

Wegovy[®] (semaglutide injection) dosing calendar

This material is intended for adult patients in Great Britain who have been prescribed Wegovy[®] (semaglutide injection). This information does not replace the Patient Information Leaflet (PIL), which you are advised to read in full. It is not intended as a substitute for clinical advice provided by your healthcare professional. Please contact your healthcare professional if you have any questions about your treatment and for clinical advice. Please refer to the PIL found in the product carton for further information on Wegovy[®], further information on how to use Wegovy[®] and a full list of side effects, warnings and precautions.

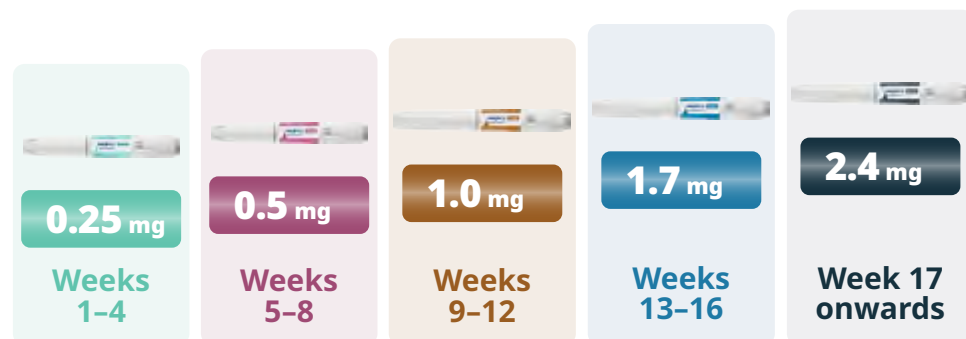
Reporting side effects

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> or via the 'MHRA Yellow Card' app in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine. Side effects can also be reported to Novo Nordisk in the following ways: **Online:** <https://www.novonordisk.com/patients/report-a-side-effect.html> | **Telephone:** 0800 023 2573

This dosing calendar is to help you stay on track with taking once-weekly Wegovy[®].

Understanding my dosing schedule

When you start taking Wegovy[®] you will be taking it once-a-week for 4 weeks, before increasing to the next dose.*



*If you experience significant gastrointestinal side effects with Wegovy[®], like severe nausea (feeling very sick) or vomiting (being sick), your doctor may delay dose escalation or lower to the previous dose until your symptoms get better. **Weekly doses higher than 2.4 mg are not recommended.**

You should try to take Wegovy[®] on the same day each week. If you need to, you can change the day, as long as it has been at least three days (over 72 hours) since your last injection. After selecting a new dosing day, once-weekly dosing should be continued. You can take Wegovy[®] at any time of the day, and this can be with or without meals.

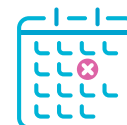
You should follow the dosing plan as prescribed by your doctor, pharmacist or nurse.

If you have been prescribed Wegovy[®] for weight management, you may find it useful to track how your weight is changing over time. This can help you see your progress whilst on Wegovy[®] and help you monitor your weight management journey.



My weight at the **start of this month** is

 kg/stone.



There is also space in **the calendar** for you to write down your weight at the start and end of each month.

Bring this dosing calendar along to your appointment so that you can discuss your progress with your healthcare team.

Getting started with my dosing calendar

Date of start dose
(dd/mm/yyyy):



To support you with taking your treatment, you may find it helpful to print this dosing calendar off each month and circle:

- What **dose** you're taking
- The **day of the week** you've chosen to take your dose

Combining your treatment day into something you already do on a weekly basis can be a helpful way to remember to take Wegovy®, such as shopping for groceries or taking the bins out.

You can **write down** the week number of your treatment and **tick** once you've taken it each week.

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	My dose this week (circle the dose you are taking each week, remembering that you will usually repeat each dose for a total of four weeks)	How I felt this week (you might want to write about if your relationship with food is changing, any side effects you're experiencing or note down your general mood)
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div>0.25 mg 0.5 mg</div> <div>1 mg</div> <div>1.7 mg 2.4 mg</div>	
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div>0.25 mg 0.5 mg</div> <div>1 mg</div> <div>1.7 mg 2.4 mg</div>	
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div>0.25 mg 0.5 mg</div> <div>1 mg</div> <div>1.7 mg 2.4 mg</div>	
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div>0.25 mg 0.5 mg</div> <div>1 mg</div> <div>1.7 mg 2.4 mg</div>	

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