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## **USING SYMLIN FOR TYPE 1 DIABETES**

Symlin is a hormone secreted with insulin by the pancreas. In patients with Type 1 diabetes and in Type 2 diabetes who do not make insulin any more, taking symlin along with insulin helps the insulin work better to prevent the blood sugars from increasing after eating carbohydrates.

Symlin delays the emptying of the stomach which prevents high blood sugars after meals. There is less insulin needed at the meals. Because of the delayed emptying, patients do not feel as hungry. Not feeling hungry helps to reduce food intake and weight.

The main side-effect of Symlin is nausea. The dose needs to be gradually increased over time to adapt the body to the medication.

Eventually, Symlin should be given at any meal that contains carbohydrates. To first start the medication, however, you should start a small dose at each meal and gradually increase the dose. You may also start the medication at one meal only and gradually increase it to the full dose at that meal prior to adding other meals.

Symlin is in a pen. The maximum dose at meals is 60 mcg for patients with Type 1 diabetes and 120 mcg for patients with Type 2 diabetes. You may or may not be able to take the full dose. Smaller doses are still helpful in lowering the blood sugar after eating.

### **TO START SYMLIN: My maximum dose at each meal is: 60 mcg**

Start with 15mcg of Symlin before eating. Every 3 days, you may increase the dose by 15 mcg so that you are on 60 units by the end of 18 days. If you get nauseated after raising you dose, you should lower the dose back to the previous dose that did not cause nausea.

For example:

Day 1-7: 15 mcg of Symlin at each meal.

Day 8-14: 30mcg of Symlin at each meal.  
(Increase the dose only if you have not had any nausea with the preceding dose)

Day 15-21: 45mcg of Symlin at each meal.

Day 22-28: 60 mcg of Symlin at each meal.

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*The reasoning behind the slow progression is to try to prevent nausea. Do not abandon the medication because of nausea, just reduce the dose and stay on the lower dose.*

## **INJECTING SYMLIN**

Symlin may either be refrigerated or left at room temperature. If left out, the current pen is only good for 28 days.

You should inject the Symlin 15 minutes prior to eating. If you forget to inject it prior to the meal, do not inject it after the meal. Do not double up on the doses if you forget one dose. Do not take Symlin if you are not eating. Do not take Symlin if you are not eating any carbohydrates at that meal.

Inject Symlin in your skin just like you would insulin.

## **ADJUSTING INSULIN**

When you start Symlin at meals, you may need to reduce your pre-meal short-acting insulin (Novolog, Humalog, or R) by 10% to prevent hypoglycemia. As you increase the Symlin dose, you may continue to reduce your pre-meal insulin dose. If you still have hypoglycemia, you will need to reduce your insulin dose further the next night. If you are on a mixed insulin such as 70/30, you may need to reduce this dose by at least 10% every time you increase the Symlin dose.

If you have any questions about changes that are needed in your insulin or other diabetic medications, you should call your physician.

**MORE INFORMATION:** [www.symlin.com](http://www.symlin.com)