



Quick Guide to GLP-1 RA and GIP/GLP-1 Coagonists for T2D Care



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MoA

Delays gastric emptying, decreases glucagon secretion, stimulates insulin secretion

STEP 1

Assess person for comorbidities, person-centered treatment factors such as weight management and history of ASCVD or those at high risk for ASCVD, and management needs

STEP 2

Implement healthy lifestyle modifications/interventions and diabetes self-management education and support

STEP 3

Determine treatment goals

ASCVD or High Risk of ASCVD

Initiate GLP-1 RA with proven CVD benefit:

dulaglutide, liraglutide, semaglutide SC

Weight Management Priority

Initiate GLP-1 RA or GIP/GLP-1 coagonist with high efficacy for weight loss:

semaglutide SC, tirzepatide

Glycemic Management Priority

Initiate GLP-1 RA or GIP/GLP-1 coagonist with high efficacy for glycemic control:

semaglutide SC, tirzepatide

Dosing and Administration Considerations

Agent	Dosing Frequency	Dosing Range	Titration Frequency	CV Indication	Weight Loss Indication
Exenatide	Twice daily	5-10 µg	4 wk	✗	✗
Lixisenatide	Once daily	10-20 µg	2 wk	✗	✗
Liraglutide	Once daily	T2D: 0.6-1.2 mg Wt: 0.6-3 mg	1 wk	✓	✓
Semaglutide PO	Once daily	3-14 mg	4 wk	✗	✗
Dulaglutide	Once weekly	0.75-4.5 mg	4 wk	✓	✗
Semaglutide SC	Once weekly	T2D: 0.25-2 mg Wt: 0.25-2.4 mg	4 wk	✓	✓
Exenatide ER	Once weekly	2 mg	None	✗	✗
Tirzepatide	Once weekly	5-15 mg	4 wk	✗	✓

STEP 4

Educate people on adverse events (particularly nausea, vomiting, and diarrhea), contraindications, and key counseling points

Note: Use with caution in people with history of gastroparesis. Do not use in people with personal or family history of medullary thyroid carcinoma (MTC) and multiple endocrine neoplasia 2 (MEN 2).



Counseling points:

- Initiate at lowest dose and titrate slowly based on manufacturer recommendations
- Eat smaller meals more frequently
- Eat slowly and stop at first sign of fullness
- Low-fat foods decrease adverse events
- Adverse events typically occur at initiation and dose titration and will resolve over time
- Can decrease the dose if intolerable adverse events develop and increase dose after longer time frame

For oral semaglutide:

- Take with no more than 4 oz of plain water 30 min before other medications, beverage, or food
- Store in original container at room temp or as tolerated
- Do not cut, crush, or chew tablets