

**Prescribing of glucagon-like peptide-1 (GLP-1) mimetic therapy**

**Prescribing tip for actioning by practice**

[NICE guidance \(NG28\)](#) and [local LMMG guidance](#) support the prescribing of GLP-1's at the point of second intensification when triple therapy with metformin and 2 other oral drugs is either **not effective, not tolerated or contraindicated**

A combination of metformin, a sulfonylurea and a glucagon-like peptide-1 (GLP-1) mimetic should be considered 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.

**Local formulary recommendations for GLP1's have recently been updated and include**

- **1<sup>st</sup> line choice Dulaglutide (Trulicity) / Semaglutide (Ozempic) – weekly injections**
- **2<sup>nd</sup> line choice Liraglutide (Victoza) - in patients where daily injections are preferred.**

**Criteria for continuing therapy.**

GLP-1 mimetic therapy **should only be continued** if the person with type 2 diabetes has had a beneficial metabolic response **within 6 months of initiating treatment** which should include

- **A reduction of at least 11mmol/mol [1.0%] in HbA1c**
- and**
- **A weight loss of at least 3% of initial body weight**

[Local guidance](#) contains a patient agreement which is intended for use when patients are initiated on GLP-1's and which clearly described for patients the purpose of their treatment and the targets which must be achieved to support ongoing treatment beyond 6 months of therapy.

We have recently been informed about an issue with prescribing a quantity of 4 Semaglutide on a monthly repeat prescription. As one injection should be sufficient quantity to cover the needs of a patient for one month of treatment practices are advised to review the quantities of Semaglutide being issued to all patients. Further investigations suggest that this may be an issue with other GLP-1 mimetics too and again practices are advised to review repeat prescriptions for any GLP1s to ensure excessive quantities are not being issued on any monthly repeat.

**To contact the Medicines Optimisation Team please phone 01772 214302**