

## Ensuring appropriate quantities of GLP-1 mimetics are prescribed

### Recommendations

- Review and adjust quantities of GLP-1 inhibitors being prescribed to ensure that more than intended quantities are not mistakenly prescribed, dispensed and charged for.
- Review prescribing of GLP-1 mimetics to ensure they are being prescribed in line with NICE guidance. Discontinue treatment if NICE criteria have not been met.

### Background

The GLP-1 mimetics are exenatide (Byetta®, Bydureon®), liraglutide (Victoza®), dulaglutide (Trulicity®), lixisenatide (Lyxumia®), and semaglutide (Ozempic®). NICE guidance recommends GLP-1 mimetics are indicated as follows:<sup>1</sup>

At second intensification of therapy, if triple therapy with metformin and 2 other oral drugs is not effective, not tolerated or contraindicated, consider combination therapy with metformin, a sulfonylurea and a glucagon-like peptide-1 (GLP-1) mimetic 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.

NICE also recommend that GLP-1 mimetic therapy should only be continued if the person with type 2 diabetes has had a beneficial metabolic response (a reduction of at least 11 mmol/mol [1.0%] in HbA1c and a weight loss of at least 3% of initial body weight in 6 months).

For patients on insulin based treatments, NICE recommend that GLP-1 mimetic therapy in combination with insulin should only be offered with specialised care advice and ongoing support from a consultant-led multidisciplinary team.<sup>1</sup>

GLP-1 mimetic products are available as either prefilled syringes or a powder and solvent to be made up. They are either given as a once or twice daily or weekly dose depending on the product. Some products need to be titrated before the maximum dose is reached.<sup>2</sup>

All products come in a pack size which is sufficient for a one month supply and care needs to be taken that larger quantities are not prescribed mistakenly. Attachment 1 shows data where prescriptions have been reimbursed for quantities that suggest more than a 4 month supply. Monthly prescription quantities are generally encouraged to avoid waste and for safety reasons. Searches are available to help identify these patients and switch to an appropriate quantity.

## Products, cost and doses<sup>2-3</sup>

Name of GLP-1 mimetic	Dose	Pack size and price	Packs needed for 1 month supply
Exenatide (twice-daily injection) Byetta®	5 micrograms twice daily before meals, increased if necessary to 10 micrograms twice daily	5 micrograms/0.02ml, 1.2 ml pre-filled pen, £81.89 10micrograms/0.04ml, 2.4 ml pre-filled pen, £81.89	Each pack contains 60 doses which is sufficient for 30 days
Exenatide (once-weekly injection) Bydureon®	2mg once weekly	4 x 2mg powder and solvent for prolonged-release suspension for injection, £73.36	Each pack contains 4 pre-filled disposable injections which is sufficient for 4 weeks
Liraglutide (once-daily injection) Victoza®	Initially 0.6mg once daily for at least 1 week, then increased to 1.2mg once daily for at least 1 week, then increased if necessary to 1.8mg once daily	2 x 6mg/ml, 3ml pre-filled pens, £78.48 3 x 6mg/ml, 3ml pre-filled pens, £117.72	For a 1.2mg daily dose, 2 x 6mg/ml, 3ml pen will be sufficient for 30 days  For a 1.8mg daily dose, 3 x 6mg/ml, 3ml pen will be sufficient for 30 days
Lixisenatide (once-daily injection) Lyxumia®	Initially 10 micrograms once daily for 14 days, then increased to 20 micrograms once daily	1 x 10micrograms/0.2ml, 3ml pre-filled pen (will last 15 days for <b>titration dose only</b> ), £31.67 2 x 20microgram/0.2ml, 3ml pre-filled pens, £57.93	For a 20microgam dose, 1 pack which contains 2 injections is sufficient for 30 days
Dulaglutide (once-weekly injection) Trulicity®	0.75mg once weekly as monotherapy 1.5mg once weekly in combination treatment	4 x 0.75mg/0.5ml pre-filled pens, £73.25 4 x 1.5mg/0.5ml pre-filled pens, £73.25	Each pack contains 4 pre-filled disposable pens which is sufficient for 4 weeks
Semaglutide (once weekly injection) Ozempic®	Initially 0.25mg once weekly for 4 weeks, then increased to 0.5mg once weekly for at least 4 weeks, then increased if necessary to 1mg once weekly	0.25mg/0.19ml, 1.5ml pre-filled pen ( <b>titration dose only</b> ), £73.25 0.5mg/0.37ml, 1.5ml pre-filled pen, £73.25 1mg/0.74ml, 3ml pre-filled pen, £73.25	0.25mg strength <b>should not</b> be added to repeat prescriptions  One pre-filled pen is sufficient for 4 weeks

**NOTE:** Liraglutide once daily injection marketed as Saxenda® is licenced as an adjunct to weight management and costs £196.20 for 5 prefilled syringes. It should not be prescribed for diabetes.<sup>2</sup>

## References

1. National Institute for Health and Care Excellence. Type 2 diabetes in adults: management. NICE guideline NG28. Published December 2015, last updated August 2019. Accessed 22/11/19 <https://www.nice.org.uk/guidance/ng28>
2. Joint Formulary Committee. British National Formulary (online) London: BMJ Group and Pharmaceutical Press. November 2019. Accessed 22/11/19. <https://bnf.nice.org.uk/medicinal-forms/exenatide.html>
3. NHS BSA Prescription Pricing Division. Drug Tariff. November 2019. Accessed 22/11/19 <http://www.drugtariff.nhsbsa.nhs.uk/#/00758525-DD/DD00758520/Home>