

This material has been produced and funded by Novo Nordisk.
It is designed to be viewed digitally and contains hyperlinks that are viewable online only.

Getting started with Wegovy[®] ▼

(semaglutide injection)

**Guidance and information for adults
who have been prescribed Wegovy[®]
for weight management**

**This material is intended for adult patients in the UK
who have already been prescribed Wegovy[®] for weight
management only.**

This material is not a substitute for clinical advice provided by your healthcare provider nor is it a substitute for the Patient Information Leaflet, which you are advised to read in full. You can access the Wegovy[®] **Patient Information Leaflet**, which can be found on the electronic medicines compendium (eMC), by clicking the following link: www.medicines.org.uk/emc/product/13803/pil (this link will take you to an external website).

Please contact your healthcare provider if you have any questions about your treatment and for clinical advice.



These are not real patients and are for illustrative purposes only.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information promptly. You can help by reporting any side effects you may get. See <https://yellowcard.mhra.gov.uk/> for how to report 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. Side effects 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.

Welcome to your Wegovy[®] guide

This brochure has been created to support you on your treatment journey.

Find out how to take Wegovy[®] and explore tips for making lifestyle changes and more by clicking through the contents list below.

→	Living with excess weight or obesity	3
→	Losing weight and keeping it off	4
→	What is Wegovy [®] and how does it work?	5
→	What do I get in my Wegovy [®] FlexTouch [®] pack? ..	6
→	How do I use Wegovy [®] ?	7-8
→	My dosing schedule	9
→	How my Wegovy [®] dose is increased over time ..	10
→	When to take Wegovy [®] each week	10
→	Storage and disposal	11
→	Wegovy [®] safety information	12-13

Before starting treatment with Wegovy[®], it is important that you read the **Patient Information leaflet**. You can access the Wegovy[®] Patient Information Leaflet, which can be found on the electronic medicines compendium (eMC), by clicking the following link: www.medicines.org.uk/emc/product/13803/pil (this link will take you to an external website).

→	Common side effects of Wegovy [®]	14
→	Serious side effects of Wegovy [®]	15
→	Optimising my journey with Wegovy [®] :	
	• Eating a balanced diet	16
	• Getting more active	17
→	Monitoring my weight loss journey	18
→	What is PenCycle [®] ?	20



Living with excess weight or obesity

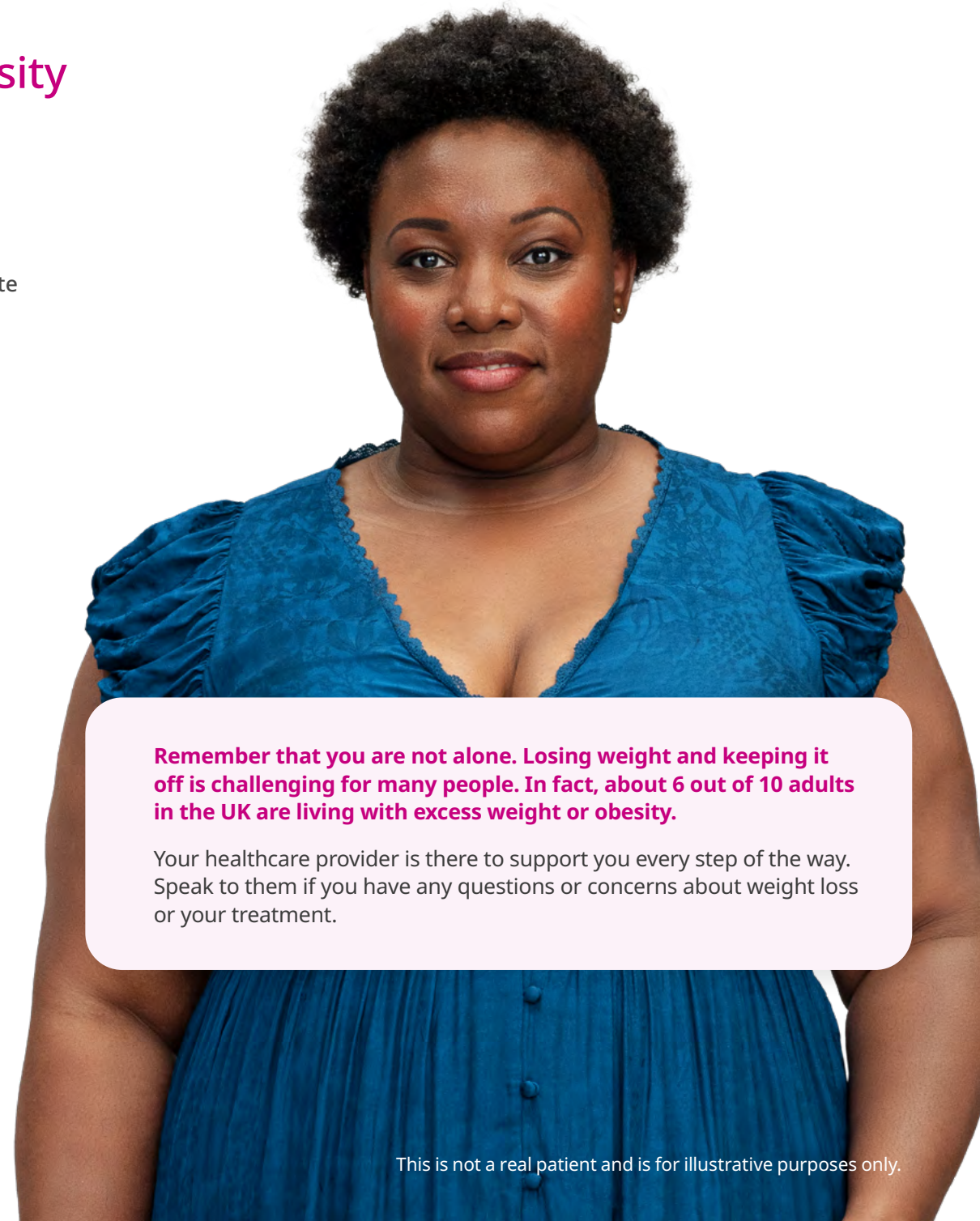
Many people believe that losing weight and keeping it off is just about what you eat and how much you exercise – and that strong willpower determines success.

The reality is that obesity is a complex disease. Many factors can contribute to obesity, such as:

- Genetics
- Age
- Environment or lifestyle
- Emotional wellbeing
- Some medical conditions
- Some medicines or treatments
- Lack of sleep
- Going through menopause

Life with excess weight or obesity can be challenging:

- **Physically**, it can raise your risk of other health problems, such as:
 - Type 2 diabetes
 - Some types of cancer, such as breast and bowel
 - Stroke
 - Heart disease
- **Psychologically**, it can affect your self-esteem, mental health and quality of life. You may also experience stigma from others



Remember that you are not alone. Losing weight and keeping it off is challenging for many people. In fact, about 6 out of 10 adults in the UK are living with excess weight or obesity.

Your healthcare provider is there to support you every step of the way. Speak to them if you have any questions or concerns about weight loss or your treatment.



Losing weight and keeping it off

Weight loss and maintenance is not easy. It might feel like your body is fighting against you:

- **You start losing weight**

When you start making changes to your diet and exercise, you might find it easy to lose weight.

- **Then your body pushes back**

Changes in your appetite hormones after weight loss can make you feel hungrier. This can make it difficult to keep the weight off, despite your best efforts.

Because of this, weight loss and preventing weight regain can require a few different approaches. You and your healthcare provider have decided to make Wegovy® part of your weight management plan.

WEIGHT LOSS

WEIGHT REGAIN





What is Wegovy® and how does it work?

What is Wegovy®?

Wegovy® is a medicine that is prescribed along with diet and exercise for weight loss and weight maintenance in:

- Adults with obesity (a BMI* of 30 kg/m² or greater)
- Adults who are overweight (a BMI* of 27 kg/m² and less than 30 kg/m²) and have weight-related health problems

*Body mass index (BMI) is a measure of your weight in relation to your height.

Wegovy® should be taken alongside changes to your diet and exercise. You can read more about how to optimise your treatment journey with **lifestyle changes** on pages 16 and 17 of this brochure.

Wegovy® contains the active substance 'semaglutide'.

'Active substance' is the name given to the main ingredient of a medicine. It is responsible for the way a medicine works.

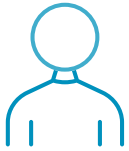
How does Wegovy® work?

- Normally, your body sends signals to your brain to tell you when you are hungry or if you crave certain foods. These signals are known as 'appetite hormones'
- After you finish eating, your body releases a gut hormone called 'GLP-1' (glucagon-like peptide-1)
- Semaglutide mimics the way that GLP-1 works in the body. It acts on the parts of the brain that control your appetite

By mimicking the hormone GLP-1, Wegovy® helps you to feel fuller so that you feel less hungry and have fewer cravings.



These are not real patients and are for illustrative purposes only.



What do I get in my Wegovy® FlexTouch® pack?

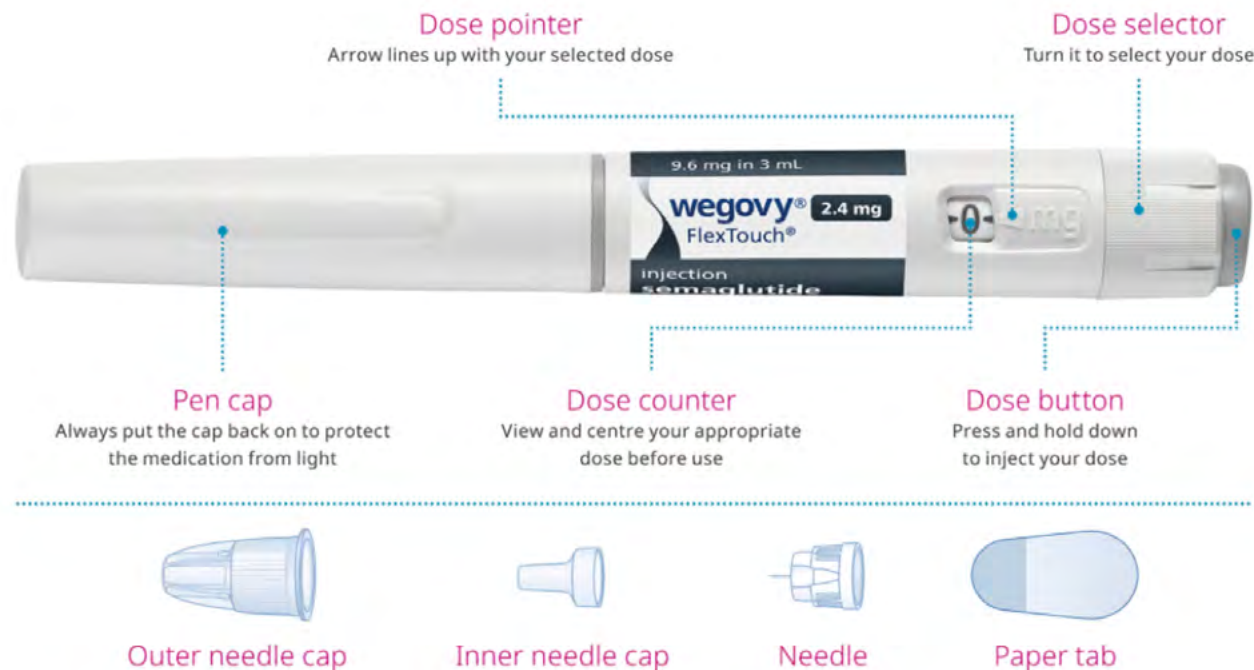
Each pack of Wegovy® contains:

- 1 pre-filled Wegovy® FlexTouch® pen. Each FlexTouch® pen contains four doses
- 4 disposable needles
- The Patient Information Leaflet

- If you are on the 0.25 mg, 0.5 mg, 1 mg, 1.7 mg or 2.4 mg once-weekly dose, 1 pack of your FlexTouch® pen will last you 4 weeks
- If you are on the 7.2 mg once-weekly dose (3 injections of 2.4 mg), 3 packs of the Wegovy® 2.4 mg FlexTouch® pen will last you 4 weeks

What is the Wegovy® FlexTouch® pen?

Here, you can see what the Wegovy® FlexTouch® pen looks like and what each part is used for. The image shown below is of the Wegovy® 2.4 mg FlexTouch® pen.





How do I use Wegovy®?

Wegovy® comes in a pre-filled pen which you administer yourself and needles are also provided in the pack. Before you use Wegovy® for the first time, your healthcare provider should show you how to use it.

Here, you can find a step-by-step guide on how to use Wegovy®. Before you begin using your once-weekly Wegovy® FlexTouch® pen, always read the instructions carefully in the Patient Information Leaflet, and talk to your doctor, nurse or pharmacist about how to inject Wegovy® correctly.

1 Get started

- If you are on the 0.25 mg, 0.5 mg, 1 mg, 1.7 mg or 2.4 mg once-weekly dose of Wegovy®, check the name and dose of the pen to make sure it states your prescribed dose. If you are on the 7.2 mg once-weekly dose (which involves 3 injections of 2.4 mg), make sure you have enough supply of 2.4 mg pens to complete your dose before you start injecting
- Pull off the pen cap and look through the pen window. 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, including between the injections for the 3 x 2.4 mg (7.2 mg) dose.** This means that if you are on the 7.2 mg dose (3 injections of 2.4 mg), you will need to use 3 different needles on your injection day
- Never use a bent or damaged needle. Check the paper tab and outer needle cap for damage. If you see any damage, dispose of it and use a new needle
- Tear off the paper tab and 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 Wegovy® flow

This step should only be done before the **first injection with each new pen**. If your Wegovy® pen is already in use, go to step 4: 'Set the dose'.

- Turn the dose selector until the flow check symbol (■ ■ ▲) lines up with the dose pointer
- Hold the pen with the needle pointing up. Then press and hold in the dose button until the dose counter returns to -0-. The -0- must line up with the dose pointer
- 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

Instructions for use continue on the next page

4 Set the dose

- Remember, if you are on the 7.2 mg once-weekly dose of Wegovy® (3 injections of 2.4 mg), this will be "2.4 mg"
- Turn the dose selector until the dose counter stops, and it shows your 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®

- 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 six.** The -0- must line up with the dose pointer. There may be a click when the dose counter returns to -0-
- Remove the needle from your skin. If blood appears at the injection site, press lightly on the area to stop the bleeding

If you are on the Wegovy® 7.2 mg once-weekly dose

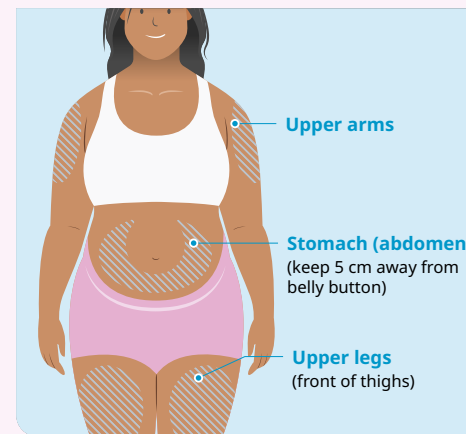
- **If you are injecting 3 injections of 2.4 mg (7.2 mg) on the same day, place a new needle on the pen as described in step 2, and perform the second and third injections as per steps 4 and 5, remembering to change the needle between each injection. If, for the second or third injections, this involves starting a new Wegovy® 2.4 mg FlexTouch® pen, then follow steps 1 to 5. The 3 injections of 2.4 mg (7.2 mg) can be given in the same body area but should be at least 5 cm apart**
- If you are injecting 3 injections of 2.4 mg (7.2 mg), you may need to use multiple pens. Do not discard the pen until it is empty. Partially-used pens must be stored in the fridge with the needle removed. Make sure you have a sufficient supply of pens to complete your dose before you start injecting. You must change the needle between each injection

6 After injection

- Lead the needle tip into the outer needle cap on a flat surface without touching the needle
- Never try to put the inner cap back on the needle as you may stick yourself with the needle
- Once the needle is covered, carefully push the outer needle cap completely on. Unscrew the needle
- Put the pen cap on the pen after each use to protect Wegovy® from light

Where should I inject Wegovy®?

Wegovy® is given as an injection under the skin (this is known as a 'subcutaneous injection'). Do not inject into a vein or muscle. The best places to give the injection can be seen in this visual:



You may inject in the same body area each week, but make sure it is not in the exact same spot as last time. If you are on the 7.2 mg dose you will inject 3 injections of 2.4 mg on the same day – you may inject in the same body area **but make sure each injection is at least 5 cm apart.**

For full instructions on how to use your Wegovy® FlexTouch® pen, please read the Patient Information Leaflet. Always use this medicine exactly as your healthcare provider has told you. Remember to ask them if you have any questions about how to take your treatment.



My dosing schedule

Treatment with Wegovy[®] follows a dosing plan that gradually increases over 16 weeks. Treatment starts with a low dose (0.25 mg), which is stepped up every 4 weeks until the maintenance dose of 2.4 mg once weekly is reached. This is to help lower the risk of side effects, such as feeling sick (nausea), being sick (vomiting), diarrhoea, constipation and stomach pain.

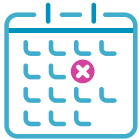
- If needed, for weight management in people living with obesity, a dose increase to the next maintenance dose of 7.2 mg once weekly (3 injections of 2.4 mg) can be made after a minimum of 4 weeks on 2.4 mg once weekly
- **If you are on the 7.2 mg dose, you must inject three doses of 2.4 mg, one after each other on the same day**
 - The injections can be given in the same body area but should be at least 5 cm apart. You must change the needle between each dose
- If you are on the 7.2 mg once-weekly dose (3 injections of 2.4 mg), you may need to use multiple pens
 - Do not discard the pen until it is empty. Partially used pens must be stored in the fridge with the needle removed
 - You should also make sure you have a sufficient supply of pens to complete your 7.2 mg dose before you start injecting. The maximum dose is 7.2 mg once weekly
- Each FlexTouch[®] pen contains four doses. After having injected the 4 doses, there might still be solution left in the pen despite having administered correctly. Any solution left is insufficient for a dose and the pen should be disposed of



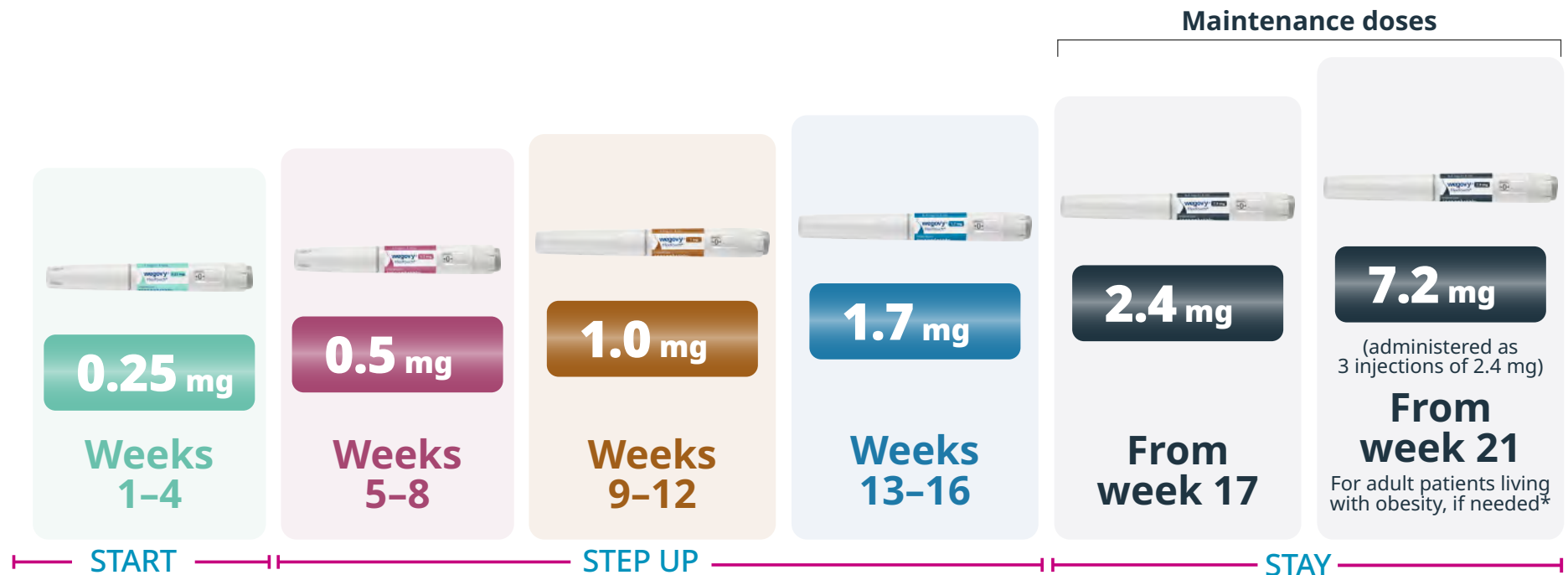
If you experience side effects, your healthcare provider may delay increasing your dose or lower you to the previous dose until your symptoms have improved.

You must always use Wegovy[®] as your healthcare provider has told you. Remember you can ask them if you have any questions about your treatment or dosing schedule if you are unsure.

You can learn more about how to take the 7.2 mg dose (3 injections of 2.4 mg) in the **Patient Information Leaflet**.



How my Wegovy[®] dose is increased over time



*After a minimum of 4 weeks on the 2.4 mg once-weekly maintenance dose

When to take Wegovy[®] each week

You should have 1 scheduled injection day each week. If you are on 0.25 mg, 0.5 mg, 1 mg, 1.7 mg or 2.4 mg once-weekly dose, you will take 1 injection on the scheduled day. If you are on the 7.2 mg once-weekly dose, you will take 3 injections of 2.4 mg on your scheduled injection day.

You should use Wegovy[®] once a week and if possible, on the same day each week. This can be at any time of day, regardless of meals. If you need to change the day of your weekly injection, you can, 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.

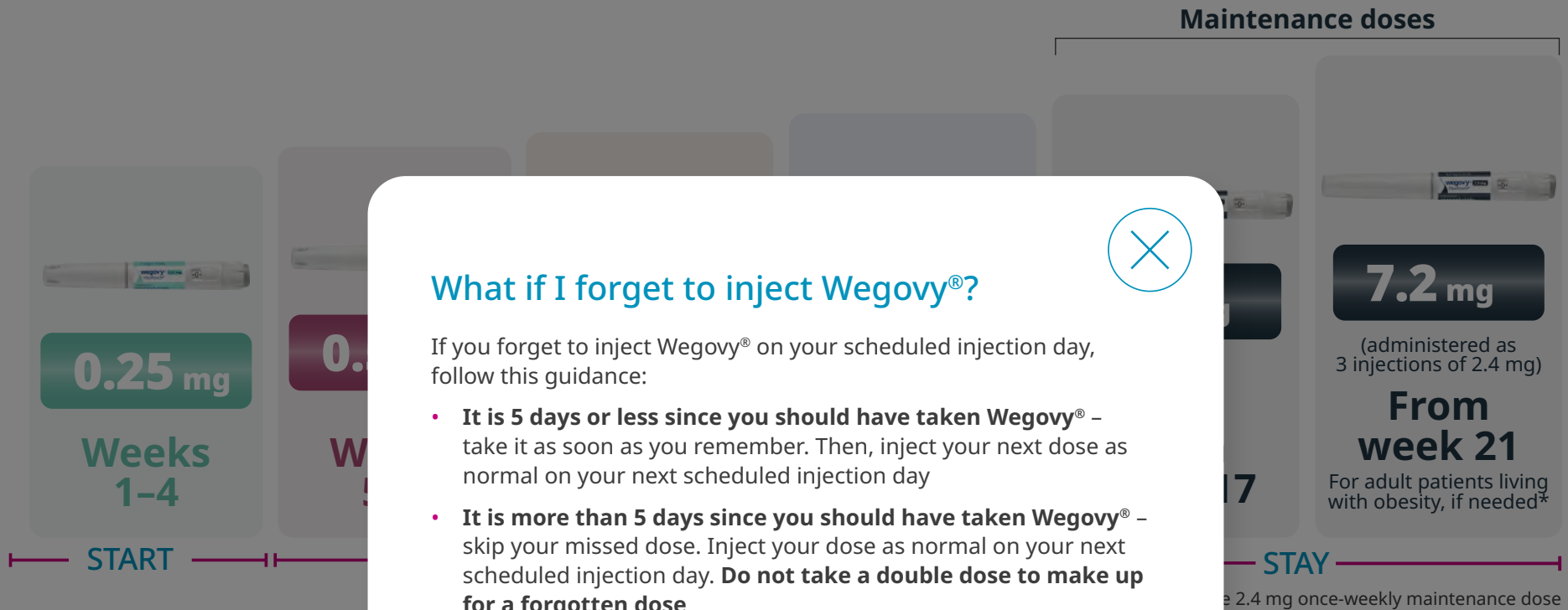
Try to get into a routine with your scheduled injection time each week. For example, you could pick a specific day and time, like a Sunday evening before you go to bed.

What if I forget to inject Wegovy[®]?





How my Wegovy[®] dose is increased over time



What if I forget to inject Wegovy[®]?

If you forget to inject Wegovy[®] on your scheduled injection day, follow this guidance:

- **It is 5 days or less since you should have taken Wegovy[®]** – take it as soon as you remember. Then, inject your next dose as normal on your next scheduled injection day
- **It is more than 5 days since you should have taken Wegovy[®]** – skip your missed dose. Inject your dose as normal on your next scheduled injection day. **Do not take a double dose to make up for a forgotten dose**

When to take Wegovy[®] each week

You should have 1 scheduled injection day each week. If you are on 0.25 mg, 0.5 mg, 1 mg, 1.7 mg or 2.4 mg once-weekly dose, you will take 1 injection on the scheduled day. If you are on the 7.2 mg once-weekly dose, you will take 3 injections of 2.4 mg on your scheduled injection day.

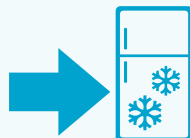
You should use Wegovy[®] once a week and if possible, on the same day each week. This can be at any time of day, regardless of meals. If you need to change the day of your weekly injection, you can, as long as it has been at least 3 days since your last injection. After selecting a new dosing day, continue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

Try to get into a routine with your scheduled injection time each week. For example, you could pick a specific day and time, like a Sunday evening before you go to bed.

What if I forget to inject Wegovy[®]?

Storage and disposal

How to store Wegovy®



- Keep your Wegovy® pen out of the sight and reach of children
- Do not freeze Wegovy® and do not use it if it has been frozen
- Keep the pen cap on when the pen is not in use to protect it from light
- Do not use this medicine after the expiry date, which is stated on the pen label and carton after 'EXP'. The expiry date refers to the last day of that month
- **Before opening:** keep the pen refrigerated (2°C to 8°C). Keep the pen away from the cooling element inside the fridge
- **During use:** partially used pens must be stored in the fridge **with the needle removed**. Pens can be kept for up to six weeks when stored at a temperature below 30°C or in a fridge (2°C to 8°C) away from the cooling element
- **Do not store the pen with a needle attached**

Visit page 20 for information about our [PenCycle®](#) scheme.

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 healthcare provider or local authorities. The pen cap and the empty carton can be disposed of in your household waste.

Remember that needles are for single use only. You should never reuse your needles as it may lead to blocked needles, contamination, infection and inaccurate dosing.

If you are taking the 7.2 mg dose (3 injections of 2.4 mg), **remember to change the needle between each of your 3 injections** (on your injection day you will use 3 needles for your 3 injections of 2.4 mg).

Always dispose of the needle immediately after each injection using a sharps bin. Keep your sharps bin in a safe place so it is 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 provider the procedure for disposing of sharps bins in your area.

Please refer to the Patient Information Leaflet for more information.



Wegovy[®] safety information: part one

For a full list of side effects, warnings and precautions, please refer to the **Patient Information leaflet**. You can access the Wegovy[®] Patient Information Leaflet, which can be found on the electronic medicines compendium (eMC), by clicking the following link: www.medicines.org.uk/emc/product/13803/pil (this link will take you to an external website).

Warnings and precautions

Talk to your healthcare provider before using Wegovy[®] or during treatment if you have:

- **Digestive system issues**

Wegovy[®] can make you feel nauseous (sick), 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 healthcare provider if you have any questions or concerns.

- **Inflammation of the pancreas**

If you have ever had pancreatitis (inflammation of the pancreas) which may cause severe pain in the stomach and back which does not go away; see section 4 of the Patient Information Leaflet.

- **Diabetes**

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

- **Sudden changes to your eyesight**

If you notice a sudden loss of vision or rapidly worsening eyesight during treatment with Wegovy[®], urgently contact your doctor. This may be caused by a very rare side effect called non-arteritic anterior ischaemic optic neuropathy (NAION) (See section 4: *Serious side effects* of the Patient Information Leaflet). Your doctor will refer you for an eye examination by an ophthalmologist and you may have to stop treatment with Wegovy[®].

- **Low blood sugar (hypoglycaemia)**

Wegovy[®] can cause low blood sugar. Warning signs of low blood sugar can come on suddenly. Common warning signs can include:

- Cold sweat
- Cool pale skin
- Headache
- Fast heartbeat
- Feeling sick (nausea)
- Feeling very hungry
- Changes in vision
- Feeling sleepy or weak
- Feeling nervous, anxious or confused
- Difficulty concentrating
- Shaking

Your healthcare provider will tell you how to treat low blood sugar and what to do if you notice these warning signs. Low blood sugar may be more likely to happen if you have diabetes and are taking a sulfonylurea or insulin. Your healthcare provider may ask you to test your blood sugar levels. This will help your healthcare provider decide if the dose of the sulfonylurea or insulin needs to be changed to reduce your risk of low blood sugar.

- **Diabetic eye disease**

Fast improvements in blood sugar control may cause diabetic eye disease to become temporarily worse. If you have diabetic eye disease and experience eye problems while taking this medicine, talk to your healthcare provider.

- **Delayed stomach emptying (gastroparesis)**

If you have slow (delayed) stomach emptying (called gastroparesis), use of Wegovy[®] may lead to serious or severe gastrointestinal adverse events. Talk to your doctor before using Wegovy[®].

Reporting side effects

- ▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information promptly. You can help by reporting any side effects you may get. See <https://yellowcard.mhra.gov.uk/> for how to report 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. Side effects 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.



Wegovy® safety information: part two

For a full list of side effects, warnings and precautions, please refer to the **Patient Information leaflet**. You can access the Wegovy® Patient Information Leaflet, which can be found on the electronic medicines compendium (eMC), by clicking the following link: www.medicines.org.uk/emc/product/13803/pil (this link will take you to an external website).

• Allergies

Wegovy® contains:

- Semaglutide
- Disodium phosphate dihydrate
- Propylene glycol
- Phenol
- Sodium hydroxide or hydrochloric acid
- Water for injection

Do not use Wegovy® if you are allergic to semaglutide or any of the other ingredients listed above.

• Other medicines and Wegovy®

Tell your doctor, pharmacist or nurse if you are using, have recently used or might use any other medicines. In particular, you should tell your doctor, pharmacist or nurse if you are using medicines containing the following:

- Warfarin or other similar medicines taken by mouth to reduce blood clotting (oral anti-coagulants). When you start treatment with e.g. warfarin or similar medicines, frequent blood testing to determine the ability of your blood to clot may be required

• Pregnancy

- Wegovy® should not be used during pregnancy, as it is not known if it may affect your unborn child
- It is recommended to use contraception while using Wegovy®
- If you wish to become pregnant, you should stop using Wegovy® at least two months in advance
- If you become or are pregnant, think you may be pregnant or are planning to have a baby while using Wegovy®, talk to your healthcare provider straight away, as your treatment will need to be stopped

• Breast-feeding

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

• Driving and using machines

Wegovy® is unlikely to affect your ability to drive and use machines. Some people may feel dizzy when taking Wegovy®, mainly during the first three months of treatment. If you feel dizzy you should not drive or operate machines until you feel better. If you need any further information, talk to your healthcare provider.

• People living with diabetes

- Tell your healthcare provider if you have diabetes. Your healthcare provider may adjust the dose of your diabetes medicines to prevent you from getting low blood sugar
- Do not mix Wegovy® up with other medicines that you inject (e.g. insulins)
- Do not use Wegovy® in combination with other medicines that contain glucagon-like peptide-1 receptor agonists (GLP-1 RAs), such as liraglutide, dulaglutide, exenatide or lixisenatide
- Using Wegovy® in combination with a sulfonylurea or insulin can cause low blood sugar. Low blood sugar can reduce your ability to concentrate. Do not drive or use machines if you get any signs of low blood sugar. See the '[low blood sugar](#)' section on page 12 for more information on the warning signs of low blood sugar

• Sodium content

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

• If you are due to have surgery

Please tell your doctor that you are taking Wegovy® if you are due to have surgery where you will be under anaesthesia (sleeping).



Common side effects of Wegovy®

Like all medicines, Wegovy® can cause side effects, although not everybody gets them. For a full list of side effects, warnings and precautions, please refer to the **Patient Information Leaflet**.

Very common side effects: may affect more than 1 in 10 people

- Headache
- Being sick (vomiting)
- Diarrhoea
- Constipation
- Stomach pain
- Feeling weak or tired
- Feeling sick (nausea)

These usually go away over time.

Tips for managing nausea



Common side effects: may affect up to 1 in 10 people

- Feeling dizzy
- Upset stomach or indigestion
- Burping
- Gas (flatulence)
- Bloating of the stomach
- Inflamed stomach ('gastritis') – the signs include stomach ache, feeling sick (nausea) or being sick (vomiting)
- Reflux or heartburn – also called 'gastroesophageal reflux disease'
- Gallstones
- Hair loss – may occur more frequently with Wegovy® 7.2 mg
- Injection site reactions
- Change in the way food or drink tastes
- Change in skin sensation – this usually goes away over time and may happen more frequently with Wegovy® 7.2 mg
- Low blood sugar (hypoglycaemia) in patients with diabetes
- Complications of diabetic eye disease (diabetic retinopathy)

Reporting side effects

- ▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information promptly. You can help by reporting any side effects you may get. See <https://yellowcard.mhra.gov.uk/> for how to report 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. Side effects 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.



Common side effects of Wegovy®

Like all medicines, Wegovy® can cause side effects, although not everybody gets them. For a full list of side effects, warnings and precautions, please refer to the **Patient Information Leaflet**.

Very common side effects: may affect more than 1 in 10 people

- Headache
- Stomach pain
- Being sick (vomiting)
- Diarrhoea
- Constipation

These usually go away over time.

Common side effects: may affect 1 in 10 people

- Feeling dizzy
- Upset stomach or indigestion
- Burping
- Gas (flatulence)
- Bloating of the stomach
- Inflamed stomach ('gastritis') – the sign of feeling sick (nausea) or being sick (vomiting)
- Reflux or heartburn – also called 'gastroesophageal reflux disease' (GERD)



Tips for managing nausea

Feeling sick (nausea) is a very common side effect of Wegovy®, meaning it can affect more than 1 in 10 people. You should speak to your healthcare provider if you are struggling with nausea. You can also try the following tips:

Watch what and how you eat

- Avoid hot, fried, greasy or strong-smelling foods
- Avoid drinking alcohol
- Eat smaller portions more often and stop eating when you are full
- Choose foods that contain ginger or drink ginger tea
- Try to eat slowly and stay upright after finishing your meal
- Try to take regular sips of cold drinks
- Avoid drinking large amounts with food

Keep your mind busy – distract yourself with something you enjoy, such as watching a film or listening to a podcast.

Get fresh air – breathe in some fresh air by opening a window or spending time outside.

Wegovy® 7.2 mg

may over time and
2 mg

with diabetes

retinopathy)

Reporting side effects

- ▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information promptly. You can help by reporting any side effects you may get. See <https://yellowcard.mhra.gov.uk/> for how to report 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. Side effects 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.



Serious side effects of Wegovy®

Common: may affect up to 1 in 10 people

- Complications of diabetic eye disease (diabetic retinopathy) – if you have diabetes, you should inform your doctor if you experience eye problems, such as changes in vision, during treatment with this medicine

Uncommon: may affect up to 1 in 100 people

- Inflamed pancreas (acute pancreatitis) – which could cause severe pain in the stomach and back which does not go away. This is a serious, potentially life-threatening condition. **You should see a doctor immediately** if you experience such symptoms. Stop using this medicine and seek urgent medical help if you experience: severe, persistent pain in the stomach area (abdomen), with or without nausea and vomiting. This could be a sign of acute pancreatitis, which is serious and potentially life-threatening
- Kidney or bladder stones – signs may include back or lower abdomen pain, difficulty in urination or change in colour of your urine

Rare: may affect up to 1 in 1,000 people

- Severe allergic reactions (anaphylactic reactions, angioedema) – **you should seek immediate medical help and inform your doctor straight away** if you get symptoms such as breathing problems, swelling of face, lips, tongue, and/or throat with difficulty swallowing, wheezing, fast heartbeat, pale and cold skin, feeling dizzy or weak
- Hip fractures

Very rare: may affect up to 1 in 10,000 people

- A medical condition of the eye called non-arteritic anterior ischaemic optic neuropathy (NAION), which may cause loss of vision without any pain. You should urgently contact your doctor if you notice sudden or gradually worsening eyesight (see section 2 of the Patient Information Leaflet: “Sudden changes to your eyesight”)

Not known: this means there is not enough data to determine how common this side effect is

- Bowel obstruction – a severe form of constipation with additional symptoms such as stomach ache, bloating, being sick (vomiting), etc.

Reporting side effects

- ▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information promptly. You can help by reporting any side effects you may get. See <https://yellowcard.mhra.gov.uk/> for how to report 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. Side effects 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.



Optimising my journey with Wegovy[®]: eating a balanced diet

Choosing a nutritious diet is an important part of your treatment with Wegovy[®] and plays a key role in your overall health and weight management.

Making healthy food choices does not need to mean you change everything about how you eat all at once. Why not start with one of the tips below and build from there? Even small changes to your eating habits can make a big difference.

Build a healthy plate

It is not always easy to know if a meal is well balanced. The plate method helps you create a healthy plate:



1/2 with vegetables or salad



1/4 with healthy protein (such as lean meat, fish, egg, tofu or beans)



1/4 with carbohydrates (such as potatoes, rice, chapatti, yam, pasta or bread)

Mix up your diet

Click on the boxes below to find out what you should aim to eat more and less often:

Have more often



Have less often



Have regular meal times



Try to plan ahead and have three balanced meals at regular times each day.

Understand calories



Keeping track of how many calories you eat can help you avoid too many high-calorie foods, which can lead to weight gain.

Cut down, don't cut out



Banning foods you enjoy is not a sustainable way to change your eating habits. Try to enjoy fatty or sugary foods in moderation.

Make a healthy choice the easy choice



Plan ahead, make meals ahead of time and have healthy snacks available (such as nuts, yoghurt or fruit).



Optimising my journey with Wegovy[®]: eating a balanced diet

Choosing a nutritious diet is an important part of your treatment with Wegovy[®] and plays a key role in your overall health and weight management.

Making healthy food choices does not need to mean you change everything about how you eat all at once. Why not start with one of the tips below and build from there? Even small changes to your eating habits can make a difference.

Build a healthy plate

It is not always easy to know if a meal is healthy. Here are some tips that help you create a healthy plate:



1/2 with vegetables or salad



1/4 with healthy protein (such as lean meat, fish, tofu or beans)

Mix up your diet

Click on the boxes below to find out what you should aim to eat more and less often:

Have more often



Have less often



Make a healthy choice the easy choice



Plan ahead, make meals ahead of time and have healthy snacks available (such as nuts, yoghurt or fruit).



Have more often:

- Grilled, baked, poached or steamed foods
- A wide range of fruits and vegetables – aim for at least five a day
- Wholemeal or wholegrain starchy carbohydrates, such as wholemeal bread, wholewheat pasta or brown rice
- Sustainably sourced fish – aim for two portions per week, one of which is oily
- Low fat and low sugar dairy and alternative options
- Beans and pulses
- Small amounts of oils and spreads that are lower in saturated fats, such as olive, vegetable, sunflower or rapeseed
- Water, lower fat milk or sugar-free drinks, including tea and coffee. Aim for six to eight glasses of liquid each day



Optimising my journey with Wegovy[®]: eating a balanced diet

Choosing a nutritious diet is an important part of your treatment with Wegovy[®] and plays a key role in your overall health and weight management.

Making healthy food choices does not need to mean you change everything about how you eat all at once. Why not start with one of the tips below and build from there? Even small changes to your eating habits can make a big difference.

Build a healthy plate

It is not always easy to know if a meal is healthy. Here are some tips that help you create a healthy plate:



1/2 with vegetables or salad



1/4 with healthy protein (such as lean meat, fish, tofu or beans)

Mix up your diet

Click on the boxes below to find out what you should aim to eat more and less often:

Have more often



Have less often



Have less often:

- Fried or deep-fried foods
- Red and processed meat
- Foods high in salt or sodium, such as processed meals, cheese and crisps
- High-energy snack foods, such as sweets, chocolates, cakes or biscuits
- Foods high in saturated fats, such as butter, ghee or lard
- Larger portions than needed
- Alcohol – alcohol-free and low-alcohol options are becoming more popular and widely available





Optimising my journey with Wegovy[®]: getting more active

Along with eating a healthy diet, being more active will help you get the most out of your treatment.

Regular movement can help lower the risk of developing other health problems, improve sleep and boost your energy and mood. It is recommended to do 150 minutes of moderate-intensity activity each week. This can be in a time, place and way that suits you.

Getting active each week

You could split your exercise up into **five 30-minute sessions per week**, trying activities such as:



Fast walking



Swimming



Cycling



Dancing

If 30 minutes feels like too much, you can break this up into smaller sessions. Why not start by doing 10 minutes each day, then build this up to 10 minutes three times a day? Every time an activity feels a little easier, consider adding a few minutes to your workout.



You can also try doing strength **exercises twice a week**. These can be done at home or at a gym to help improve your health and mobility. Start slow – everyone's starting point will be different.

How to stay motivated

If you are struggling **to stay motivated each week**, here are some tips to help you get started:



Stand up and walk around while talking on the phone



Walk or cycle to the shops instead of driving



Try out a new hobby, such as gardening



Ask a friend or family member to try a new sport or activity with you



If you take the bus, get off one stop earlier




If you work from home, try to go for a walk before you start your day

Getting more active is about finding activities you enjoy so that **you want to keep doing them**.



Monitoring my weight loss journey


Weight loss is a gradual process that takes time. To help you stay motivated and see your progress, you may find it helpful to track your weight in the editable tool below.

Date	My weight	How has my weight changed since my last check in?	How do I feel about my weight loss journey?
			
.....			
.....			
.....			
.....			
.....			



Monitoring my weight loss journey

If you fill up page 18, you can continue tracking your progress here. Remember to check back and see how far you have come since your first check in!

Date	My weight	How has my weight changed since my last check in?	How do I feel about my weight loss journey?
			
.....			
.....			
.....			
.....			
.....			

You can now recycle your pre-filled Wegovy® pens with PenCycle®

What is PenCycle®?

Novo Nordisk has developed a bespoke process for recycling our pre-filled pens after use.

How can I PenCycle®?

PenCycle® could not be simpler and is completely free of charge.

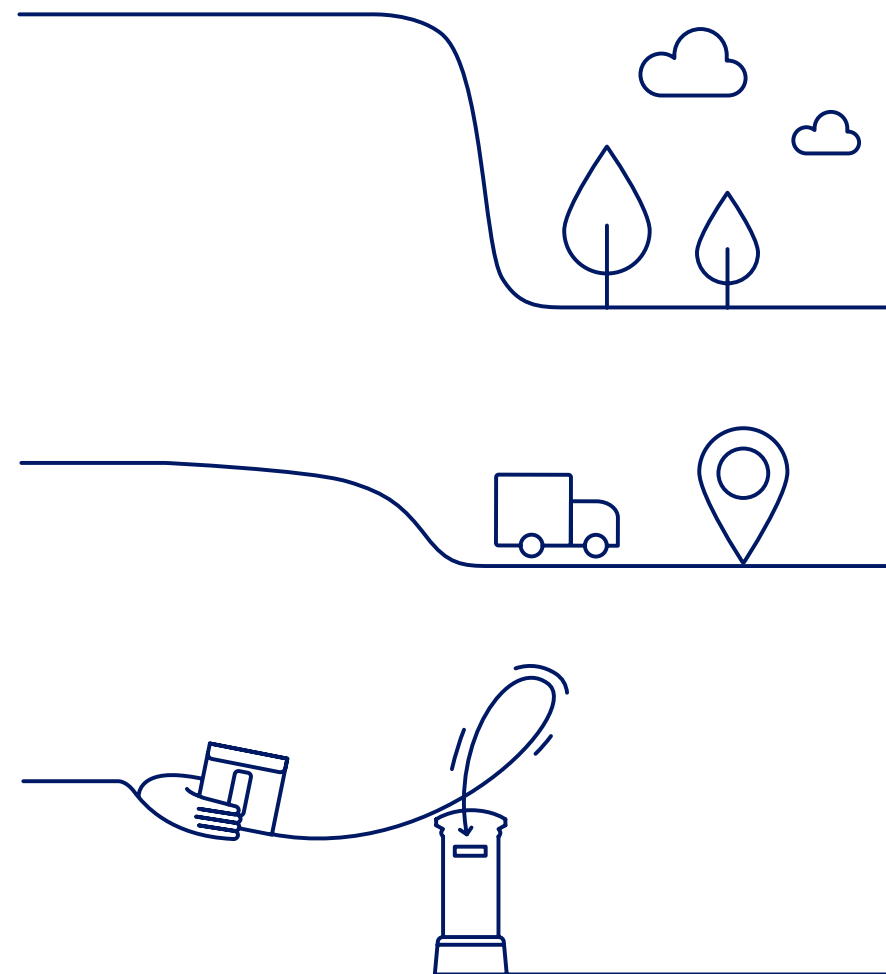
To get started, collect a PenCycle® return box from your nearest participating pharmacy, or order some online on our website, where you can also find a full list of participating pharmacies and instructions on how to PenCycle®.

Where can I PenCycle®?

You can drop off your full return box at any participating pharmacy or return them to Novo Nordisk by post.

Every return box has a FREEPOST Royal Mail address printed on the back. Pharmacies in certain parts of the UK are not able to accept return boxes due to current regulations.

[Visit the website](#)



You return it
We recycle it



Remember, your healthcare team is there if you need any further support with your treatment with Wegovy®.

You should also read the **Patient Information leaflet**. You can access the Wegovy® Patient Information Leaflet, which can be found on the electronic medicines compendium (eMC), by clicking the following link: www.medicines.org.uk/emc/product/13803/pil (this link will take you to an external website).



Visit www.wegovy.co.uk for more information and resources to support your treatment journey with Wegovy®.



These are not real patients and are for illustrative purposes only.

This material is the intellectual property of Novo Nordisk® and should not be placed on third-party websites. Novo Nordisk® has a responsibility for ensuring that all its materials reflect the most current information.

This material is produced and funded by Novo Nordisk Limited, with registered offices at 3 City Place, Beehive Ring Road, Gatwick, West Sussex, RH6 0PA.

Wegovy®, FlexTouch® and Novo Nordisk® are registered trademarks owned by Novo Nordisk A/S.

