Consistently testing and tracking the blood sugar levels as discussed with your doctor can tell you and your doctor how well your type 2 diabetes treatment plan is working. Using this Blood Sugar Tracker to document your glucose levels can help you spot trends of blood sugar levels that are too high or too low. Be sure to discuss your levels with your doctor.

**STAY ON TRACK WITH YOUR BLOOD SUGAR**

Use these sheets to track your numbers

| WEEK OF: || SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|---|
| __/__/__ | before : after | before : after | before : after | before : after | before : after | before : after | before : after |

**Breakfast**

**Lunch**

**Dinner**

**Bedtime**

**IMPORTANT SAFETY INFORMATION**

**BYDUREON** may cause serious side effects, including:

- **POSSIBLE THYROID TUMORS, INCLUDING CANCER** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In animal studies, BYDUREON and medicines that work like it caused thyroid tumors, including thyroid cancer. It is not known if BYDUREON will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.

- **Do not use BYDUREON if you or any of your family members have ever had MTC or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)**

- **Do not use BYDUREON if you have a history of low blood platelet count from using exenatide medicines (drug-induced thrombocytopenia)**

- **Do not use BYDUREON if you have had an allergic reaction to exenatide** or any of the other ingredients in BYDUREON.

- **Do not share your BYDUREON injection device or needles with another person.** You may give another person an infection or get an infection from them.

*Please see additional Important Safety Information on page 3*
TO HELP LOWER BLOOD SUGAR IN ADULTS WITH TYPE 2 DIABETES ALONG WITH DIET AND EXERCISE WHO ARE NOT AT GOAL WITH PILLS

Please see additional Important Safety Information on the next page.
IMPORTANT SAFETY INFORMATION (Cont’d)

• **Inflammation of the pancreas (pancreatitis)** Stop using BYDUREON and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.

• **Low blood sugar (hypoglycemia)** Your risk for getting low blood sugar may be higher if you use BYDUREON with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. Tell your healthcare provider if you take other diabetes medicines. Talk to your healthcare provider about managing low blood sugar. **Signs and symptoms of low blood sugar may include** dizziness or lightheadedness, sweating, confusion or drowsiness, headache, blurred vision, slurred speech, shakiness, fast heartbeat, anxiety, irritability, mood changes, hunger, weakness, or feeling jittery.

• **Kidney problems** Tell your healthcare provider if you have or had kidney problems. In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse or kidney failure.

• **Stomach problems** Tell your healthcare provider if you have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems digesting food. Other medicines like BYDUREON may cause severe stomach problems. It is not known if BYDUREON causes or worsens stomach problems.

• **Low blood platelet count** BYDUREON may cause the number of platelets in your blood to be reduced. When your platelet count is too low, your body cannot form blood clots. You could have serious bleeding that could lead to death. Stop using BYDUREON and call your healthcare provider right away if you have unusual bleeding or bruising.

• **Serious allergic reactions** Stop using BYDUREON and get medical help right away if you have any symptoms of a serious allergic reaction, including itching, rash, or difficulty breathing.

• **Injection-site reactions** Serious injection-site reactions, with or without bumps (nodules), have happened in some people who use BYDUREON. Some of these injection-site reactions have required surgery. Call your healthcare provider if you have any symptoms of injection-site reactions, including severe pain, swelling, blisters, an open wound, or a dark scab.

• **Gallbladder problems** have happened in some people who take BYDUREON or other medicines like it. Tell your healthcare provider right away if you get symptoms of gallbladder problems including pain in the right or middle upper stomach area, nausea and vomiting, fever, or your skin or the white part of your eyes turns yellow.

• **The most common side effects with BYDUREON may include** nausea, diarrhea, headache, vomiting, constipation, itching at the injection site, a small bump (nodule) at the injection site, and indigestion. Nausea is most common when you first start using BYDUREON, but decreases over time in most people as their body gets used to the medicine.

• **Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements, as taking them with BYDUREON may affect how each medicine works.

• **Before using BYDUREON, tell your healthcare provider if you are pregnant, nursing, or plan to become pregnant or nurse.** BYDUREON may harm your unborn baby.

APPROVED USES

• BYDUREON is an injectable prescription medicine that may improve blood sugar (glucose) in adults with type 2 diabetes mellitus, and should be used along with diet and exercise.

• BYDUREON is not recommended as the first choice of medicine for treating diabetes.

• BYDUREON is not a substitute for insulin and is not for people with type 1 diabetes or people with diabetic ketoacidosis.

• It is not known if BYDUREON can be used with mealtime insulin.

• Do not use BYDUREON, BYDUREON BCise, BYETTA or other medicines containing exenatide together.

• It is not known if BYDUREON can be used in people with a history of pancreatitis.

Please click [here](link) for Medication Guide, and click [here](link) for Full Prescribing Information for BYDUREON, including Boxed WARNING.

You may report side effects related to AstraZeneca products by clicking [here](link).