



# The Trulicity® Tracking Chart

**Questions?** Call 1-844-TRU-INFO (1-844-878-4636), Monday through Friday from 9 am to 8 pm ET.

My Trulicity Day is \_\_\_\_\_.

Start by entering your Trulicity Day above, so you remember to take Trulicity on the same day of the week, every week. Consider hanging this sheet on your refrigerator or keeping it near your Trulicity medication as an added reminder. Then, begin tracking your results. You'll notice you have the option to record your fasting blood glucose every day, but once a week may be enough. Before you get started, ask your healthcare provider how often you should record your results.

**Indication and Limitations of Use:** Trulicity is a once-weekly injectable prescription medicine to improve blood sugar (glucose) in adults with type 2 diabetes mellitus. It should be used along with diet and exercise. Trulicity is not recommended as the first medication to treat diabetes. It has not been studied in people who have had inflammation of the pancreas (pancreatitis). Trulicity should not be used by people with type 1 diabetes, people with diabetic ketoacidosis, or people with a history of severe gastrointestinal (GI) disease. It is not a substitute for insulin. It has not been studied in children under 18 years of age.

	Fasting blood glucose							Weight*	Feeling overall	Confidence with pen†
	S	M	T	W	T	F	S			
Before starting Trulicity										
Week 1									Good   Fair   Poor	Confident Not confident
Week 2									Good   Fair   Poor	Confident Not confident
Week 3									Good   Fair   Poor	Confident Not confident
Week 4									Good   Fair   Poor	Confident Not confident

Track your blood glucose based on your healthcare provider's recommendation.

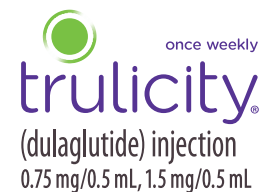
\*Trulicity is not a weight loss drug. While many people in clinical trials lost weight, some did gain weight.

†If you're not confident in your ability to use the Trulicity pen, please call 1-844-TRU-INFO (1-844-878-4636) and/or your healthcare provider for assistance.

You are encouraged to report negative side effects to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

**Select Important Safety Information:** Tell your healthcare provider if you get a lump or swelling in your neck, have hoarseness, trouble swallowing, or shortness of breath while taking Trulicity. These may be symptoms of thyroid cancer. In studies with rats or mice, Trulicity and medicines that work like Trulicity caused thyroid tumors, including thyroid cancer. It is not known if Trulicity will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people. Do not take Trulicity if you or any of your family members have ever had MTC or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

Please see Important Safety Information, including Boxed Warning about possible thyroid tumors including thyroid cancer, on the next page and Prescribing Information and Medication Guide.





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## Important Safety Information

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Do not take Trulicity if you have had an allergic reaction to dulaglutide or any of the other ingredients in Trulicity.

Trulicity should not be used in children under 18 years of age.

### Trulicity may cause serious side effects, including:

- **Inflammation of your pancreas (pancreatitis).** If you have pain in your stomach area (abdomen) that is severe and will not go away, stop taking Trulicity and call your healthcare provider right away. The pain may happen with or without vomiting. It may be felt going from your abdomen through to your back.
- **Low blood sugar (hypoglycemia).** If you are using another medicine that can cause low blood sugar (such as insulin or a sulfonylurea) while taking Trulicity, your risk for getting low blood sugar (hypoglycemia) may be higher. Signs and symptoms of low blood sugar may include dizziness, blurred vision, anxiety, irritability, mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, or feeling jittery. Talk to your healthcare provider about low blood sugar and how to manage it.
- **Serious allergic reactions.** Stop taking Trulicity and get medical help right away if you have symptoms of a serious allergic reaction including: swelling of your face, lips, tongue or throat; problems breathing or swallowing; severe rash or itching; fainting or feeling dizzy; or very rapid heartbeat.
- **Kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration). This may cause kidney problems to get worse.
- **Severe stomach problems.** Trulicity may cause stomach problems, which could be severe.

### Tell your healthcare provider if you:

- have or have had problems with your pancreas, kidneys, or liver.
- have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food.
- have any other medical conditions.
- are pregnant or plan to become pregnant, or if you become pregnant while taking Trulicity. It is not known if Trulicity will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if Trulicity passes into your breast milk. You should not use Trulicity while breastfeeding without first talking to your healthcare provider.
- are taking other medicines including prescription and over-the-counter medicines, vitamins, and herbal supplements. Trulicity may affect the way some medicines work and some medicines may affect the way Trulicity works.
- are taking other medicines to treat diabetes, including insulin or sulfonylureas.

If you take too much Trulicity, call your healthcare provider or go to the nearest emergency room right away.

**The most common side effects with Trulicity may include:** nausea, diarrhea, vomiting, abdominal pain and decreased appetite. Talk to your healthcare provider about any side effect that bothers you or does not go away. These are not all the possible side effects of Trulicity. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

**Please see accompanying Prescribing Information, including Boxed Warning about possible thyroid tumors including thyroid cancer, and Medication Guide.**

**Please see Instructions for Use included with the pen.**

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once weekly  
**trulicity**<sup>®</sup>  
(dulaglutide) injection  
0.75 mg/0.5 mL, 1.5 mg/0.5 mL

*Lilly*