

## Descriptive transcript: How to take liraglutide.

<https://www.youtube.com/watch?v=KhBaMIWycSY>

Audio	Visual
[Background music plays throughout the video]	On a coloured background, a title is displayed: How to take liraglutide
[Doctor] Liraglutide is a medicine used to treat type 2 diabetes. You might know it as Victoza.	The title fades, and we see a female GP sitting in her examination room.
[Lota] Liraglutide helps control my diabetes, protect my kidneys, lower my blood glucose, help my weight loss, and reduce my chance of having a heart attack or stroke.	Lota is standing in the library where she works. Two people are sitting on a bench behind her, they are reading. In the background a librarian pushes a cart full of books across the floor.
[Doctor] Liraglutide is not insulin. Instead, it helps your body release its own insulin when you need it.	The GP is sitting in her examination room.
[Doctor] And it comes as a pre-filled injection pen.	The screen changes to a bright green background and we see a hand holding a blue, pre-filled injection pen.
[Lota] That makes it really easy. And my GP's shown me how to use it.	Lota is standing in the library where she works.
<p>[Doctor] You'll need the medicine once a day. Take it with, or without food.</p> <p>Always use a new needle each time.</p> <p>The best places to give the injection are your thighs, tummy, or upper arm.</p>	<p>Light grey slides across the whole screen from the left side to the right, a list of tips appears:</p> <p><b>How to take Victoza/liraglutide</b></p> <ul style="list-style-type: none"> <li>• Take your liraglutide once a day at the same time.</li> <li>• Take with or without food.</li> <li>• Always use a new needle.</li> <li>• Use the thigh, tummy area or upper arm.</li> </ul> <p>A green tick mark appears next to each bullet point.</p>

Audio	Visual
<p>[Lota] I find it easier in the upper arm – in a different spot each time.</p> <p>I take it once a day at the same time.</p> <p>If I forget and it's more than 12 hours till my next dose, I go ahead and still take it. Otherwise, I skip it – and take it when it's due. Malo Aupito.</p>	<p>Lota is sitting on her bed holding the blue pre-filled injection pen.</p> <p>The screen turns light grey and a list of tips appear:</p> <p><b>If you've missed a dose:</b></p> <ul style="list-style-type: none"> <li>• Take it if it's more than 12 hours until your next dose.</li> <li>• If it's less than 12 hours until your next does, skip it until your usual time.</li> </ul> <p>A green tick mark appears next to each bullet point.</p>
<p>[Doctor] There's some important information you need to know while you're taking liraglutide.</p>	<p>The screen changes to a pharmacy. We see a pharmacist working behind the counter, Lota walks past the counter carrying a brown paper bag. Lota and the pharmacist wear face masks.</p>
<p>[Doctor] Firstly, contact your healthcare provider if you're being sick, have runny poo and not eating or drinking as usual.</p> <p>You may need to stop the medicine until you feel better.</p>	<p>Now Lota is sitting in her home office, talking on her mobile phone.</p> <p>The screen splits in two. On the right side we still see lota on her mobile phone. On the left side of the screen, we see the doctor in her examination room talking to Lota on her mobile phone.</p>
<p>[Lota] My GP told me to let her know if I'm trying to get pregnant, or if I think I'm pregnant. The medicine isn't recommended if you're feitama.</p>	<p>Lota is standing in her dining room at home. She is pouring herself a cup of tea from a tea pot. Her daughter is reading a book at the dining table in the background.</p>
<p>[Doctor] And there's a few things to know about using the pen safely.</p> <p>Keep it in the fridge until you're ready to use it, but don't let it freeze!</p>	<p>The female GP is standing in her examination room.</p> <p>The screen changes to Lota putting her brown paper bag, containing her medicines, into her fridge.</p>

Audio	Visual
<p>[Lota] If it freezes, you can't use it.</p>	<p>Lota is standing in her kitchen; the fridge door is closed and there is a kettle on the bench behind her.</p>
<p>[Doctor] Once you're using it you can keep it at room temperature for up to 30 days. You'll need to use a new pen every month.</p> <p>(Wet scrubbing sounds)</p> <p>Keep the cap on when you're not using it</p> <p>and don't leave it sitting in the sun.</p>	<p>Lota is standing in her bathroom. She is brushing her teeth. There is a yellow sharps container sitting on the bathroom bench.</p> <p>The screen changes to light grey and we see a blue pre-filled injection pen on the left of the screen. It's cap it on. A green tick appears on the right side.</p> <p>The pre-filled injection pen is replaced with an illustration of a yellow sun. The green tick disappears and is replaced with a red cross.</p>
<p>[Lota] I make sure that I keep the needles out of the reach of the kids and our pets.</p> <p>I don't flush needles or chuck them in the bin.</p> <p>Instead, I've got a special container</p> <p>from the pharmacy to put them in and, when it's full, I return it.</p>	<p>Lota is standing in her bathroom. We see a bath on her left and a medicine cabinet high up on the wall behind her. She reaches and places the capped injection pen on the top shelf.</p> <p>The screen changes to a turquoise background and we see a toilet and a full rubbish bin. A large red circle with a diagonal line starts in the centre of the screen and animates larger. These slide down off screen.</p> <p>A yellow sharps bucket with a black bio-hazard symbol on it appears.</p> <p>Lota is back at the pharmacy. She is holding the full sharps bucket. She places it on the counter for the pharmacist who is wearing gloves. Lota and the pharmacist wear face masks.</p>

<b>Audio</b>	<b>Visual</b>
With my diabetes under control I can stay well and be there for my famili.	Lota is sitting at the dinner table, sharing a healthy meal with her family.
[Background music]	Credits are shown: <ul style="list-style-type: none"><li>• Health Navigator NZ logo</li><li>• <a href="http://Hn.org.nz">Hn.org.nz</a></li></ul>