

# Insulin/Injectable Combos

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Name	Combines	Considerations
<b>IDegLira*</b> Xultophy 100/3.6	Insulin degludec (IDeg or Tresiba) Ultra long insulin  +  Liraglutide (Victoza) GLP-1 Receptor Agonist (GLP-1 RA)	<b>Xultophy 100/3.6 pre-filled pen</b> = 100 units IDeg / 3.6 mg liraglutide per mL Once daily injection – Dose range 10 to 50 = 10 – 50 units IDeg + 0.36 -1.8 mg liraglutide  <b>Recommended starting dose:</b> <ul style="list-style-type: none"><li>• 16 IDegLira (= 16 units IDeg + 0.58 mg liraglutide)</li></ul> Titrate dose up or down by 2 units every 3-4 days to reach target. Supplied in package of five single-use 3mL pens. Once opened, good for 21 days.
<b>iGlarLixi*</b> Soliqua 100/33	Insulin glargine (Lantus) Basal Insulin  +  Lixisenatide (Adlyxin) GLP-1 Receptor Agonist	<b>Soliqua 100/33 Solostar Pen</b> = 100 units glargine / 33 µg lixisenatide per mL Once daily injection an hour prior to first meal of day. Dose range 15 – 60 = 15-60 units glargine + 5 – 20µg lixisenatide  <b>Recommended starting dose:</b> <ul style="list-style-type: none"><li>• 15 units if not meeting glucose target on 30 units basal insulin or GLP-1 RA</li><li>• 30 units if not meeting glucose target on 30-60 units basal insulin or GLP-1 RA</li></ul> Titrate dose up or down by 2-4 units every week to reach target. Supplied in package of five single-use 3mL pens. Once opened, good for 14 days.

**\*Discontinue basal insulin /GLP-1 RA therapy before starting. If dose missed, resume with next usual scheduled dose.**

Observe precautions of each component drug.

# GLP-1 & GIP Receptor Agonists

Class/Main Action	Name	Dose Range	Considerations
<b>GLP-1 RA - Glucagon Like Peptide Receptor Agonist</b>  <b>"Incretin Mimetic"</b> <ul style="list-style-type: none"> <li>Increases insulin release with food</li> <li>Slows gastric emptying</li> <li>Promotes satiety</li> <li>Suppresses glucagon</li> </ul>	exenatide (Byetta)	5 and 10 mcg BID	<b>Side effects:</b> nausea, vomiting, weight loss, injection site reaction. Report signs of acute pancreatitis or intestinal blockage (ileus) and stop med.  <b>Black box warning:</b> Thyroid C-cell tumor warning (avoid if family history of medullary thyroid tumor).  *Significantly reduces risk of CV death, heart attack, and stroke. §Approved to reduce risk of CKD †Approved for pediatrics 10-17 yrs  Lowers A1C 0.5 – 1.6% Weight loss: 4-6% body weight loss.
	exenatide XR <sup>†</sup> (Bydureon)	2 mg 1x a week Pen injector - Bydureon BCise	
	liraglutide* <sup>†</sup> (Victoza)	0.6, 1.2 and 1.8 mg daily	
	dulaglutide* <sup>†</sup> (Trulicity)	0.75, 1.5, 3.0 and 4.5 mg 1x a week pen injector	
<b>GLP-1 &amp; GIP Receptor Agonist</b>  Activates receptors for GLP-1 (see above) & Glucose-dependent Insulinotropic Polypeptide (GIP).	semaglutide* <sup>§</sup> (Rybelsus) Oral tablet	0.25, 0.5, 1.0 and 2.0 mg 1x a week pen injector  3, 7, and 14 mg daily in a.m. Take on empty stomach with sip of water	
	Tirzepatide (Mounjaro)	2.5, 5.0, 7.5, 10, 12.5 and 15 mg 1x a week prefilled single dose pen  Increase dose by 2.5 mg once monthly to reach targets.	<b>Side effects:</b> nausea, diarrhea, injection site reaction. Report pancreatitis, signs of intestinal blockage.  <b>Black box warning:</b> Avoid if family history of medullary thyroid tumor.  Lowers A1C ~ 1.8 - 2.4% Weight loss: 7-13% body weight loss at max dose.