

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.

# Your guide to Wegovy<sup>®</sup>▼ (semaglutide injection) 7.2 mg once-weekly

**'How-to-use' guidance and safety information  
to support you in administering Wegovy<sup>®</sup> 7.2 mg  
once-weekly (3 injections of 2.4 mg) as prescribed  
by your healthcare provider**

**This material is intended for adult patients in the UK who have already been prescribed Wegovy<sup>®</sup> 7.2 mg once-weekly (3 injections of 2.4 mg) 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<sup>®</sup> Patient Information Leaflet, which can be found on the electronic medicines compendium (eMC), by clicking the following link: [www.medicines.org.uk/emc/product/13799/pil](http://www.medicines.org.uk/emc/product/13799/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.



This is not a real patient and is 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® 7.2 mg guide

This digital booklet has been created to support you on your treatment journey with the Wegovy® maintenance dose of 7.2 mg once weekly.

Throughout this resource, you can find answers to questions you may have, such as:

→	<b>Why have I been prescribed Wegovy® 7.2 mg?</b> .....	3
→	<b>Which pens do I need for my Wegovy® 7.2 mg once-weekly dose?</b> .....	5
→	<b>What is my dosing schedule?</b> .....	6
→	<b>How do I take my once-weekly Wegovy® 7.2 mg dose (3 injections of 2.4 mg)?</b> .....	7-8
	• Week 1: using Wegovy® Pen 1 .....	9
	• Week 2: using Wegovy® Pens 1 and 2 .....	10
	• Week 3: using Wegovy® Pens 2 and 3 .....	11
	• Week 4: using Wegovy® Pen 3 .....	12
→	<b>How do I store and dispose of Wegovy®?</b> .....	13

You should also read the important safety information provided in this booklet:

→	<b>Wegovy® safety information</b> .....	14-15
→	<b>Common side effects of Wegovy®</b> .....	16
→	<b>Serious side effects of Wegovy®</b> .....	17

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/13799/pil](http://www.medicines.org.uk/emc/product/13799/pil) (this link will take you to an external website).



## Why have I been prescribed Wegovy® 7.2 mg?

Wegovy® is a medicine that is used for weight management. It contains the active substance (main ingredient) semaglutide.

This acts on the parts of the brain that control your appetite to help you feel fuller and experience fewer cravings.

**Wegovy® is used along with diet and physical activity for weight loss and weight maintenance in:**

- Adults with obesity (a BMI\* of 30 kg/m<sup>2</sup> or greater), OR
- Adults who are overweight (a BMI\* of 27 kg/m<sup>2</sup> and less than 30 kg/m<sup>2</sup>) and have weight-related health problems

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

Treatment with Wegovy® follows a dosing plan that gradually increases over 16 weeks. Treatment starts with a low dose (0.25 mg) once weekly, 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. This is the dose you have been prescribed. The maximum dose is 7.2 mg once weekly.

If you are experiencing side effects, your healthcare provider may delay increasing your dose or lower you to the previous dose until your symptoms are better.



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



## Double check your prescription

It is important to double check that you are using the Wegovy® 2.4 mg FlexTouch® pen for your 3 injections. This will ensure that you administer your prescribed dose of 7.2 mg once weekly. **Check the label when you get your prescription at the pharmacy and before each injection to avoid mix ups.**

You can check the dose of the pen by reading the box it came in, or by reading the pen itself. It will be clearly labelled as 'Wegovy® 2.4 mg'. The different doses are also colour-coded to help you recognise your dose. The Wegovy® 2.4 mg FlexTouch® pen is white and black.



This image is for illustration purposes only and does not reflect the actual size of the pen.



# Which pens do I need for my Wegovy® 7.2 mg once-weekly dose?

To take the Wegovy® 7.2 mg once-weekly dose (3 injections of 2.4 mg) and to ensure you have a 1 month (4 weeks) supply, you will need to be prescribed 3 packs of the Wegovy® 2.4 mg FlexTouch® pens. Each 2.4 mg FlexTouch® pen has 4 doses of 2.4 mg. **This means that 1 injection from a 2.4 mg FlexTouch® pen = 1 dose of 2.4 mg Wegovy®.**

Therefore, in order to achieve your full 7.2 mg dose, you will need to administer 3 injections of 2.4 mg on your scheduled day of taking Wegovy®.

So, if you are starting on the 7.2 mg once-weekly dose using a **new** Wegovy® 2.4 mg FlexTouch® pen on week 1, for example, you will use 3 of the 4 doses in the first pen. You will save the fourth dose of 2.4 mg that is left in the pen for week 2.

The illustration below shows the dosing schedule for 4 weeks. It assumes that on Week 1 you are starting a new 2.4 mg FlexTouch® pen when you administer 7.2 mg.





## What is my dosing schedule?

**It is really important that you follow your schedule when you are on the Wegovy® 7.2 mg once-weekly dose to reduce the risk of mistakes with your dosing. The schedule below is designed to help you stay on track.**

Remember that you will inject yourself with 3 injections of 2.4 mg one after each other on your scheduled injection day to achieve the 7.2 mg dose. **The injections can be given in the same area of the body but should be at least 5 cm apart. You must change the needle in between each injection.**

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 7.2 mg dose before you start injecting.

To help you stay on track with administering Wegovy® 7.2 mg once weekly (3 injections of 2.4 mg), you may find it helpful to use the table below. This table assumes you are starting a new 2.4 mg FlexTouch® pen (Week 1), which will contain 4 doses of 2.4 mg.

	Week 1			Week 2			Week 3			Week 4		
	Injection 1	Injection 2	Injection 3	Injection 1	Injection 2	Injection 3	Injection 1	Injection 2	Injection 3	Injection 1	Injection 2	Injection 3
	Pen 1	Pen 1	Pen 1	Pen 1	Pen 2	Pen 2	Pen 2	Pen 2	Pen 3	Pen 3	Pen 3	Pen 3
Date	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Tick once dose administered	<input type="checkbox"/>											

What if I take more Wegovy® than I am meant to?



What if I forget to inject Wegovy®?





## What is my dosing schedule?

It is really important that you follow your schedule when you are on the Wegovy® 7.2 mg once-weekly dose to reduce the risk of mistakes with your dosing. The schedule below is designed to help you stay on track.

Remember that you will inject yourself with 3 injections of 2.4 mg one after each other on your scheduled injection day to achieve the 7.2 mg dose. **The injections can be given in the same area of the body but should be at least 5 cm apart. You must change the needle in between each injection.**

You may need to use multiple pens. Do not use the same pen for more than one injection. Make sure you have a sufficient supply of pens to cover your injections.

To help you stay on track with administering your injections, we have created a dosing schedule. This table assumes you are starting a new 2.4 mg Flexpen®.

with the needle removed. Make sure

use the table below. This table

**What if I take more Wegovy® than I am meant to?**

Talk to your healthcare provider straight away if you inject more Wegovy® than you are meant to. You may get some side effects such as feeling sick (nausea).

	Week 1						Week 4					
	Injection 1	Injection 2	Injection 3	Injection 1	Injection 2	Injection 3	Injection 1	Injection 2	Injection 3	Injection 1	Injection 2	Injection 3
	Pen 1	Pen 1	Pen 1	Pen 1	Pen 2	Pen 3	Pen 3	Pen 3				
Date	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Tick once dose administered	<input type="checkbox"/>											

What if I take more Wegovy® than I am meant to?



What if I forget to inject Wegovy®?





# What is my dosing schedule?

It is really important that you follow your schedule when you are on the Wegovy® 7.2 mg once-weekly dose to reduce the risk of mistakes with your dosing. The schedule below is designed to help you stay on track.

Remember that you will inject yourself with 3 injections of 2.4 mg one after each other on your scheduled injection day to achieve the 7.2 mg dose. **The injections can be given in the same area of the body but should be at least 5 cm apart. You must change the needle in between each injection.**

You may need to use multiple pens. Do not discard the pen until you are finished. Do not touch the needle with your fingers. Do not touch the needle with the needle removed. Make sure you have a sufficient supply of pens to cover your scheduled injections.

To help you stay on track with administering your injections, we have created a dosing schedule. Use the table below. This table assumes you are starting a new 2.4 mg Flexpen on the first day of the week.

**What if I forget to inject Wegovy®?**

- **If it is 5 days or less since you should have used Wegovy®** – take it as soon as you remember. Then inject your next dose as usual on your scheduled day
- **If it is more than 5 days since you should have used Wegovy®** – skip the missed dose. Then inject your next dose as usual on your next scheduled day. **Do not take a double dose to make up for a forgotten dose**

	Week 1							Week 4			
	Injection 1	Injection 2						Injection 1	Injection 2	Injection 3	
	Pen 1	Pen 1						Pen 3	Pen 3	Pen 3	
Date	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	
Tick once dose administered	<input type="checkbox"/>										

What if I take more Wegovy® than I am meant to?

What if I forget to inject Wegovy®?



## How do I take my once-weekly Wegovy® 7.2 mg dose (3 injections of 2.4 mg)?

Pages 7 and 8 are a summary of how to take your Wegovy® 7.2 mg dose assuming that there are at least 3 injections of 2.4 mg (total of 7.2 mg) in the 2.4 mg FlexTouch® pen you are using. For full instructions on how to use Wegovy®, please 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/13799/pil](http://www.medicines.org.uk/emc/product/13799/pil) (this link will take you to an external website). 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.

On your scheduled injection day each week, you must give yourself **3 separate injections of 2.4 mg**. These should be given one after another. This will ensure you get your full 7.2 mg dose each week. **Before you start injecting, make sure you have a sufficient supply of pens to complete your dose (3 injections of 2.4 mg).**

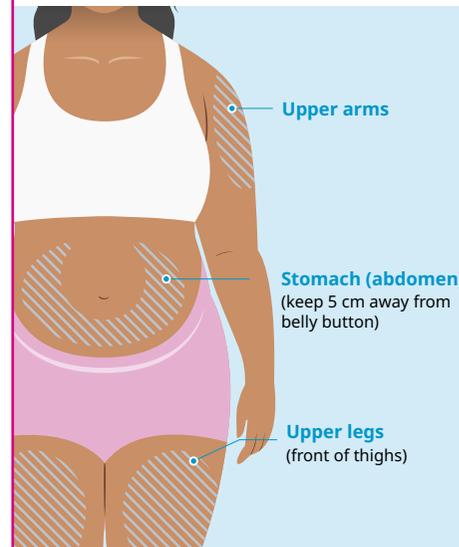
### Remember to:

#### 1 Prepare your Wegovy® 2.4 mg FlexTouch® pen for injection with a new needle



- If you need a reminder of how to do this, refer to the Patient Information Leaflet, under the section titled: "Instructions on how to use Wegovy® FlexTouch®". Remember, you must check the flow before your first injection with each new Wegovy® 2.4 mg FlexTouch® pen
- Always read these instructions carefully, and talk to your doctor, nurse or pharmacist about how to inject Wegovy® correctly

#### 2 Choose an injection site and administer your first 2.4 mg injection

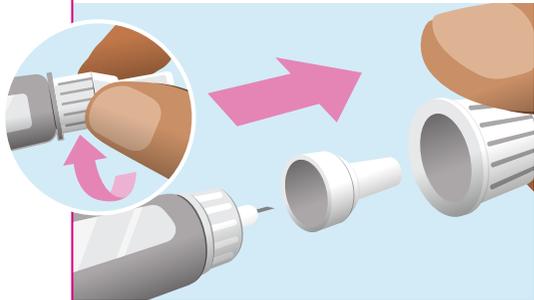


- To achieve the 7.2 mg dose (3 injections of 2.4 mg), the dose for your first injection is 2.4 mg. Turn the dose selector until the dose counter stops, and it shows the 2.4 mg dose. When the 2.4 mg dose lines up with the dose pointer, the dose has been selected. **Do not set the dose by counting the number of clicks you hear**
- 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
- Remember, when you are injecting 3 injections of 2.4 mg (7.2 mg) on the same day, you may inject in the same body area but make sure each injection is at least 5 cm apart



## How do I take my once-weekly Wegovy® 7.2 mg dose (3 injections of 2.4 mg)?

### 3 Once you have done your first injection of 2.4 mg, place a new needle on the pen



- The dose for your second injection is 2.4 mg. Turn the dose selector until the dose counter stops, and it shows the 2.4 mg dose. When the 2.4 mg 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**

- Choose a different spot to perform your second 2.4 mg injection. This can be in the same body area as your first injection, **as long as it is at least 5 cm away from the first injection spot and not the exact same spot as last time (previous week)**

### 4 After your second injection of 2.4 mg, place another new needle on the pen

- The dose for your third and final injection is 2.4 mg. Turn the dose selector until the dose counter stops, and it shows the 2.4 mg dose. When the 2.4 mg 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**
- Choose a different spot to perform your third and final 2.4 mg injection. **This should be at least 5 cm away from your first 2 injection spots and not the exact same spot as last time (previous week)**

Remember, the above steps assume that you are using the same 2.4 mg pen for all 3 injections. If you are having to start a new pen for a 2.4 mg injection, remember to check the name and dose of your new 2.4 mg pen to make sure it contains the correct injections for your dose of Wegovy® and check the flow of the new pen. Details of how to do this can be found in the **Patient Information Leaflet** under "Instructions on how to use Wegovy® FlexTouch®".

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. For the 7.2 mg dose, you must change the needle between each injection.

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 professional the procedure for disposing of sharps bins in your area.

Here you can find a step-by-step guide on what to do each week, when you first start administering the Wegovy® 7.2 mg dose (3 injections of 2.4 mg). This guide assumes you are starting a new Wegovy® 2.4 mg FlexTouch® pen on week 1.



## Week 1: using Wegovy® 2.4 mg FlexTouch® Pen 1

In your first week on the 7.2 mg once-weekly dose of Wegovy®, you will use 1 Wegovy® 2.4 mg FlexTouch® pen (Pen 1):

### Pen 1



### 3 injections of 2.4 mg



- 1. Prepare your Wegovy® 2.4 mg FlexTouch® pen (Pen 1) for injection**
- 2. Injection 1:** choose an injection site and inject your first 2.4 mg dose
  - Do not inject into a vein or muscle. The best places to give the injection are the **upper arms, stomach (keep 5 cm away from belly button) or upper legs (front of thighs)**
  - You may inject in the same body area each week, but make sure it is not in the exact same spot as last time
- 3. Change the needle for your second injection – always use a new needle for each injection**
- 4. Injection 2:** choose an injection site and inject your second 2.4 mg dose
  - This can be in the same body area as injection 1, **as long as it is at least 5 cm away from the first injection spot and not the exact same spot as last time (previous week)**
- 5. Change the needle for your third and final injection – always use a new needle for each injection**
- 6. Injection 3:** choose an injection site and inject your third 2.4 mg dose
  - This can be in the same body area as injections 1 and 2, **as long as it is at least 5 cm away from both the first and second injection spots and not the exact same spot as last time (previous week)**
7. Remove the needle and put Pen 1 in the fridge ready for your next weekly injection day. You have now used 3 doses of 2.4 mg from Pen 1. This means the pen should have **1 dose of 2.4 mg left. You will use this dose in week 2**

**Go to page 10 to find out what to do in week 2.**

For full instructions on how to use Wegovy®, 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.

Here you can find a step-by-step guide on what to do each week, when you first start administering the Wegovy® 7.2 mg dose (3 injections of 2.4 mg). This guide assumes you are starting a new Wegovy® 2.4 mg FlexTouch® pen on week 1.



## Week 2: using Wegovy® 2.4 mg FlexTouch® Pens 1 and 2

In your second week on the 7.2 mg once-weekly dose of Wegovy®, you will use 2 Wegovy® 2.4 mg FlexTouch® pens (Pen 1 and Pen 2):

### Pen 1



1 injection of 2.4 mg



### Pen 2



2 injections of 2.4 mg



1. Take the Wegovy® 2.4 mg FlexTouch® pen (Pen 1) out of the fridge and attach a new needle
2. **Injection 1:** choose an injection site and inject your first 2.4 mg dose
  - Do not inject into a vein or muscle. The best places to give the injection are the **upper arms, stomach (keep 5 cm away from belly button) or upper legs (front of thighs)**
  - You may inject in the same body area each week, but make sure it is not in the exact same spots as **week 1**
3. Once you have performed your first injection with Pen 1, this pen should now be empty as all four doses of 2.4 mg have been used. Discard of Pen 1 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. See page 13 for more information on how to dispose of Wegovy®
4. Get a new Wegovy® 2.4 mg FlexTouch® pen (Pen 2) and **prepare Pen 2** for injection. Remember to always check the flow of a new pen before you start using it
5. **Injection 2:** choose an injection site and inject your second 2.4 mg dose
  - This can be in the same body area as injection 1, **as long as it is at least 5 cm away from the first injection spot and not in the exact same spots as week 1**
6. **Change the needle for your third and final injection – always use a new needle for each injection**
7. **Injection 3:** choose an injection site and inject your third 2.4 mg dose
  - This can be in the same body area as injections 1 and 2, **as long as it is at least 5 cm away from both the first and second injection spots and not in the exact same spots as week 1**
8. Remove the needle and put Pen 2 in the fridge ready for your next weekly injection day. You have now used 2 doses of 2.4 mg from Pen 2. This means the pen should have **2 doses of 2.4 mg left. You will use these 2 doses in week 3**

Go to page 11 to find out what to do in week 3.

For full instructions on how to use Wegovy®, 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.

Here you can find a step-by-step guide on what to do each week, when you first start administering the Wegovy® 7.2 mg dose (3 injections of 2.4 mg). This guide assumes you are starting a new Wegovy® 2.4 mg FlexTouch® pen on week 1.



## Week 3: using Wegovy® 2.4 mg FlexTouch® Pens 2 and 3

In your third week on the 7.2 mg once-weekly dose of Wegovy®, you will use 2 Wegovy® 2.4 mg FlexTouch® pens (Pen 2 and Pen 3):

### Pen 2



2 injections of 2.4 mg



### Pen 3



1 injection of 2.4 mg



1. Take the Wegovy® 2.4 mg FlexTouch® pen (Pen 2) out of the fridge and attach a new needle
2. **Injection 1:** choose an injection site and inject your first 2.4 mg dose
  - Do not inject into a vein or muscle. The best places to give the injection are the **upper arms, stomach (keep 5 cm away from belly button) or upper legs (front of thighs)**
  - You may inject in the same body area each week, but make sure it is not in the exact same spots as **week 2**
3. **Change the needle for your second injection – always use a new needle for each injection**
4. **Injection 2:** choose an injection site and inject your second 2.4 mg dose
  - This can be in the same body area as injection 1, **as long as it is at least 5 cm away from the first injection spot and not in the exact same spots as week 2**
5. Once you have performed your second injection with Pen 2, this pen should now be empty as all four doses of 2.4 mg have been used. Discard of Pen 2 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. See page 13 for more information on how to dispose of Wegovy®
6. Get a new Wegovy® 2.4 mg FlexTouch® pen (Pen 3) and **prepare Pen 3** for injection. Remember to always check the flow of a new pen before you start using it
7. **Injection 3:** choose an injection site and inject your third 2.4 mg dose
  - This can be in the same body area as injections 1 and 2, **as long as it is at least 5 cm away from both the first and second injection spots and not in the exact same spots as week 2**
8. Remove the needle and put Pen 3 in the fridge ready for your next weekly injection day. You have now used 1 dose of 2.4 mg from Pen 3. This means the pen should have **3 doses of 2.4 mg left. You will use these 3 doses in week 4**

**Go to page 12 to find out what to do in week 4.**

For full instructions on how to use Wegovy®, 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.

Here you can find a step-by-step guide on what to do each week, when you first start administering the Wegovy® 7.2 mg dose (3 injections of 2.4 mg). This guide assumes you are starting a new Wegovy® 2.4 mg FlexTouch® pen on week 1.



## Week 4: using Wegovy® 2.4 mg FlexTouch® Pen 3

In your fourth week on the 7.2 mg once-weekly dose of Wegovy®, you will use 1 Wegovy® 2.4 mg FlexTouch® pen (Pen 3):

### Pen 3



### 3 injections of 2.4 mg



1. Take the Wegovy® 2.4 mg FlexTouch® pen (Pen 3) out of the fridge and attach a new needle
  2. **Injection 1:** choose an injection site and inject your first 2.4 mg dose
    - Do not inject into a vein or muscle. The best places to give the injection are the **upper arms, stomach (keep 5 cm away from belly button) or upper legs (front of thighs)**
    - You may inject in the same body area each week, but make sure it is not in the exact same spots as **week 3**
  3. **Change the needle for your second injection – always use a new needle for each injection**
  4. **Injection 2:** choose an injection site and inject your second 2.4 mg dose
    - This can be in the same body area as injection 1, **as long as it is at least 5 cm away from the first injection spot and not in the exact same spots as week 3**
  5. **Change the needle for your third and final injection – always use a new needle for each injection**
  6. **Injection 3:** choose an injection site and inject your third 2.4 mg dose
    - This can be in the same body area as injections 1 and 2, **as long as it is at least 5 cm away from both the first and second injection spots and not in the exact same spots as week 3**
  7. Remove the needle and discard of **Pen 3** 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. See page 13 for more information on how to dispose of Wegovy®
- 3 of the Wegovy® 2.4 mg FlexTouch® pens will last you 4 weeks. Once you have followed these instructions for 4 weeks, return to page 9 and follow the instructions for weeks 1 to 4 again.**

For full instructions on how to use Wegovy®, 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.



## How do I store and dispose of Wegovy®?

### How to store Wegovy®



- Keep your Wegovy® pen out of the sight and reach of children
- 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 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 **with the needle removed**. Pens can be kept for 6 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**

### How to dispose of Wegovy®



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.

**You can now recycle your pens. Novo Nordisk provides a pre-filled pen recycling initiative, PenCycle®. [Click here](#) to learn more about PenCycle®.**

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. **For the 7.2 mg dose, you must change the needle between each injection** (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 professional the procedure for disposing of sharps bins in your area.

Please refer to the **Patient Information Leaflet** for more information.



# Wegovy<sup>®</sup> 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<sup>®</sup> Patient Information Leaflet, which can be found on the electronic medicines compendium (eMC), by clicking the following link: [www.medicines.org.uk/emc/product/13799/pil](http://www.medicines.org.uk/emc/product/13799/pil) (this link will take you to an external website).

## Warnings and precautions

Talk to your healthcare provider before using Wegovy<sup>®</sup> or during treatment if you have:

- **Digestive system issues**

Wegovy<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup>, 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<sup>®</sup>.

- **Low blood sugar (hypoglycaemia)**

Wegovy<sup>®</sup> 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.

### 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/13799/pil](http://www.medicines.org.uk/emc/product/13799/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 14 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
- Stomach pain
- Being sick (vomiting)
- Feeling weak or tired
- Diarrhoea
- Feeling sick (nausea)
- Constipation

These usually go away over time.

Tips for managing nausea



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

- Feeling dizzy
- Gallstones
- Upset stomach or indigestion
- Hair loss – may occur more frequently with Wegovy® 7.2 mg
- Burping
- Injection site reactions
- Gas (flatulence)
- Change in the way food or drink tastes
- Bloating of the stomach
- Change in skin sensation – this usually goes away over time and may happen more frequently with Wegovy® 7.2 mg
- Inflamed stomach ('gastritis') – the signs include stomach ache, feeling sick (nausea) or being sick (vomiting)
- Low blood sugar (hypoglycaemia) in patients with diabetes
- Reflux or heartburn – also called 'gastroesophageal reflux disease'
- 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 up to 1 in 10 people

- Feeling dizzy
- Upset stomach or indigestion
- Burping
- Gas (flatulence)
- Bloating of the stomach
- Inflamed stomach ('gastritis') – the signs of this are 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.

with Wegovy® 7.2 mg

goes away over time and may  
7.2 mg

tients with diabetes

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.



## 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.



If you need any further support with your Wegovy® 7.2 mg once-weekly dose, remember to speak to your healthcare team.

To ensure correct use of your Wegovy® 7.2 mg once-weekly dose (3 injections of 2.4 mg), 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/13799/pil](http://www.medicines.org.uk/emc/product/13799/pil) (this link will take you to an external website).



Visit [www.wegovy.co.uk](http://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.