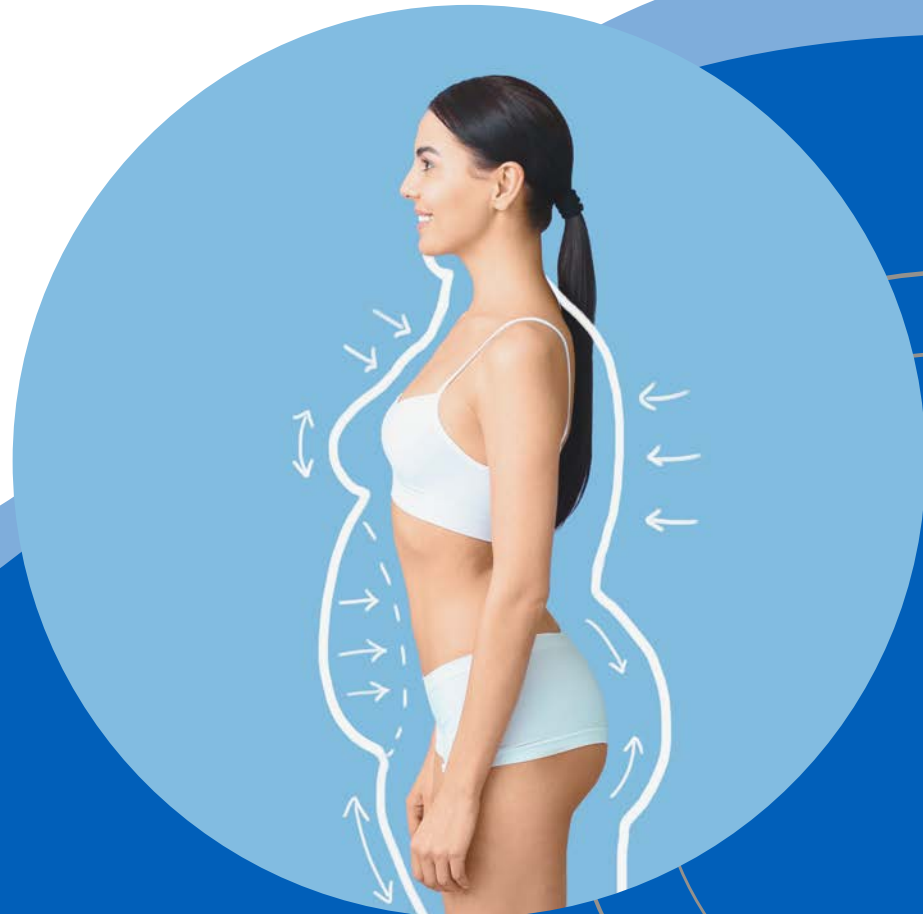


STARTING TREATMENT WITH ONCE-WEEKLY OZEMPIC® (SEMAGLUTIDE)

This booklet does not replace the advice of your Healthcare professional. If you have questions or concerns be sure to contact your Healthcare professional. For full information, please make sure you read the Patient Information Leaflet provided with your Ozempic® pen.

This booklet is provided as a service to Ozempic® patients by Medical Weightloss 4U Limited.

MY TREATMENT GUIDE



INTRODUCING ONCE-WEEKLY OZEMPIC®

After your medical assessment, you've decided to start a new treatment to help manage your weight.

Ozempic® is a relatively new medicine that can help you reach your goals.

Ozempic® is a new GLP-1 RA (glucagon-like peptide-1 receptor agonist) that is a medication originally for adults with type 2 diabetes that helps you feel full.

Ozempic® is similar to a natural hormone called GLP-1, released from the body after eating.

Along with a calorie controlled diet Ozempic is a once weekly pharmacotherapy (a tiny Injection pen) that you administer at home, to manage your appetite and to help you reach a healthy weight.

You should use Ozempic® once a week on the same day each week. You can take it with or without meals.

Although originally for type 2 diabetes Ozempic® only reduces your blood glucose if it is high. It has also been proven to help with weight loss and can be prescribed for this purpose even though it is not the primary purpose. This is termed off-label medication.

Once-weekly Ozempic® and you

The benefits of your Ozempic® treatment:



MANAGES YOUR APPETITE
TO HELP REACH A
HEALTHY WEIGHT THAT IS
RIGHT FOR YOU.



CAN HELP REDUCE THE
RISK OF HEART
DISEASE/STROKE



Medical
Weightloss



YOUR ONCE-WEEKLY OZEMPIC® PEN

To become more familiar with the Ozempic® pen, review the illustrations and instructions on the next page and **be sure to refer to the full instructions for use in the Patient Information Leaflet.**

Training on how to take Ozempic® is very important. You should not use the pen until your doctor or nurse has trained you on how to use it properly.

Ozempic® is available in three doses, in three different colours.



0.25 mg dose pen (1.5 ml)



0.5 mg dose pen (1.5 ml)



1.0 mg dose pen (3 ml)

With each box of Ozempic® you will find 4 NovoFine® Plus needles



NovoFine® Plus 32G 4 mm needle is thin – the same thickness as 2 strands of human hair

STORING YOUR OZEMPIC® PEN

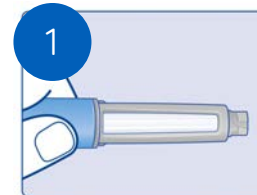
Before opening

Store in a refrigerator at 2°C to 8°C.

After opening

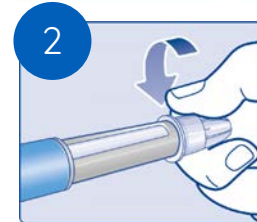
Store for up to 6 weeks at a temperature below 30°C, or in a refrigerator at 2°C to 8°C. Once opened, pens should be stored without the needle(s) left on.

WHEN TO TAKE YOUR OZEMPIC® PEN



1. Check your pen

Make sure your pen contains clear and colourless Ozempic®.



2. Attach a new needle

Screw on a new needle and pull off both needle caps.



3. Check the flow

With each new pen, turn the dose selector to select the flow check symbol (■ ▬). Press and hold in the dose button. Repeat until a drop appears.



4. Select your dose

Turn the dose selector until the dose counter shows your dose (0.25 mg, 0.5 mg or 1.0 mg).



5. Inject your dose

Insert the needle. Press and hold down the dose button. After the dose counter reaches 0, hold for at least **6 seconds to make sure you receive the full dose.**

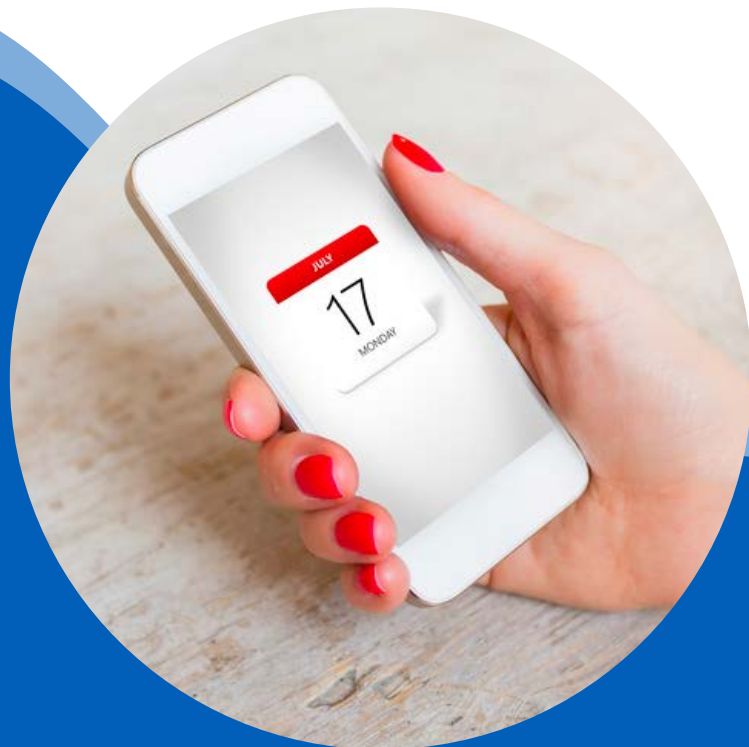
6. Remove the needle

Replace the outer needle. Carefully remove and dispose of the needle. Put the pen cap back on.

WHEN TO TAKE ONCE-WEEKLY OZEMPIC® PEN

You should ideally take Ozempic® once a week on the same day each week. It can be taken with or without meals

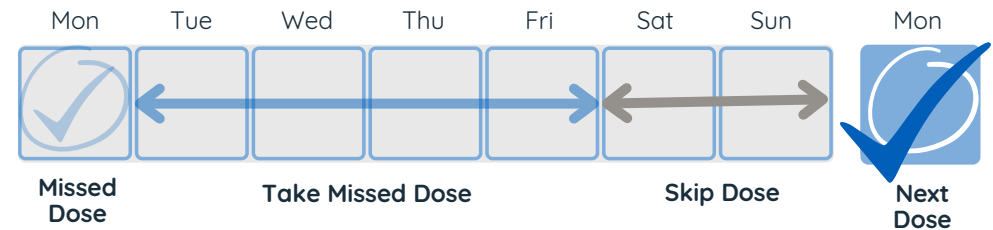
To help you remember to take your dose, consider pairing it with an activity you enjoy each week.



WHAT TO DO IF YOU MISS YOUR DOSE OF OZEMPIC® PEN

If you miss a dose, 5 days or less

If you miss a dose, you should take it as soon as possible AND WITHIN 5 DAYS after your missed dose.



If you miss a dose, after more than 5 days

If it has been more than 5 days since you missed your dose of Ozempic®, skip the missed dose. Then take your next dose as usual on your regularly scheduled day.

In each case, you should resume taking your dose on your normal day of the week.

**Never take a double dose
to make up for a missed dose!**

Starting once-weekly Ozempic®

START

0.25mg

for 4 weeks

STEP

0.5mg

for at least 4 weeks

START

0.25mg

based on individual patient needs

START

The official starting dose

of Ozempic® is 0.25 mg once a week for 4 weeks (this is the starting dose for diabetes).

For a weight loss plan patients often prefer to start at 0.5mg)

STEP

After at least 4 weeks

your dose may be increased, unless otherwise informed by your clinician

STAY

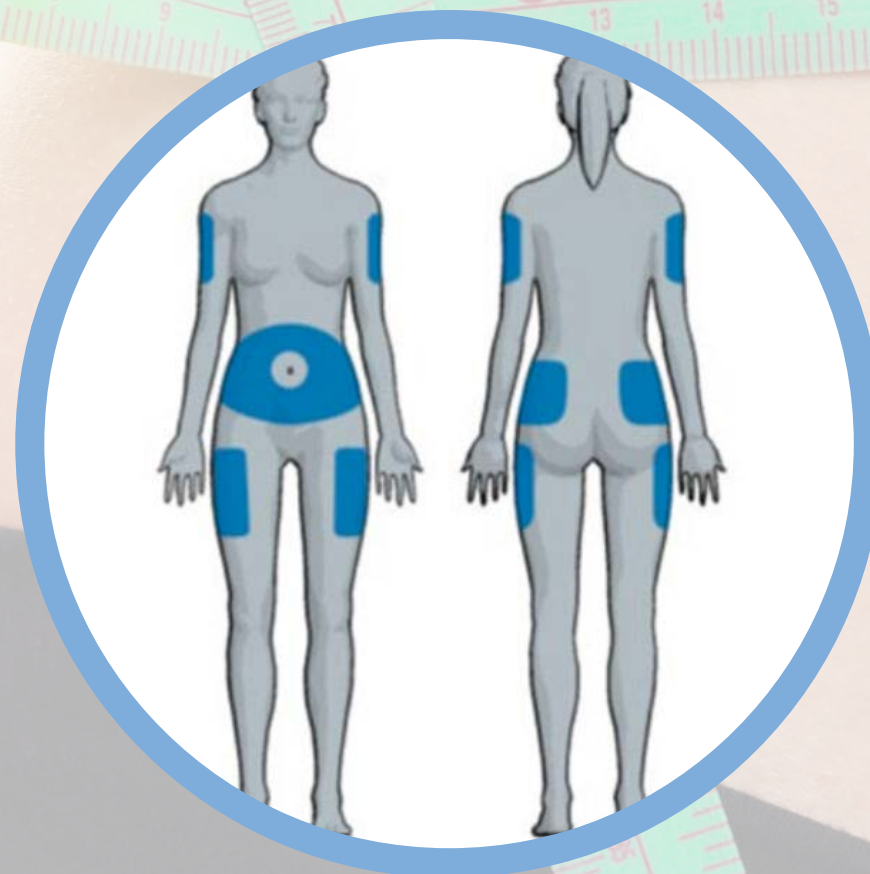
Based on your individual needs,

You may decide to increase your dose to 1.0 mg once a week, or stay on 0.5 mg once a week in discussion with your clinician.

WHERE TO INJECT ONCE-WEEKLY OZEMPIC® PEN

The best places on your body to inject Ozempic® are the front of your thighs, the front of your waist (abdomen) or your upper arms.

It is recommended that you rotate injection site each time you inject.



POSSIBLE SIDE EFFECTS

Like all medicines, Ozempic® may cause side effects, although not everybody gets them.

Very Common (equal or more than 1 in 10 people):

- **Feeling sick (nausea)**– this usually goes away over time
- **Diarrhoea** – this usually goes away over time

Common (less than 1 in 10 to 1 in 100 people):

- **Being sick (vomiting)**
- **Low blood sugar (hypoglycaemia)**– when this medicine is used with another antidiabetic medicine and/or insulin
- **Complications of diabetic eye disease(retinopathy)** – you should inform your doctor if you experience eye problems, such as changes in vision, during treatment with this medicine

Uncommon (less than 1 in 100 to 1 in 1000 people):

- **Increased heart rate**

Rare (less than 1 in 10,000 people):

- **Severe allergic reactions (anaphylactic reactions)** – you should seek immediate medical help and inform your doctor straight away if you get symptoms such as breathing problems, swelling of the face and throat and a fast heartbeat

During treatment with Ozempic®, 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 plenty of fluids to prevent dehydration. This is especially important if you have kidney problems.

Talk with your Healthcare professional if you experience any side effects (or have any questions or concerns). They may be able to offer advice on how to manage them.

Please see the Patient Information Leaflet that comes with your medicine for full information on possible side effects or if you have any questions or concerns.

FREQUENTLY ASKED QUESTIONS

When should I take Ozempic®?

You should take your weekly Ozempic® dose on the same day each week – with or without meals.

How should I take Ozempic®?

The best places on your body to inject Ozempic® are the front of your thighs, the front of your waist (abdomen) or your upper arms. It is recommended that you rotate your injection site each time you inject.

To learn more about injecting Ozempic®, review the instructions on page 5. For full instructions for use, please refer to the Patient Information Leaflet.

What should I do if I've missed a dose of Ozempic®?

If you ever miss or forget to take a dose, here is what you should do:

- If it has been 5 days or less since you missed your dose of Ozempic®, take it as soon as you remember. Then take your next dose as usual on your regularly scheduled day
- If it has been more than 5 days since you missed your dose of Ozempic®, skip the missed dose. Then take your next dose as usual on your regularly scheduled day

Never take a double dose to make up for a missed dose!

What do I do if I want to switch the day I take Ozempic®?

You can change the day you take Ozempic® as long as it has been at least 3 days since your dose. After selecting a new dosing day, continue taking it once a week.

How can I track my Ozempic® treatment?

Please request the Patient Diary to help you track your weekly progress with once-weekly Ozempic®.

Medical Weightloss



If you have any questions about Ozempic®, contact your Healthcare professional

For more information visit:
www.novonordisk.co.uk

If you get any side effects, talk to your Healthcare professional. By reporting side effects you can help provide more information on the safety of this medicine. This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See mhra.gov.uk/yellowcard for how to report side effects.

Please see the Patient Information Leaflet that comes with your medicine for full information.



www.medicalweightloss4u.co.uk



info@medicalweightloss4u.co.uk