



**FOR PATIENTS
STARTING TREATMENT
WITH OZEMPIC[®]**
(semaglutide)

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Introduction to Ozempic®

With your doctor, you have decided to start treatment with Ozempic® to help you achieve your treatment goals.

Ozempic® is a so-called analogue of the endogenous hormone GLP-1 which is normally released after a meal.

Ozempic® helps the body to reduce your blood sugar level, but only if the blood sugar is too high.

Ozempic® is used:

- as a single medicine – if diet and exercise alone are not sufficient to get your blood sugar under control and you cannot use metformin (another diabetes medicine) or
- along with other diabetes medicines – when these are not enough to get your blood sugar under control. These other medicines may include oral antidiabetics (such as metformin, thiazolidinedione, sulphonylurea) or insulin.

It is important that you continue to follow the advice given to you by your doctor, pharmacist or nurse concerning diet and exercise.

Ozempic®:



Is a medicine for adults with type 2 diabetes



Is to be taken once a week



Is not an insulin

Ozempic®



IMPROVES YOUR BLOOD SUGAR CONTROL AND HELPS YOU REACH YOUR HbA_{1c} TARGETS



HELPS YOU LOSE WEIGHT



HAS SHOWN CARDIOVASCULAR BENEFITS IN PATIENTS WITH TYPE 2 DIABETES AND CARDIOVASCULAR DISEASE

Type 2 diabetes

The hormone insulin is normally produced in pancreatic beta-cells. Insulin acts as a key that opens the body cells to absorb sugar (glucose) from the blood.

In the case of diabetes, the body does not produce enough insulin and/or does not attain sufficient efficacy of the self-produced insulin. Then the sugar level in the blood becomes too high and the cells get too little energy.

The elevated sugar content of the blood in type 2 diabetes affects the blood vessels in the body. Diabetes is a vascular disease which, in the long run, risks damaging both small and large vessels and providing atherosclerosis (cardiovascular diseases). This affects the blood supplying organs and increases the risk of cardiovascular disease.

You can influence your blood sugar by exercising, eating healthy diets, losing weight if you are overweight and giving up smoking.

Your Ozempic[®] pen



0.25 mg pen (1.5 ml)



0.5 mg pen (1.5 ml)



1 mg pen (3 ml)

Ozempic[®] is supplied in three different pre-filled pens. The pens are available in doses of 0.25 mg, 0.5 mg or 1 mg.

Familiarise yourself with the Ozempic[®] pen by carefully reviewing the illustrations and instructions on the next page. **For more detailed usage instructions, see the package insert leaflet. Read the package insert leaflet carefully.**

Ozempic[®] pens are designed to be used with the thinnest disposable needles available in the market. Each pack contains 4 single-use needles.

To avoid infections, use a new needle each time you take Ozempic[®].

After the injection, remove and discard the used needle in a safe way. Containers to dispose of used needles are available at your local pharmacy.

How to store the Ozempic[®] pen

Unopened

To be stored in a refrigerator at 2°C to 8°C with the pen cap on.

During use

The pen can be stored for 6 weeks at a maximum of 30°C or in the refrigerator at 2°C to 8°C with the pen cap on. **When the pen is not in use, the needle must be removed.**

How to administer your injection

Please read the package insert leaflet for complete user instructions.



STEP 1

Check your pen and prepare it with a new needle

Make sure that your pen contains Ozempic® and that the solution in the pen is **clear and colourless**. Screw on a new needle and pull off **both** needle caps.



STEP 2

Check the flow

With each **new** pen, turn the dose selector until the dose counter shows the **flow check symbol** (■ ■ ▬). Press and hold the dose button. Repeat until a drop of solution appears at the needle tip.



STEP 3

Select the dose

Turn the dose selector until the dose counter stops and shows your dose (0.25 mg, 0.5 mg or 1 mg).



STEP 4

Injecting your dose

Insert the needle into the skin. Press and hold the dose button until the dose counter has returned to 0 and **slowly count to 6**.



STEP 5

Removing the needle

Carefully remove and discard the needle. Put the pen cap back on the pen.

Ozempic® – once a week

You should use Ozempic® once a week, on the same day of the week.
You can take the injection regardless of meals.



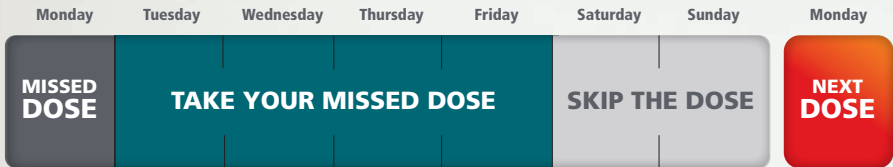
To help you remember to take your dose, you should choose an injection occasion that coincides, for example, with an established weekly activity.



If you forget to take your Ozempic® dose

If 5 days or less have passed

since you should have used Ozempic®, take an injection as soon as you remember it. Inject the next dose as usual on the regularly scheduled day.



If more than 5 days have passed

since you should have used Ozempic®, skip the missed dose. Inject the next dose as usual on the regularly scheduled day.

Do not take a double dose to make up for a forgotten dose!

Ozempic[®] dosing schedule



The starting dose

of Ozempic[®] is **0.5 mg** once a week for four weeks.

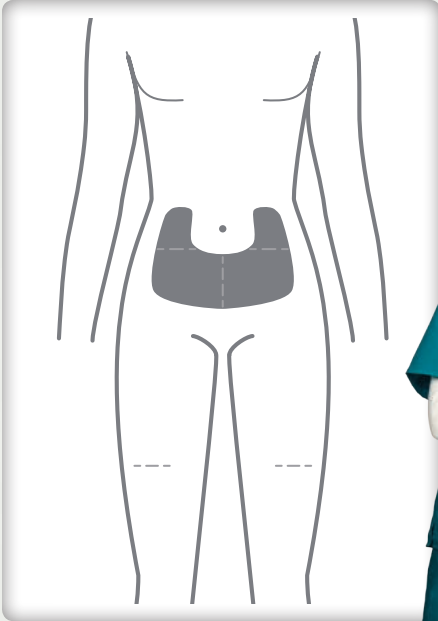
Maintenance dose

Based on individual needs, the doctor may maintain the dose of 0.5 mg or increase the dose to **1mg** once a week.

For check-up monitoring and a new prescription, contact your doctor or diabetes nurse.

Where to take your injection of Ozempic®

The best places to inject are the front of the thighs, the front of the waist (abdomen) or the upper arm.



Potential side effects

As with all medicines, this medicine can cause side effects, although not everybody gets them.

The most common side effects observed in clinical studies are:

- **Nausea.** Reactions may be mild to moderate in severity and usually go away with time
- **Diarrhoea.** Reactions may be mild to moderate in severity and usually go away with time






For a complete list of potential side effects, see the package insert leaflet. If you experience any side effects, talk to your doctor, pharmacist or nurse.



What to do in the event of side effects

If you experience any side effects, talk to your doctor, pharmacist or nurse. They can advise on the handling of side effects.

The most common side effect of Ozempic® is nausea. If you experience nausea, these recommendations may help¹:

-  Eat slowly
-  Drink enough water
-  Avoid eating in the vicinity of strong smells of food
-  Avoid fried, oily or excessively sweet food
-  Eat smaller, more frequent meals

Questions and answers about Ozempic®

Q When should I take Ozempic®?

A You should use Ozempic® once a week, on the same day of the week.

Q How should I take Ozempic®?

A Ozempic® is given as an injection. The best places to inject are the front of the thighs, the front of the waist (abdomen) or the upper arm.

To learn more about injecting Ozempic®, read the instructions on page 6. **Please read the package insert leaflet for complete user instructions.**

Q Should I take Ozempic® along with a meal?

A You can take Ozempic® at any time of the day – regardless of meal times. Ozempic® is to be taken once a week.

Q What should I do if I forgot to use Ozempic®?

A If you ever forget to take a dose of Ozempic®, do as follows:

- ✓ If 5 days or less have passed since you should have used Ozempic®, take an injection as soon as you remember it. Inject the next dose as usual on the regularly scheduled day.
- ✓ If more than 5 days have passed since you should have used Ozempic®, skip the missed dose. Inject the next dose as usual on the regularly scheduled day.

Do not take a double dose to make up for a forgotten dose!

Q What should I do if I want to change the weekday for the injection of Ozempic®?

A If necessary, you can change the weekday for injection of this medicine as long as at least 3 days have passed since the latest injection. When you have chosen a new dosing day, continue with the weekly dosing.

Own notes

If you want more information than that given here,
please ask your doctor/nurse or visit our website
www.novonordisk.se.

References

1. UCSF Medical Center_General guidelines for minimizing
nausea_patientinformation

▼ This medicine is subject to additional monitoring

Ozempic® (semaglutide), injection fluid. Prescription medicine

Usage: Ozempic® is a medicine for adults with type 2 diabetes and is injected once a week. Ozempic® contains the active substance semaglutide (which is a GLP-1 receptor agonist). It helps the body to reduce your blood sugar level, but only if the blood sugar is too high. It can also help prevent heart disease.

Ozempic® is used: as a single medicine if diet and exercise alone are not enough to get your blood sugar under control and you cannot use metformin (another diabetes medicine) or in conjunction with other diabetes medicines – when these are not enough to get your blood sugar under control. It is important that you continue to follow the advice on diet and exercise given to you by your doctor, pharmacist or nurse.

Warnings and precautions: Ozempic® is not an insulin and should not be used if:

- you have type 1 diabetes
- you develop diabetic ketoacidosis

During treatment with Ozempic® you may experience nausea, begin vomiting or have diarrhoea. These side effects can cause dehydration (loss of fluid). It is important that you drink plenty of fluids to prevent dehydration. If you have severe and persistent stomach pains – see a doctor immediately as this may be a sign of acute pancreatitis (inflammation of the pancreas).

Pregnancy and breast-feeding: If you are pregnant or breast-feeding, thinking you may be pregnant or are planning to get pregnant, ask your doctor for advice before using this medicine.

Read the package insert leaflet carefully.

