 once weekly  
**trulicity**<sup>®</sup>  
(dulaglutide) injection  
0.75 mg/0.5 mL, 1.5 mg/0.5 mL

## Getting started with once-weekly Trulicity<sup>®</sup>

Once-weekly Trulicity is not insulin. Trulicity helps your body do what it does naturally—release its own insulin, responding when your blood sugar rises. It is used along with diet and exercise and may help lower your blood sugar and A1C numbers.

Take Trulicity once a week. Just pick which day of the week will be your Trulicity Day and do your best to stick to it. You can take Trulicity any time of day, with or without meals.

Mark your calendar to help remind you to take Trulicity on that day, every week.

### Select Safety

Tell your healthcare provider if you get a lump or swelling in your neck, have hoarseness, trouble swallowing, or shortness of breath while taking Trulicity. These may be symptoms of thyroid cancer. In studies with rats or mice, Trulicity and medicines that work like Trulicity caused thyroid tumors, including thyroid cancer. It is not known if Trulicity will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people. Do not take Trulicity if you or any of your family members have ever had MTC or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

**Please see select safety throughout the tactic and the Purpose and Safety Summary including Warning about possible thyroid tumors including thyroid cancer on page 4. Please see Instructions for Use included with the pen.**

# Using your Trulicity pen

Once-weekly Trulicity comes in an easy-to-use pen that's activated with a click of a button. In fact, **94%** of people in a study said the Trulicity pen was **easy to use**. And with Trulicity, you don't have to buy, handle, or even see a needle.



You can watch an instructional video on how to properly use your Trulicity pen at [useTru.com](http://useTru.com).



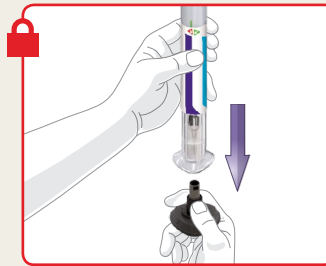
It's best to store your Trulicity Pens in the refrigerator, but do not freeze your pens. It's okay to leave your pens out at room temperature (below 86°F, 30°C) for up to 14 days.

**Read the Instructions for Use included with your pen for more information on how to deliver your Trulicity dose.**

## Select Safety

- Do not use Trulicity if you are allergic to dulaglutide or other ingredients in Trulicity.

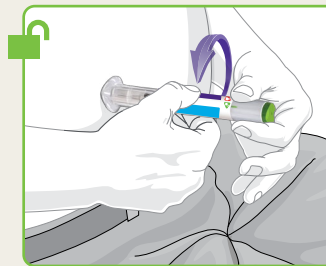
Please see select safety throughout the tactic and the Purpose and Safety Summary including Warning about possible thyroid tumors including thyroid cancer on page 4. Please see Instructions for Use included with the pen.



## 1. Uncap the pen

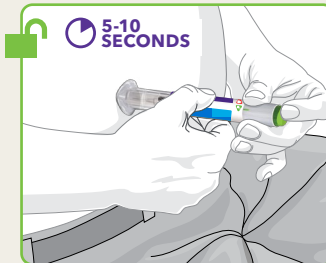
- Make sure pen is **locked**.
  - Pull the base cap straight off and throw it away in your household trash

**Do not put the base cap back on—this could damage the needle. Do not touch the needle.**



## 2. Place and unlock

- Place the clear base flat and firmly against your skin at the injection site
- Unlock** by turning the lock ring.



## 3. Press and hold

- Press and hold the green injection button; you will hear a loud click
- !** Continue holding the clear base firmly against your skin until you hear a second click. This happens when the needle starts retracting in about 5-10 seconds.
- Remove the pen from your skin



You will know your injection is complete when the gray plunger is visible.

The pen presented in the images is the 1.5 mg dose.

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# What to expect

Everyone's experience is different, but there are some changes that you might notice when you take Trulicity. Talk with your healthcare provider about any side effects you experience.

- After 6 months, you should typically see significant improvements in your A1C. If you do not reach your A1C goal after taking Trulicity for 6 months, talk to your healthcare provider about adjusting your medications, diet, or exercise routine
- Trulicity is not a weight loss drug. While many people in clinical trials lost weight, some did gain weight. Of people who lost weight in clinical trials, the average weight loss was 2 pounds to 6 pounds
- In studies, some people (8%-29%) using Trulicity experienced nausea. In a majority of patients who experienced nausea, it typically occurred during the first 2-3 days after they took their first dose. Nausea generally subsided after the first 2 weeks. Some people experienced nausea with Trulicity beyond their second week of treatment. Less than 2% needed to stop taking Trulicity because of nausea

If you experience nausea, talk to your healthcare provider. In the meantime, some people find the following tips may help:

- Eat smaller meals—try splitting your three daily meals into four or more smaller ones
- Avoid fried or other fatty foods
- Stop eating when you feel full
- Try eating bland foods like toast, crackers, or rice

The most common gastrointestinal side effects with Trulicity may include nausea, diarrhea, vomiting, abdominal pain, decreased appetite, and indigestion. In studies, GI side effects were more common in people taking Trulicity than people taking placebo, and people taking Trulicity were more likely to stop treatment because of these side effects.

Nausea, vomiting, and diarrhea may cause a loss of fluids (dehydration), which could cause existing kidney problems to get worse (including kidney failure). Trulicity may cause severe stomach problems.

## Select Safety

Ask your doctor how to recognize possible serious side effects and what to do

**Inflamed pancreas (pancreatitis).** Stop using Trulicity and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away. You may feel the pain from your abdomen to your back.

**Please see select safety throughout the tactic and the Purpose and Safety Summary including Warning about possible thyroid tumors including thyroid cancer on page 4. Please see Instructions for Use included with the pen.**

# Frequently Asked Questions

## How does Trulicity work?

Trulicity is similar to the human hormone GLP-1 and is thought to work much the same way:

- It helps your pancreas release insulin in response to high levels of sugar in your blood
- It can limit how much sugar gets into your blood from your liver
- It helps slow down how quickly food leaves your stomach

## How do I know if I got my dose?

If the gray plunger on the Trulicity pen is visible, your dose was delivered and the injection is complete.

Some patients hear a soft click right before the second loud click. That is the normal operation of the pen. Do not remove the pen from your skin until you hear the second louder click. This usually takes about 5-10 seconds.



## What if I miss my dose?

- If there are 3 or more days (72 hours) until your next Trulicity Day, take the missed dose as soon as possible
- Skip the missed dose if there are less than 3 days remaining and take your next dose on your regularly scheduled Trulicity Day
- Do not take 2 doses of Trulicity within 3 days of each other

## How do I change my Trulicity Day?

It's helpful to choose a Trulicity Day that fits in with your schedule, but schedules change—and that's okay. To learn how to change your Trulicity Day, go to [usespenTru.com](https://www.usespenTru.com).

## How do I store and travel with my Trulicity pen?

Store your pen in the refrigerator, but do not freeze your pen. If you decide to travel and refrigeration is not possible, it's okay to keep your pens at room temperature below 86°F (30°C) for up to 14 days.

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# PURPOSE AND SAFETY SUMMARY WITH WARNINGS

Important Facts About Trulicity® (Trū-li-si-tee). It is also known as dulaglutide.

TRULICITY is an injectable prescription medicine for adults with type 2 diabetes used to improve blood sugar (glucose) and used to reduce the risk of major cardiovascular events such as death, heart attack, or stroke in people who have heart disease or multiple cardiovascular risk factors.

- You take it once a week by injecting it under the skin of your stomach, thigh, or upper arm. Use Trulicity together with the diet and exercise that your doctor recommends. Trulicity is not insulin.

## Warnings

Trulicity may cause tumors in the thyroid, including thyroid cancer. Watch for possible symptoms, such as a lump or swelling in the neck, trouble swallowing, hoarseness, or shortness of breath. If you have a symptom, tell your doctor.

- Do not use Trulicity if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC).
- Do not use Trulicity if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- Do not use Trulicity if you are allergic to dulaglutide or other ingredients in Trulicity.

## Ask your doctor how to recognize the serious side effects below and what to do if you think you have one:

**Inflamed pancreas (pancreatitis).** Stop using Trulicity and call your healthcare provider right away if you have severe pain in your stomach area (abdomen), with or without vomiting, that will not go away. You may feel the pain from your abdomen to your back.

**Changes in vision.** Tell your healthcare provider if you have changes in vision during treatment with Trulicity

**Low blood sugar (hypoglycemia).** Signs and symptoms of low blood sugar may include dizziness or light-headedness, confusion or drowsiness, headache, blurred vision, slurred speech, fast heartbeat, sweating, hunger, shakiness, feeling jittery, weakness, anxiety, irritability or mood changes.

**Serious allergic reactions.** Stop using Trulicity and get medical help right away if you have any symptoms of a serious allergic reaction which may include: swelling of your face, lips, tongue or throat, problems breathing or swallowing, severe rash or itching, fainting or feeling dizzy, or very rapid heartbeat.

**Acute kidney injury.** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration). This may cause kidney problems to get worse.

**Severe stomach problems.** Trulicity may cause stomach problems, which could be severe.

## Common side effects

The most common side effects of Trulicity include nausea, diarrhea, vomiting, abdominal pain and decreased appetite.

These are not all the possible side effects of Trulicity.

Tell your doctor if you have any side effects. **You can report side effects at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).**

## Before using

- Your healthcare provider should show you how to use Trulicity before you use it for the first time.
- Before you use Trulicity, talk to your doctor about low blood sugar and how to manage it.

## Review these questions with your doctor:

- Do you have other medical conditions, including problems with your pancreas, kidneys, liver, or stomach, or have a history of diabetic retinopathy?
- Do you take other diabetes medicines, such as insulin or sulfonylureas?
- Do you take any other prescription medicines or over-the-counter drugs, vitamins or herbs?

## Review the list below with your doctor. Trulicity may not be right for you if:

- You are pregnant or plan to become pregnant or breastfeeding or plan to breastfeed.
- You have type 1 diabetes or diabetic ketoacidosis.
- You have or have had an inflamed pancreas (pancreatitis).
- You have severe intestinal or stomach problems, such as slowed emptying or problems with digesting food.
- You are a child under 18 years old.

## How to take

- Read the Instructions for Use that come with Trulicity.
- Use Trulicity exactly as your doctor says.
- Do not share your Trulicity pen, syringe or needles with another person.
- Do not give Trulicity to other people.
- If you take too much Trulicity, call your healthcare provider or seek medical advice promptly.

## Learn more

For more information, call 1-844-TRU-INFO (1-844-878-4636) or go to [www.TRULICITY.com](http://www.TRULICITY.com).

This summary provides basic information about Trulicity but does not include all information known about this medicine. Read the information that comes with your prescription each time your prescription is filled. This information does not take the place of talking with your doctor. Be sure to talk to your doctor or other healthcare provider about Trulicity and how to take it. Your doctor is the best person to help you decide if Trulicity is right for you.

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