](#)  
[\(Trulicity®\)](#)



<https://for.sg/semaglutide-ozempic-guide>

[Semaglutide](#)  
[\(Ozempic®\)](#)



<https://for.sg/semaglutide-wegovy-guide>

[Semaglutide](#)  
[\(Wegovy®\)](#)



<https://for.sg/tirzepatide-guide>

[Tirzepatide](#)  
[\(Mounjaro™\)](#)

## How should I store this medication?

Pen Types	Storage
Unused pens	<ul style="list-style-type: none"> <li>Keep in the refrigerator at 2-8°C</li> <li><i>Do Not Freeze</i></li> <li>Use before the expiry date displayed on the manufacturer's packaging</li> </ul>
Used pens	<ul style="list-style-type: none"> <li>Store in the refrigerator at 2-8°C or at room temperature (below 30°C)</li> <li>Dispose of the pen 30 days after first use</li> </ul>
All pens	<ul style="list-style-type: none"> <li>Keep away from direct sunlight or heat</li> <li>Do not use if the solution is cloudy, leaking, or has changed colour</li> </ul>
<b>During travel:</b> Carry your medication with you in your hand luggage. Do not place it in checked luggage. Bring extra pens to ensure enough supply during your trip.	

## What should I do if I miss a dose?

Take the missed dose as soon as you remember and can access your medication. Then, continue with your regular dosing schedule. **Do not take two doses to make up for a missed dose.**

Medication	Action if missed dose
Liraglutide (Saxenda®)	Skip and take next day's dose
Dulaglutide (Trulicity®) / Tirzepatide (Mounjaro™)	Skip if more than 4 days late
Semaglutide (Ozempic®) / Semaglutide (Wegovy®)	Skip if more than 5 days late

Example: If your usual administration day falls on Monday,

Medication	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon
Dulaglutide, Tirzepatide	Missed dose							Next dose
Semaglutide								
		Inject missed dose			Skip dose			

## **What side effects can I expect?**

Most side effects are mild and improve with time. Common ones include:

- Nausea and/or Vomiting
- Diarrhoea or Constipation
- Bloating/Heartburn
- Headache
- Redness or discomfort at the injection site

## **Uncommon/rare but important side effects:**

- Gallstone disease
- Pancreatitis (inflammation of pancreas)
- Vision changes

## **Seek medical attention if you experience:**

- Severe stomach pain
- Persistent vomiting
- New or worsening vision problems

## **CAUTION – Please inform your doctor if you:**

- Are undergoing surgery or medical procedures (e.g., endoscopy)
- Are pregnant, planning to conceive, or breastfeeding
- Have a personal or family history of medullary thyroid cancer

## **How can I reduce side effects and stay healthy?**

Tips for eating:

- ✓ Eat slowly and stop when you feel full
- ✓ Avoid oily, fatty, fried, and sugary foods. Avoid any specific foods that seem to trigger your symptoms
- ✓ Drink enough water
- ✓ Choose more non-starchy vegetables and lean protein

If you continue to experience side effects despite the above tips, please consult your healthcare provider.

## What exercise should I do to maintain muscle mass?

Maintaining muscle mass is crucial for overall health, especially when undergoing GLP-1 or GLP-1/GIP RA treatment, as it supports metabolic health and enhances physical function.

- ✓ Aim for 150-300 minutes of moderate-intensity aerobic exercise per week
- ✓ Include resistance/strength training at least twice a week
- ✓ Reduce sedentary time

Check out Health Promotion Board's (HPB) videos for exercises by scanning the [QR code](#) below:



## Important advice for patients with diabetes

- Monitor your blood sugar closely for low blood sugar, especially if you are on insulin or sulfonylureas
- You may require changes to your diabetes medication – speak with your doctor
- Have annual eye and foot checks

## Want a digital copy of this Patient Information Leaflet?

Scan the [QR code](#) below:



**Alexandra Hospital**

378 Alexandra Road, Singapore 159964

[www.ah.com.sg](http://www.ah.com.sg)

**National University Hospital**

5 Lower Kent Ridge Road, Singapore 119074

[www.nuh.com.sg](http://www.nuh.com.sg)

**Ng Teng Fong General Hospital and Jurong Community Hospital**

1 Jurong East Street 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg)

[www.jch.com.sg](http://www.jch.com.sg)

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