

Exenatide (Byetta[®] - Immediate release, Bydureon[®] - Modified release)

- This Information Sheet tells you about one of the newer treatments that is available to treat Type 2 diabetes. It also tells you how Cambridgeshire and Peterborough Clinical Commissioning Group expect this treatment to be used. This information has been reviewed by GPs, pharmacists and specialists in diabetes working in Cambridgeshire.
- Your doctor thinks that you may benefit from using exenatide (brand name Byetta). It is one of these newer treatments to help you manage your diabetes. Your treatment will be carefully monitored to ensure you are achieving the best glycaemic control.
- The National Institute for Health and Clinical Excellence (NICE) tells the NHS how we can use these medicines so that serious side-effects are kept to a minimum and these medicines are used in ways that are good value and affordable for the NHS.
- Exenatide is intended to reduce blood glucose. **NICE only recommends use of exenatide when it is needed in addition to metformin and another treatment for Type 2 diabetes.** If you are prescribed exenatide you should continue to take the other medicines for your diabetes that your consultant/GP recommends.
- NICE has reminded us that we need to be careful how we use exenatide as we know less about it than we do about longer-established medications. This is true for any newer treatments.
- For exenatide, the side-effects include stomach upsets, such as nausea and vomiting. Very rarely pancreatitis has also been reported. **If you get any severe stomach pain, nausea and vomiting whilst on treatment with exenatide you must contact a doctor and tell them about the information in this leaflet. If pancreatitis is diagnosed then exenatide will be stopped permanently.**
- Your doctor or nurse will find out about any new safety information on these treatments as it is published and they will let you know what to look out for.
- **To help you get the best from your medicines, please ask your doctors and nurses to discuss the likely benefits and risks of treatments with you. This will help you to make an informed decision on whether or not you want to use exenatide.**
- On the NICE web site there is a patient information leaflet on managing type 2 diabetes that you may want to read <http://guidance.nice.org.uk/CG87/PublicInfo/pdf/English>
- **NICE has told the NHS that treatment with these medications SHOULD BE STOPPED unless your HbA1c falls by at least 1% within 6 months** (compared to its level when you started this treatment) and that it remains at that lower level **and you achieve a weight loss of 3%** from when you start treatment with exenatide.
- Your doctor and nurse will give you advice about your diet and about taking more exercise to help you keep your weight down to a healthy level. This will improve your chance of reducing your blood sugar and weight by the amount necessary to go on taking this treatment, if it suits you.

- You can help manage your blood sugar (glucose) by attending any education groups you are offered and also by taking your medication at the times recommended by your doctor.
- You can help yourself to stay healthier by not smoking. Also, you should take regularly any medication you may have been prescribed to lower your blood pressure or your cholesterol.