

# Insulin/Injectable Combos

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| Name                                    | Combines   | Considerations  |
|---|--|---|
| <b>IDegLira*</b><br>Xultophy<br>100/3.6 | Insulin degludec<br>(IDeg or Tresiba)<br>Ultra long insulin<br>+<br>Liraglutide<br>(Victoza)<br>GLP-1 Receptor<br>Agonist (GLP-1 RA) | <b>Xultophy 100/3.6 pre-filled pen</b> = 100 units IDeg / 3.6 mg liraglutide per mL<br>Once daily injection – Dose range 10 to 50 =<br>10 – 50 units IDeg + 0.36 -1.8 mg liraglutide<br><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.<br>Supplied in package of five single-use 3mL pens.<br>Once opened, good for 21 days.  |
| <b>iGlarLixi*</b><br>Soliqua<br>100/33  | Insulin glargine<br>(Lantus)<br>Basal Insulin<br>+<br>Lixisenatide<br>(Adlyxin)<br>GLP-1 Receptor<br>Agonist                         | <b>Soliqua 100/33 Solostar Pen</b> = 100 units glargine / 33 µg lixisenatide per mL<br>Once daily injection an hour prior to first meal of day.<br>Dose range 15 – 60 = 15-60 units glargine + 5 – 20µg lixisenatide<br><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.<br>Supplied in package of five single-use 3mL pens.<br>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 for Diabetes & Weight Loss

| Class/Action   | Generic Name  | Diabetes Version<br>Dose & Indications   | Wt loss Version Max<br>Dose & Indications            | Considerations   |
|--|---|--|--|--|
| <b>GLP-1 RA -<br/>Glucagon Like<br/>Peptide Receptor<br/>Agonist</b><br><br><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<br>2x day injection   | exenatide<br>5 and 10 mcg  |  | <b>Side effects:</b> N/V, wt loss. Report signs of pancreatitis or ileus, stop med.<br><br><b>Black box warning:</b> Avoid if family history medullary thyroid tumor.  |
|  | liraglutide<br>1x day injection   | Victoza†<br>0.6, 1.2, 1.8mg  | Saxenda†† - 3.0mg                                    |  |
|  | dulaglutide<br>1x week injection  | Trulicity†<br>0.75, 1.5, 3.0, 4.5mg  |  | All FDA approved to reduce risk of CV disease, death, MI, stroke (except exenatide, Saxenda).<br><br>†Approved for peds 10-17 yrs<br>††Approved for Peds 12-17 years<br><br>Lowers A1C ~ 0.5 - 1.6%<br>Wt loss: 4-9% (Diabetes versions)                                     |
|  | semaglutide<br>1x week injection  | Ozempic<br>0.25, 0.5, 1.0, 2.0mg<br>Tx for CKD   | Wegovy†† - 2.4mg<br>High Dose - 7.2mg<br>Tx for MASH |  |
|  | semaglutide<br>Daily Oral - fasting<br>w/ H2O                                   | Oral Ozempic<br>1.5, 4, 9 mg<br>Rybelsus 3, 7, 14 mg   | Wegovy - 25mg<br>Oral tablet                         |  |
| <b>GLP-1 &amp; GIP<br/>Receptor Agonist</b><br><br>Activates receptors for GLP-1 (see above) & Glucose-dependent Insulinotropic Polypeptide (GIP).   | tirzepatide<br>1x week injection.<br><br>Single dose via prefilled pen or vial. | Mounjaro†<br><br>2.5, 5.0, 7.5, 10, 12.5, 15 mg<br><br>Gradually adjust dose based on shared decision, individual goals. | Zepbound<br>Max dose 15mg<br><br>Tx for sleep apnea  | <b>Side effects:</b> N/V, wt loss. Report pancreatitis or signs of ileus, stop med.<br><br><b>Black box warning:</b> Avoid if family hx of medullary thyroid tumor.<br><br>†Approved for peds 10-17 yrs<br><br>Lowers A1C ~ 1.8 - 2.4%<br>Wt loss: 7-14% (Diabetes versions) |