

This material has been developed by Novo Nordisk.


Getting started with Wegovy®

(semaglutide injection)

Information about Wegovy® and weight management for adult patients.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. **Reporting of side effects:** if you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Adverse events should also be reported to Novo Nordisk Limited (Telephone Novo Nordisk Customer Care Centre 0800 023 2573). Calls may be monitored for training purposes.

By reporting side effects, you can help provide more information on the safety of this medicine.

A woman with dark hair, wearing a pink tank top, grey leggings with pink accents, and blue sneakers, is jogging in a park. She is wearing white earbuds. The background shows a grassy area with trees and a fence.

This is not a real patient
but only an illustration.



This material has been developed by Novo Nordisk for adult patients in Great Britain who have already been prescribed Wegovy®. **This material is not a substitute for clinical advice provided by your healthcare professional nor is it a substitute of the Patient Information Leaflet. For further information about Wegovy®, please refer to the Patient Information Leaflet.**

This material is an interactive PDF.

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Welcome to Wegovy®

This is where you will find information, advice, and tips to getting started with Wegovy®.

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Understanding more about living with excess weight or obesity

Many people believe that losing weight and keeping it off is about what you eat and how much you exercise, and that strong willpower determines success.

The reality is that obesity is a complex, chronic disease caused by multiple factors, including environment, genes, emotional health, or even lack of sleep. Struggling with weight is real and not just about willpower.

Weight management often requires a combination of different approaches to support weight loss, prevent weight regain, and improve weight-related complications and overall health.

You and your healthcare professional have decided to make Wegovy® part of your weight management plan.



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Losing weight and keeping it off can be challenging

WEIGHT LOSS

WEIGHT REGAIN



You start losing weight

In the past, with a healthy diet and exercise, you might have found weight loss easy at first.

Your body pushes back

Despite your best efforts, hormonal changes after weight loss can prevent you from keeping the weight off. As you lose weight, changes in appetite hormones can make you feel more hungry.

How does Wegovy[®] work?

Wegovy[®] is a medicine for weight loss and weight maintenance that contains the active substance semaglutide.

Your body

Your body sends signals (appetite hormones) to the brain to tell you that you are hungry or crave certain foods.

What is Wegovy[®] used for in adults?

Wegovy[®] is used for weight loss and weight maintenance in addition to diet and physical activity in adults, who have:

- a BMI of 30 kg/m² or greater (with obesity) or
- a BMI of 27 kg/m² and less than 30 kg/m² (overweight) and weight-related health problems.

BMI (Body Mass Index) is a measure of your weight in relation to your height.

Wegovy[®]

Similar to a natural hormone called glucagon-like peptide-1 (GLP-1) that is released from the intestine after a meal, Wegovy[®] works by acting on receptors in the brain that control your appetite, causing you to feel fuller and less hungry and experience less craving for food.

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Get to know your Wegovy® FlexTouch® pen

Each Wegovy® pack consists of 1 pre-filled Wegovy® FlexTouch® pen which contains 4 of your prescribed doses of Wegovy®, to be used once a week for 4 weeks, 4 disposable needles and the Patient Information Leaflet.



This image is of the 2.4 mg FlexTouch® pen and is a representation only. It does not reflect the actual size of the pen.

How to use once-weekly Wegovy®

A pre-filled pen that you can administer yourself.

Before you use the pen for the first time, ask your doctor or nurse how to use it.


1

GET STARTED - Check the name and dose of the pen to make sure it contains the prescribed dose of Wegovy®. Pull off the pen cap. Check that the Wegovy® in the pen is clear and colourless. If Wegovy® looks cloudy or coloured, do not use the pen.

2

ATTACH A NEEDLE - Always use a new needle for each injection. Check the paper tab and outer needle cap for damages. If you see any damage, dispose of it and use a new needle. Tear off the paper tab. Push the needle straight onto the pen. Turn until it is on tight. The needle is covered by two caps. Pull off the outer needle cap and keep it for later. Pull off the inner needle cap and dispose of it.

3

CHECK THE FLOW WITH EACH NEW PEN - Only check the Wegovy® flow before your first injection with each new pen. Turn the dose selector until the flow check symbol () lines up with the dose pointer symbol. Hold the pen with the needle pointing up. Press and hold in the dose button until the dose counter returns to -0-. A drop of Wegovy® should appear at the needle tip. This drop indicates that the pen is ready for use. If a drop does not appear, check the flow again. This should only be done twice. If there is still no drop, change the needle and check the flow once more. Do not use the pen if a drop of Wegovy® still does not appear.

4

SET THE DOSE - Turn the dose selector until the dose counter stops, and it shows the prescribed dose. When the prescribed dose lines up with the dose pointer, the dose has been selected. Do not set the dose by counting the number of clicks you hear.

5

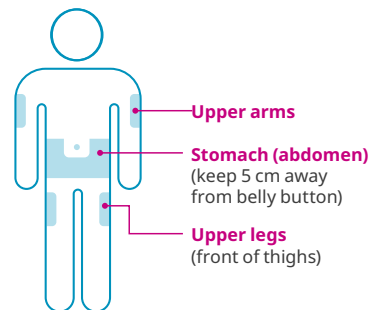
CHOOSE AN INJECTION SITE AND INJECT WEGOVY® - Choose upper arm, upper leg or stomach (abdomen), keeping 5 cm away from your belly button. Insert the needle into your skin. Make sure the dose counter is visible. Press and hold down the dose button until the dose counter shows -0-. Keep pressing the dose button with the needle in your skin and slowly count to 6. The -0- must line up with the dose pointer. Remove the needle from your skin.

6

AFTER INJECTION - Lead the needle tip into the outer needle cap. Once the needle is covered, carefully push the outer needle cap completely on. Unscrew the needle. Always dispose of the needle immediately after each injection using a sharps bin. Never store your pen with the needle attached. Keep your sharps bin in a safe place so it's not a risk to other people and is out of the sight and reach of children. Sharps bins must not be disposed of in household waste. Discuss with your healthcare professional the procedure for disposing of sharps bin in your area. Put the pen cap on the pen after each use to protect Wegovy® from light.

WHERE TO INJECT

Wegovy® is given as an injection under the skin (subcutaneous injection). Do not inject it into a vein or muscle. Before you use the pen for the first time, ask your doctor or nurse on where to inject. The best places to give the injection are:



You may inject in the same body area each week, but make sure it is not in the same spot as used the last time.

For full information on
how to use your Wegovy®
FlexTouch® pen, refer to the
Patient Information Leaflet.

Stepping up your dose

Your treatment will start at a low dose which will be gradually increased over 16 weeks, to help reduce the likelihood of gastrointestinal-related side effects, such as feeling sick (nausea), being sick (vomiting), diarrhoea, constipation, and stomach pain.

When you first start using Wegovy®, the starting dose is 0.25 mg once-weekly. Your healthcare professional will instruct you to gradually increase your dose every 4 weeks until you reach the recommended dose of 2.4 mg once-weekly.

Once you reach the recommended dose of 2.4 mg once-weekly, do not increase the dose further.

If you have side effects during this time, your healthcare professional may delay increasing your dose or lower to the previous dose until your symptoms are better. It's important to follow the dosing schedule as recommended by your healthcare professional and discuss any side effects you may experience with them. Check with your healthcare professional if you are not sure.



Inject once a week and if possible, on the same day each week. This can be any time of the day - regardless of meals. If you need to, you can change the day of your weekly injection as long as it has been at least 3 days since your last injection. After selecting a new dosing day, continue with once a week dosing.



Try to get into a routine for using Wegovy® once a week. For example, pick a specific day and time, like on a Sunday before you go to bed.

Missed doses, storage and disposal

What to do if you miss a dose

- Do not take a double dose to make up for a missed one
- If you do miss a dose, try to remember the 5-day rule:
 - **If it is 5 days or less since you should have used Wegovy®:** Use it as soon as you remember, then inject your next dose as usual on your scheduled day
 - **More than 5 days since you should have used Wegovy®:** Skip the missed dose and inject as usual on your next scheduled day



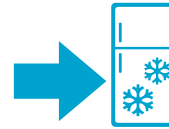
How to store Wegovy®

- Do not freeze Wegovy® and do not use if it has been frozen
- Keep the pen cap on when the pen is not in use in order to protect it from light

Before opening: Keep the pen refrigerated (2°C to 8°C).
Keep the pen away from the cooling element.

During use: You can keep the pen for 6 weeks when stored at a temperature below 30°C or in a refrigerator (2°C to 8°C) away from the cooling element.

Never store your pen with the needle attached.



How to dispose of your needles and pens

When the pen is empty, dispose of the pen without a needle on as instructed by your doctor, pharmacist, nurse or local authorities. The pen cap and the empty carton can be disposed of in your household waste.

Always dispose of the needle immediately after each injection using a sharps bin. Never store your pen with the needle attached. Keep your sharps bin in a safe place so it's not a risk to other people and is out of the sight and reach of children. Sharps bins must not be disposed of in household waste. Discuss with your healthcare professional the procedure for disposing of sharps bin in your area.



This is not a real patient but only an illustration.

Wegovy[®] safety information

Please refer to the Patient Information Leaflet for a full list of side effects, warnings and precautions.

Do not use Wegovy[®] if you are allergic to semaglutide or any of the other ingredients of this medicine (the active substance is semaglutide. The other ingredients are disodium phosphate dihydrate, propylene glycol, phenol, sodium hydroxide/hydrochloric acid (for pH adjustment), water for injection).

Warnings and precautions Talk to your doctor, pharmacist or nurse before using Wegovy[®] or during treatment if you have:

- **Effects on the digestive system**

During treatment with Wegovy[®], you may feel sick (nausea) or be sick (vomiting), or have diarrhoea. These side effects can cause dehydration (loss of fluids). It is important that you drink enough fluids to prevent dehydration. This is especially important if you have kidney problems. Talk to your doctor if you have any questions or concerns.

- **Inflammation of the pancreas**

If you have severe and on-going pain in the stomach area see a doctor straight away as this could be a sign of an inflamed pancreas (acute pancreatitis).

- **Diabetes**

Wegovy[®] must not be used as a substitute for insulin.

- **Low blood sugar (hypoglycaemia)**

In patients with type 2 diabetes, taking a sulfonylurea or an insulin with Wegovy[®] might increase the risk of getting low blood sugar levels (hypoglycaemia). The warning signs of low blood sugar may come on suddenly. They can include: cold sweat, cool pale skin, headache, fast heartbeat, feeling sick (nausea) or very hungry, changes in vision, feeling sleepy or weak, feeling nervous, anxious or confused, difficulty concentrating or shaking. Your doctor will tell you how to treat low blood sugar and what to do if you notice these warning signs. Your doctor may ask you to test your blood sugar levels. This will help your doctor decide if the dose of the sulfonylurea or insulin needs to be changed to reduce the risk of low blood sugar.

- **Diabetic eye disease (retinopathy)**

In patients with type 2 diabetes, fast improvements in blood sugar control may lead to a temporary worsening of diabetic eye disease. If you have diabetic eye disease and experience eye problems while taking Wegovy[®], talk to your doctor.

Wegovy® safety information

Please refer to the Patient Information Leaflet for a full list of side effects, warnings and precautions.

Children below 12 years of age

The safety and efficacy of Wegovy® in children below 12 years of age have not been studied and are not recommended for use in this population.

Other medicines and Wegovy®

Tell your doctor, pharmacist or nurse if you are using, have recently used or might use any other medicines.

Pregnancy and breast-feeding

This medicine should not be used during pregnancy, as it is not known if it may affect your unborn child. Therefore, it is recommended to use contraception while using this medicine. If you wish to become pregnant, you should stop using this medicine at least two months in advance. If you become or are pregnant, think you may be pregnant or are planning to have a baby when using this medicine, talk to your doctor straight away, as your treatment will need to be stopped.

You should not use this medicine if you are breast-feeding, as it is unknown if it passes into breast milk.

Driving and using machines

Wegovy® is unlikely to affect your ability to drive and use machines. Some patients may feel dizzy when taking Wegovy® mainly during the first 3 months of treatment (see section 4 of the Patient Information Leaflet). If you feel dizzy you should not drive or operate machines until you feel better. If you need any further information, talk to your doctor, pharmacist or nurse.

For diabetics using this medicine in combination with a sulfonylurea or insulin, low blood sugar (hypoglycaemia) may occur which may reduce your ability to concentrate. Do not drive or use machines if you get any signs of low blood sugar. Talk to your doctor for further information. Wegovy® must not be used as a substitute for insulin.

Sodium content

This medicine contains less than 1 mmol sodium (23 mg) per dose, i.e. essentially 'sodium-free'.

Most common side effects

Please refer to the Patient Information Leaflet for the full list of side effects.

The most common side effects when using Wegovy® (which may affect more than 1 in 10 people) are: headache, feeling sick (nausea), being sick (vomiting), diarrhoea, constipation, stomach pain, feeling weak or tired.

Tips to manage nausea



TRY TO:

- Eat smaller meals
- Stop eating when full
- Take sips of a cool drink



AVOID:

- Eating fatty or fried foods
- Eating spicy foods with strong smells
- Drinking alcohol

**This is general advice on avoiding nausea.
Always check with your healthcare professional for further advice.**

Eating a balanced diet

Eating a balanced diet plays an important role in your overall health and it can also help to support your weight management.

If your portion sizes are too big, it may be difficult to manage your weight or it could stop or slow down your weight loss.

Consider the following tips to help regulate what to eat and how much to eat:



THE PLATE METHOD: Aim to fill half your plate with vegetables or salad, fill one quarter with healthy protein (such as lean meat, fish, egg, tofu or beans) and one quarter with carbohydrates (such as potatoes, wholegrain rice, chapatti, yam, pasta or bread).



MAKE A HEALTHY CHOICE THE EASY CHOICE: Think about the meals that you are going to need. Make sure to have healthy snacks available (such as vegetable sticks, a piece of fruit, yoghurt or a small handful of nuts) in case you get hungry between meals.



ESTABLISH REGULAR MEALTIMES: Plan ahead for the meals that you are going to need. Try to have three balanced meals that are evenly spaced throughout the day.



CUT DOWN, DON'T CUT OUT: Reduce the amount of food that you eat that is high in fat or added sugar. Trying to reduce the amount of these foods will be more sustainable than cutting them out all together.

HAVE MORE OFTEN

- Grilled, baked, poached or steamed foods
- A wide range of fruits and vegetables
- Wholemeal or wholegrain starchy carbohydrates (such as wholemeal breads, wholewheat pasta or brown rice)
- Oils and spreads which are lower in saturated fats such as olive, vegetable, sunflower or rapeseed. Use sparingly as all fats are high in calories

HAVE LESS OFTEN

- Fried or deep-fried foods
- Foods high in salt or sodium such as processed meals, cheese, crisps
- High energy snack foods such as sweets, chocolates, cakes or biscuits
- Fats that are high in saturated fats such as butter, ghee or lard
- Larger portions than needed

Tips for being more active

Staying active is key to losing weight and keeping it off.

Some days it may be hard to find the motivation, but on these days, remember these tips for getting started and exploring new activities.

Tips for getting started



Start off slow to avoid injury



Find a level that's right for you – everyone's starting point will be different



Try to be active for 30 minutes at least 5 days a week



Consider breaking exercise up into smaller sessions – for example you could try 10 minutes, 3 times each day



When the activity starts to get a little easier, consider adding a couple of extra minutes to your activity each time



Stop exercising and seek medical help if you do not feel well or are in pain during exercise

Not sure what to explore?

Here are some ideas for getting more active in your daily routine:



Try standing up while talking on the phone



Try walking or biking to the shops instead of driving



Try taking up a new active hobby, such as gardening



If you work from home, try to go for a walk to replace your usual commute time



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