

Medication changes

Following your diabetes review, as discussed, we are writing to you because you have been referred to the NHS England Type 2 Diabetes Path to Remission Programme.

This table lists any medicines that you will need to adjust on DAY ONE of the Total Diet Replacement products on the NHS T2DR Programme.

Please do not make any adjustments to these medications until you start the Total Diet Replacement products, unless specifically told to do so by your healthcare professional, in which case you will need to ask them to update this form.

If you have any other medicines, please continue to take them as usual. Only the medicines which need to be adjusted have been listed above.

The service provider, Liva Healthcare, will soon contact you via email to invite you for an initial assessment over the telephone and confirm your eligibility.

You will be required to continue to attend your diabetes review appointments in future, regardless of whether remission is achieved. You will also be required to notify your referrer of any unexpected or concerning symptoms which are considered urgent and if you disengage or drop out before the end of the programme.

Liva Healthcare will support the self-monitoring of weight and blood glucose during the course of the programme and providing relevant equipment and consumables. As you are taking medication affecting blood pressure at time of referral, they will also be supporting monitoring of blood pressure. If any further medication changes are required, Liva Healthcare will contact your healthcare professional directly to ask for a review accordingly.

For more information about the programme, or if you have any questions, you can contact the service provider, Liva Healthcare directly on scwcsu.livalcd@nhs.net or **020 3858 0767**.

Medication

Current Dose

**Change to commence
on Day One of Total Diet
Replacement products**
(e.g. start/stop/dosage
change)

Blood pressure-lowering medications

ACE Inhibitors

**Angiotensin-2 receptor
blockers (ARBs)**

Calcium channel blockers

Diuretics

Alpha or Beta-blockers

Diabetes medications

Metformin

Sulfonylureas – Gliclazide,
Glibenclamide, Glimepiride

Meglitinides – Repaglinide,
Nateglinide

Piogliazone

DPP4 inhibitors – Linagliptin,
Alogliptin, Sitagliptin, Saxagliptin,
Vildagliptin

SGLT2 inhibitors – Dapagli
lozin, Canagli lozin,
Empagli lozin, Ertugli lozin

GLP1 analogues – Exenatide,
Dulaglutide, Liraglutide,
Lixisenatide, Semaglutide
Acarbose