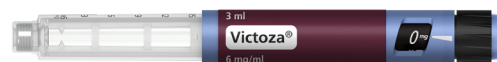


Victoza (liraglutide)

(Say 'vic-toe-za') (Say 'lee-ra-GLOO-tide')

Victoza (liraglutide) is used to treat type 2 diabetes.



It lowers your blood glucose by:

- helping your pancreas produce more insulin after meals
- slowing how quickly your food is absorbed, and
- reducing your appetite.

It also protects your kidneys and reduces your risk of having a heart attack or stroke. This medicine may also help you lose weight and live longer.



Note: This medicine is NOT insulin. Instead, it helps your body release its own insulin when you need it, improving your blood glucose control.

Victoza (liraglutide) comes as a pre-filled injection pen

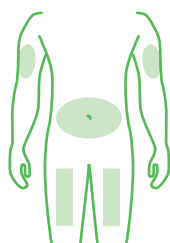
- The injection is given under your skin.
- It is injected once a day at the same time, with or without food.
- Always use a new needle for each injection.
- Your healthcare provider can show you how to use the pen.

If you've missed a dose

- 🕒 If you have missed a dose **within 12 hours** of the usual time, take it as soon as you remember.
- 🕒 If you miss a dose by **more than 12 hours**, skip it and take the next dose at your usual time.
- 🚫 Do not take extra to make up for the missed dose.

i Side effects are listed on the next page

Change your injection site each day



- The best places to give the injection are your thighs, abdomen (tummy) or upper arm.
- You can use the same area if you choose a different injection site in that area.
- Don't inject into stretch marks, skin that is sore, bruised, red, hard or scarred.

If you're unwell

If you're slightly unwell, this medicine usually doesn't cause problems.

However, talk to your healthcare provider if you're being sick, have runny poo and not eating and drinking as usual.

You may need to stop your injections until you feel better.

Pregnancy and contraception



If you're pregnant, think you may be pregnant, or are planning to have a baby, ask your healthcare provider for advice as this medicine isn't recommended during pregnancy.

Victoza (liraglutide) may increase the chance of some women becoming pregnant. If you're sexually active and don't want to become pregnant, use effective contraception.

Protect your pen from heat and sunlight

Before opening: Store your pen in the fridge, in the original package. If it freezes, don't use it.

During use: You can keep the pen at room temperature (below 30°C) for up to 30 days (1 month). It should be replaced with a new pen after 30 days.

To protect the medicine from light, keep the cap on when you're not using the pen.

Get rid of used needles safely

Don't flush them down the toilet or put them in rubbish bins.

You can buy a sharps container from your pharmacy. When full, take it to your pharmacy for safe disposal.



Keep needles out of reach of children and pets, and places where they could hurt others.

 For more information about Victoza (liraglutide), visit [hn.org.nz/Victoza](https://www.hn.org.nz/Victoza)

All medicines have some side effects

Victoza (liraglutide) can cause side effects, although not everyone gets them.

Common side effects

These are usually mild and go away with time. Talk to your healthcare team if these side effects cause you problems or don't go away:

- feeling sick (nausea)
- redness, itch, bruising at the injection site
- runny poo, finding it hard to poo (constipation), tummy pain, indigestion
- headache.

Rare, serious side effects

Contact your healthcare team or **Healthline on 0800 611 116** immediately if you notice:

Signs of an inflamed pancreas (pancreatitis) such as:

- severe pain in your stomach and back.

Signs of low blood glucose such as:

- headache
- tremor (shakes)
- blurred vision
- feeling weak, faint, dizzy or irritable.

Signs of an allergic reaction such as:

- swelling of your face, lips, tongue or throat
- problems breathing or swallowing
- severe rash or itching.