

BYETTA® (EXENATIDE) THERAPY

PATIENT INFORMATION SHEET

WHAT IS BYETTA?

- Byetta is a diabetes medication that helps to lower blood sugar. It works by helping the pancreas regulate insulin and other hormones involved in the control of blood sugar.
- Byetta is taken by twice daily injection into the tissue beneath the skin. Some people are concerned about having to inject medication, but most people find that giving the injections is easy and almost painless (certainly less painful than checking blood sugar).
- Byetta is not insulin. It is related to a hormone called GLP-1 (glucagon-like peptide 1) that is normally made in the intestine, and is abnormally low in people with diabetes.
- People who use Byetta generally lose weight. Weight loss is not seen with most other diabetes medications.

WHAT SIDE EFFECTS CAN BYETTA CAUSE?

- The most common side effect of Byetta is nausea. Nausea is generally mild and frequently improves or goes away after 1-2 weeks.
- Other side effects include vomiting, diarrhea, dizziness, feeling jittery, headache, and heartburn.
- Hypoglycemia (low blood sugar) is not caused by Byetta itself. When Byetta is combined with a type of medication called a sulfonylurea (see the chart on the back to see if you are on one of these medications) low blood sugar can occur. The dose of a sulfonylurea is often reduced initially to try and avoid low blood sugar reactions. If you have questions about how to treat low blood sugar, please discuss these with your doctor or see the handout "Treatment of Hypoglycemia," available at www.boulderendo.com.
- Please notify your doctor if you are having side effects that you think may be caused by Byetta.

ARE THERE SPECIAL PRECAUTIONS FOR PEOPLE WHO TAKE BYETTA?

- People who have very low kidney function (renal failure) should not take Byetta.
- People who have severe gastrointestinal disease, including those who have a condition called gastroparesis (delayed stomach emptying), should not take Byetta.
- Byetta is not approved for use in type 1 diabetes or for those who use insulin.
- Byetta does not typically cause low blood sugar, except when combined with a type of medication called a sulfonylurea (see chart on back to see if you are taking one of these medications). Please notify your doctor if you have trouble with low blood sugar reactions after starting Byetta.
- If you become pregnant or are planning to become pregnant, please stop Byetta and notify your doctor.

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WHAT IS MY BYETTA STARTING DOSE?

- BYETTA 5 MCG TWICE DAILY, BEFORE THE MORNING AND EVENING MEALS (E.G. BREAKFAST AND DINNER)
- TAKE BYETTA ANY TIME WITHIN 60 MINUTES OF A MEAL. BYETTA SHOULD NOT BE TAKEN AFTER A MEAL. TAKING IT CLOSER TO THE MEAL MAY HELP TO LIMIT NAUSEA.
 - BYETTA IS INJECTED USING THE INJECTION PEN DEVICE. PLEASE ASK YOUR DOCTOR FOR HELP IF YOU ARE HAVING TROUBLE USING THE INJECTION PEN.
 - BYETTA SHOULD BE STORED IN THE REFRIGERATOR (36-46° F) PRIOR TO USE, AND CAN BE STORED AT ROOM TEMPERATURE UP TO 77° F AFTER INITIAL USE. BYETTA SHOULD BE THROWN AWAY ONE MONTH AFTER OPENING, EVEN IF MEDICINE REMAINS IN THE INJECTION PEN. DO NOT BYETTA IF IT HAS BEEN FROZEN.

WHAT PILL MEDICATIONS DO I CONTINUE?

1. Continue only the diabetes medications that are marked.
2. Stop all other diabetes medications. If you have questions about whether or not to take a particular medicine, please check with your doctor.
3. Check the doses listed below carefully, as there may have been changes made to your dose.

	MEDICATION	PILL SIZE (MG)	MORNING	NOON	EVENING	BEDTIME
	METFORMIN (GLUCOPHAGE, GLUCOPHAGE XR, FORTAMET, METFORMIN ER)					
	SULFONYLUREA (GLIPIZIDE, GLYBURIDE, GLIMEPIRIDE, GLUCOTROL, DIABETA, MICRONASE, AMARYL)					
	TZD (ACTOS, AVANDIA)					

BLOOD SUGAR CHECKS

PLEASE CHECK YOUR BLOOD SUGAR DAILY, USING YOUR METER, AT THE FOLLOWING TIMES:

- BEFORE BREAKFAST
 BEFORE LUNCH
 BEFORE SUPPER
 AT BEDTIME
 ANYTIME YOU SUSPECT YOUR BLOOD SUGAR IS LOW
 1-2 HOURS AFTER YOUR: BREAKFAST SUPPER LARGEST MEAL

BYETTA DOSE ADJUSTMENTS

THE DOSE OF BYETTA MAY BE INCREASED TO 10 MCG TWICE DAILY AFTER 1-2 MONTHS IF THE BLOOD SUGAR IS NOT REDUCED TO YOUR TARGET RANGE. YOUR DOCTOR WILL DISCUSS ANY CHANGES WITH YOU. **YOU SHOULD NOT CHANGE THE DOSE WITHOUT TALKING WITH YOUR DOCTOR FIRST.**

COMMUNICATION WITH YOUR DOCTOR:

- CALL IF YOU HAVE MORE THAN ONE BLOOD SUGAR BELOW 70, OR IF YOU HAVE ANY HYPOGLYCEMIA (LOW SUGARS) THAT YOU CANNOT TREAT BY YOURSELF
 PLEASE SCHEDULE AN APPOINTMENT WITH YOUR DOCTOR IN _____ WEEKS