

Once-Weekly Insulin for People Living with Type 2 Diabetes

Your treatment plan for managing diabetes will include an eating plan, physical activity, and medication, which may include insulin. However, your doctor may need to prescribe new medications to help you meet your blood glucose (blood sugar) targets.

What is once-weekly insulin?

Once-weekly insulin is an ultra-long-acting insulin that is designed to be taken once per week instead of every day. It:

- Provides steady “background” coverage to manage blood glucose over seven days
- Helps manage blood glucose between meals and overnight



Benefits of Ultra-Long-Acting Insulin

- Means fewer injections (one per week instead of seven or more for other long-acting insulins)
- Reduces the supplies needed when traveling
- Requires planning for one scheduled dose during busy or unpredictable weeks

Who might consider once-weekly insulin?

- People with type 2 diabetes who need long-acting insulin
- People who have difficulty with a daily injection or are looking for a simpler treatment plan

Important Safety Considerations



Monitor your blood glucose regularly



Work with your healthcare team for dosing



Watch out for low blood glucose (hypoglycemia) symptoms, such as:

- Shaking
- Sweating
- Confusion



Select a **time** and **day** that best works for you



Follow a healthy eating plan and work regular physical activity into your week

Talk with your doctor about insulin options and find out which works best for your treatment plan.