

**Patient
Information**

GLP-1 agonist treatment

Introduction

Your diabetes team has recommended you start a medication called GLP-1 agonist (Glucagon-like peptide 1). This is an injected treatment.

All patients starting this treatment must complete 2 or 3 group education sessions. These sessions are designed to help you gain confidence and skills so that you can get the best out of the medication. This leaflet gives you information about GLP-1 agonists and the group sessions.

What are GLP-1 agonists?

GLP-1 agonists are a type of medication which top up the level of a natural stomach hormone called GLP-1. This medication is different from diabetes tablets and insulin injections.

The benefits of this medication are improved blood glucose control and weight loss when combined with:

- reduced portion sizes and a lower energy diet
- healthy food choices
- increased activity levels

About the group sessions

You will join a group of between 6 and 8 patients taking part in 2 or 3 informal sessions. The sessions have been adapted from the Specialist Weight Management Service.

Session 1 starts your GLP-1 agonist treatment. Session 2 and 3 are follow-ups about 1 month to 6 weeks later. Each group is run by a diabetes specialist nurse and a specialist diabetes dietitian. It is important to attend all sessions to give you the best support. Due to limited space, you are asked not to bring along partners or relatives.

What will I learn?

On the next page is a brief summary of what will be covered in each session:

Reference No.

GHP11228_04_19

Department

**Diabetes/
Endocrinology**

Review due

April 2022

Patient Information

Session 1 - Starting GLP-1 agonist treatment (2 hours)

- Are you ready to change?
- Road blocks
- Setting goals
- What is a GLP-1 agonist and how does it work?
- Injection techniques
- Safety information and understanding side effects

Session 2 – Follow up (90 minutes)

- Experiences of using GLP-1 agonist treatment
- Nourishing your body
- Mindful eating

Session 3 – Follow up (90 minutes)

- Dealing with setbacks
- Recharging your batteries

Where are the sessions held?

The group sessions are held at both Cheltenham General Hospital and Gloucestershire Royal Hospital. Details of each session including time, date and venue are included on your appointment letter.

Please remember to purchase enough parking time if you are using a Pay and Display car park.

Contact information

If you have any queries or questions about attending the group sessions, please contact the team using the details below.

Group Administrator

Tel: 0300 422 8607

Monday to Friday, 9:00am to 2:00pm

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