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ONCE-WEEKLY
wegovy[®] ▼
semaglutide injection

Getting started with Wegovy[®] ▼ (semaglutide injection)

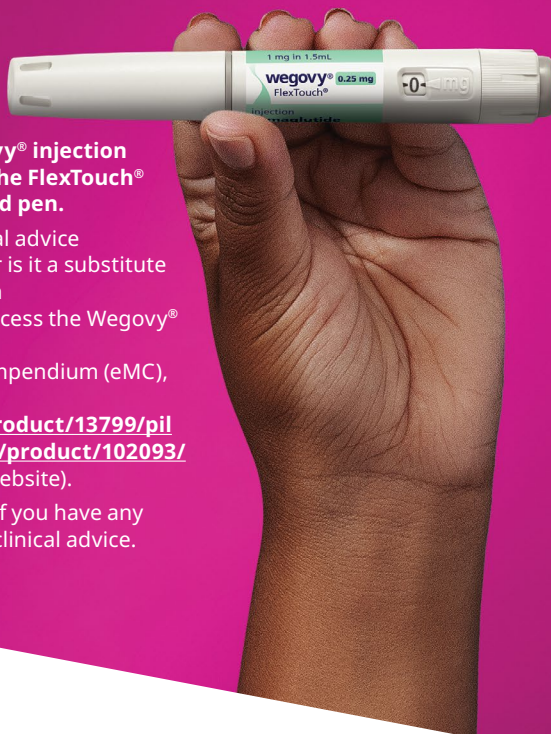
**Guidance and information for adults
in the UK who have been prescribed
Wegovy[®] for weight management**

**This material covers all doses of Wegovy[®] injection
and contains guidance on how to use the FlexTouch[®]
pen and the 7.2mg single dose pre-filled pen.**

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:

<https://www.medicines.org.uk/emc/product/13799/pil>
or <https://www.medicines.org.uk/emc/product/102093/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 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.


novo nordisk[®]

Welcome to your Wegovy® guide

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

Find out how to take your Wegovy® injections using the right injection pen for the dose that has been prescribed for you. Click through the contents list below to find the information you need.

→ What is Wegovy® and how does it work? . . . 3	→ How to dispose of needles and pens 17
→ How my Wegovy® dose is increased over time . . . 4	→ Living healthy with Wegovy® 18 <ul style="list-style-type: none">• Eating a balanced diet . . . 18• Getting more active 22
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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: <https://www.medicines.org.uk/emc/product/13799/pil> or <https://www.medicines.org.uk/emc/product/102093/pil> (this link will take you to an external website).

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 to 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 18-22](#) 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.

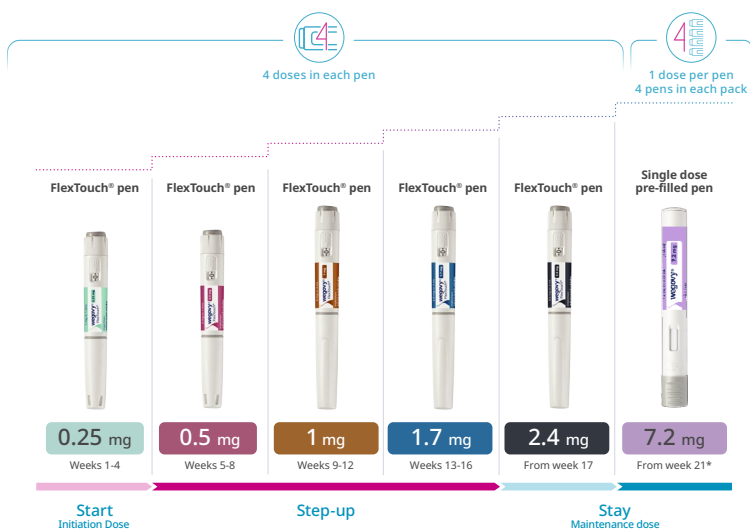
How my Wegovy® dose is increased over time



Treatment with Wegovy® starts with a low dose (0.25 mg, once-weekly) and gradually increases every 4 weeks until you reach the 2.4 mg maintenance dose. This slow increase helps your body adjust and reduces side effects like nausea, vomiting, diarrhoea, constipation, and stomach pain.

Doses up to 2.4 mg are given using the FlexTouch® pen. If needed for obesity, your dose can be further increased to a maximum of 7.2 mg once-weekly (after at least 4 weeks on 2.4 mg), using the single dose pre-filled pen.

If you experience side effects, your healthcare provider may adjust your dose (delaying an increase or temporarily lowering it) until symptoms improve.



If you are administering 3 injections of 2.4 mg using FlexTouch® pen to achieve your 7.2 mg dose, please follow the instructions for use for FlexTouch® doses on the following pages.

*For adult patients living with obesity if needed, after a minimum of 4 weeks on the 2.4 mg once-weekly maintenance dose.

These images are for illustration purposes only and do not reflect the actual size of the pens.

When to take Wegovy® each week

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.

What if I forget to inject Wegovy®?
See page 5



How my Wegovy® dose is increased over time



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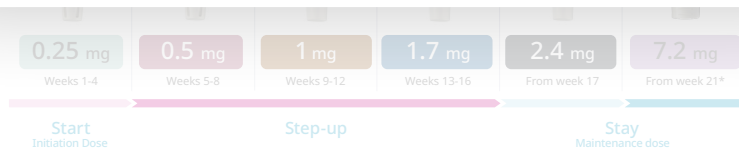
Doses up to 2.4 mg are given using the FlexTouch® pen. If needed, your dose can be further increased to a maximum of 7.2 mg once weekly.

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**



If you are administering 3 injections of 2.4 mg using FlexTouch pen to achieve your 7.2 mg dose, please follow the instructions for use for FlexTouch doses on the following pages.

* for adult patients living with obesity if needed, after a minimum of 4 weeks on the 2.4 mg once-weekly maintenance dose.

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What if I forget to inject Wegovy®?

See page 5



Preparation before the injection



FlexTouch® or Wegovy® 7.2 mg single dose pre-filled pen

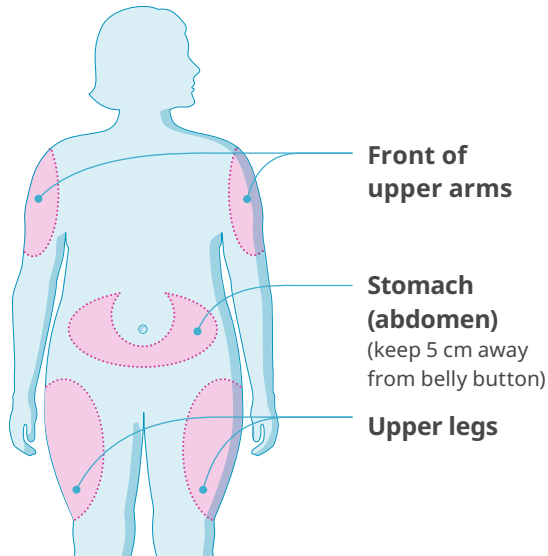
Check the Wegovy® pen.

The pen must not be used if:

- It has expired
- It appears to have been used or damaged
- The medicine looks cloudy or coloured.
It should be clear and colourless

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. It should be at least 5 cm apart.

If you need additional support on how to use Wegovy®, instructional videos are available on the [wegovy^{care}](https://www.wegovy.com) website.

Get to know your Wegovy[®] pen



Double check your prescription

It is important to double check that you are using the correct dose of Wegovy[®]. You can check the dose of the pen by reading the box it came in, and by reading the pen itself, which will be clearly labelled. The different doses are also colour-coded to help you recognise your dose. For example, the Wegovy[®] 2.4 mg FlexTouch[®] pen is white and black and is designed to deliver four separate doses with a new needle every week. The Wegovy[®] 7.2 mg single dose pre-filled pen is purple and is a single-dose device designed to deliver one dose, with a new pen every week.

Check the label when you get your prescription at the pharmacy and before each injection to avoid mix-ups.

For **0.25 mg, 0.5 mg, 1 mg, 1.7 mg and 2.4 mg** doses, use the **FlexTouch[®]** pen



How to use the FlexTouch[®] pen
See page 8



For the **7.2 mg** once-weekly dose, use the **7.2 mg single dose pre-filled pen**



How to use the 7.2 mg single dose pre-filled pen
See page 13



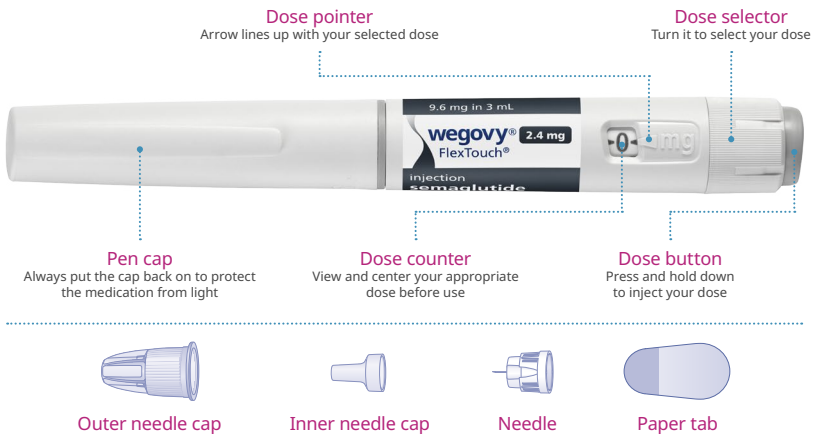
These images are for illustration purposes only and do not reflect the actual size of the pens.

How to use your Wegovy® FlexTouch® pen

For **0.25 mg, 0.5 mg, 1 mg, 1.7 mg** and **2.4 mg** doses

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.**



4 doses in each pen

These images are for illustration purposes only and do not reflect the actual size of the pens.



Instructions for use continue on the next page

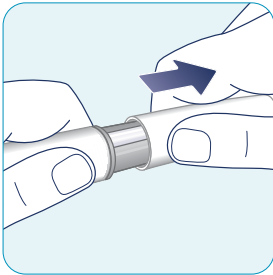
How to use your Wegovy® FlexTouch® pen (continued)

For **0.25 mg, 0.5 mg, 1 mg, 1.7 mg** and **2.4 mg** doses

Wegovy® FlexTouch® comes in a pre-filled pen which you administer yourself and needles are also provided in the pack.

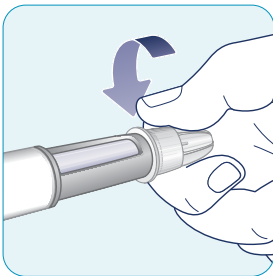
Before you use Wegovy® for the first time, your healthcare provider should show you how to use it.

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

- 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

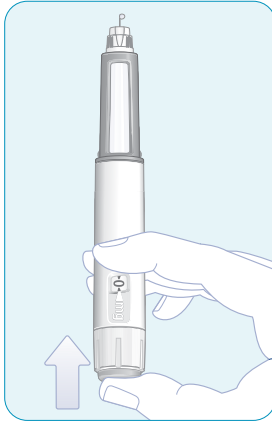
Always use a new needle for each injection.

- 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
- **Never use a bent or damaged needle. If you see any damage, dispose of it and use a new needle**

→ Instructions for use continue on the next page

How to use your Wegovy® FlexTouch® pen (continued)

For **0.25 mg, 0.5 mg, 1 mg, 1.7 mg** and **2.4 mg** doses



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



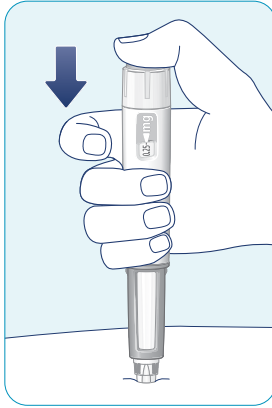
4. Set the dose

- 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**

→ Instructions for use continue on the next page

How to use your Wegovy® FlexTouch® pen (continued)

For **0.25 mg, 0.5 mg, 1 mg, 1.7 mg** and **2.4 mg** doses



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. You may hear 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

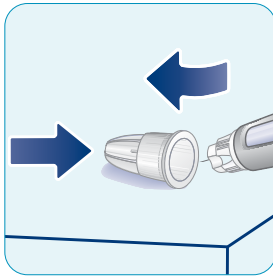
If you are administering 3 injections of 2.4 mg using FlexTouch® pen to achieve your 7.2 mg dose, remember:

- To use a new needle for each injection.
- The 3 injections can be given in the same body area but should be at least 5 cm apart.
- You may need to use multiple 2.4 mg pens. Do not discard until the pen is empty (see instructions for storage of partially used pens on [page 16](#)).
- Make sure you have a sufficient supply of pens to complete your dose.

→ Instructions for use continue on the next page

How to use your Wegovy® FlexTouch® pen (continued)

For **0.25 mg, 0.5 mg, 1 mg, 1.7 mg** and **2.4 mg** doses



6. After your 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

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.

If you need additional support on how to use Wegovy®, instructional videos are available on the [wegovy.com](https://www.wegovy.com) website



How to use your Wegovy® 7.2 mg single dose pre-filled pen

For the **7.2 mg** once-weekly dose

Here you can see what the Wegovy® 7.2 mg single dose pre-filled pen looks like and what each part is used for.

Each pre-filled pen contains 7.2 mg of Wegovy®.

Before use

Pen window

Check that Wegovy® is clear and colourless. Air bubbles are normal. They do not affect your dose.



After use

Needle cover

Locks after use

Pen window

Check that the yellow bar has stopped moving to make sure you received your full dose



1 dose per pen
4 pens in each pack

These images are for illustration purposes only and do not reflect the actual size of the pens.

→ Instructions for use continue on the next page

How to use your Wegovy® 7.2 mg single dose pre-filled pen

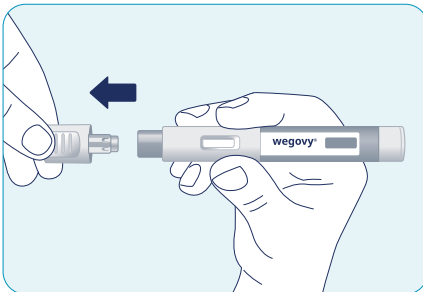
For the **7.2 mg** once-weekly dose

Wegovy® single dose pre-filled pen contains one pre-set 7.2 mg dose.

About the single dose pre-filled pen

- **One-time use:** Each pen is designed for a single use.
- **Supply per pack:** A single pack contains 4 pens, which will last for 4 weeks.
- **Integrated needle:** Each pen features a built-in, hidden needle, eliminating the need for needle changes.
- **Easy administration:** To inject, simply remove the cap and follow the provided instructions.
- **Initial training required:** Before using the 7.2 mg single dose pre-filled pen for the first time, ensure your healthcare provider demonstrates the correct usage.

Here you can find a step-by-step guide on how to use the single dose pre-filled pen. Before you begin using your Wegovy® 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. Remove pen cap.

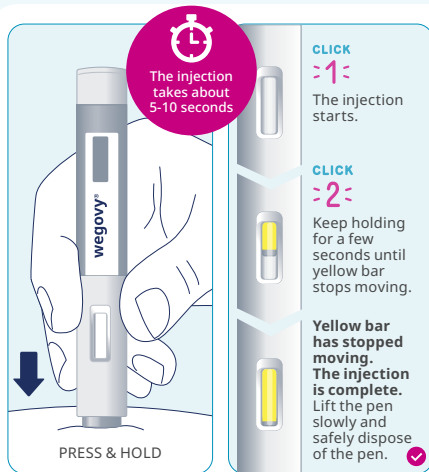
- Pull the pen cap straight off your pen.



Instructions for use continue on the next page

How to use your Wegovy® 7.2 mg single dose pre-filled pen (continued)

For the **7.2 mg** once-weekly dose



2. Inject Wegovy®.

- Press the pen firmly against your skin until the yellow bar has stopped moving
- If the yellow bar does not start moving, press the pen more firmly against your skin
- When injecting the dose, a yellow bar will appear in the pen window

Do not lift the pen before the yellow bar has stopped moving. If you do, the automatic dosing will continue, but you may not receive your full dose

For full instructions on how to use your Wegovy® single dose pre-filled 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.

If you need additional support on how to use Wegovy®, instructional videos are available on the [wegovycare®](https://www.wegovycare.com) website



How to store Wegovy®



For all Wegovy® pens:

- Keep your Wegovy® pen out of the sight and reach of children
- Store in a refrigerator (2°C to 8°C) and keep away from the cooling element
- Do not freeze Wegovy® and do not use it if it has been frozen
- 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
- Keep the pen cap on in order to protect from light

For Wegovy® FlexTouch® pens:

- **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
- Keep the pen cap on when the pen is not in use to protect it from light
- **Do not store the pen with a needle attached**



For Wegovy® single dose pre-filled pen:

- The pen may be stored unrefrigerated for up to 28 days at a temperature not above 30°C
- Discard the pen if it has been out of the refrigerator for more than 28 days or has been frozen

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

How to dispose of your needles and pens



FlexTouch® pen

- Always dispose of the needle immediately after each injection using a sharps bin
- 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
- 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
- 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



Single dose pre-filled pen

- Each pen contains one weekly dose and cannot be reused
- Dispose of it safely after use, as instructed by your healthcare provider or local authorities

Information about our PenCycle® recycling scheme
See page 32



Do not throw away any medicines via wastewater or household waste. These measures will help protect the environment.

Living healthy 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.

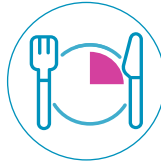
Making healthy food choices does not need to mean you change everything about how you eat all at once. Why not start with one of the tips below and build from there? Even small changes to your eating habits can make a big difference.

Build a healthy plate

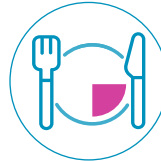
It is not always easy to know if a meal is well balanced. The plate method helps you create a healthy plate:



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
See page 19



Have less often
See page 20



Eating a balanced diet, continue on the next page

Living healthy with Wegovy®: eating a balanced diet



Choosing a nutritious diet is an important part of your treatment with Wegovy® and plays

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

vegetables
or salad

protein (such as
lean meat, fish, egg,
tofu or beans)

(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
See page 19



Have less often
See page 20



Eating a balanced diet continue on the next page

Living healthy with Wegovy®: eating a balanced diet



Choosing a nutritious diet is an important part of your treatment with Wegovy® and plays

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: There are a wide range of alcohol-free and low-alcohol options available as a substitute

vegetables
or salad

protein (such as
lean meat, fish, egg,
tofu or beans)

(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
See page 19



Have less often
See page 20



Eating a balanced diet continue on the next page

Living healthy with Wegovy®: eating a balanced diet (continued)



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).



Visit [wegovy.com/care](https://www.wegovy.com/care)® for more information and articles on eating a balanced diet



Living healthy 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.



Getting more active continue on the next page

Living healthy with Wegovy®: getting more active (continued)



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.**

Visit [wegovy.com/care](https://www.wegovy.com/care)® for more information and articles on getting more active.



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:

<https://www.medicines.org.uk/emc/product/13799/pil>
or <https://www.medicines.org.uk/emc/product/102093/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) or 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.

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.



Safety information continue on the next page

Wegovy® safety information: part two



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®.



[Safety information continue on the next page](#)

Wegovy® safety information: part three



Allergies

Wegovy® contains:

- Semaglutide
- Disodium phosphate dihydrate
- Propylene glycol
- Phenol
- Sodium hydroxide or hydrochloric acid (for pH adjustment)
- 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, or 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.



Safety information continue on the next page

Wegovy[®] safety information: part four



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 25](#) 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
- Feeling sick (nausea)
- Being sick (vomiting)
- Diarrhoea
- Constipation
- Stomach pain
- Feeling weak or tired

These usually go away over time.

Tips for managing nausea
See page 29



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**.

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.

Reporting side effects

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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.

wegovycare®



Online support whenever you need it

Free online platform with comprehensive
tools, help and support

wegovycare® gives you resources to help you on your
weight management journey.

wegovycare®

Is a fully responsive web
application featuring:

- Personalised content and articles
- Weight, dose and mood tracking
- Detailed FAQ section

With wegovycare®, you get:



Easy tracking of
your improvements



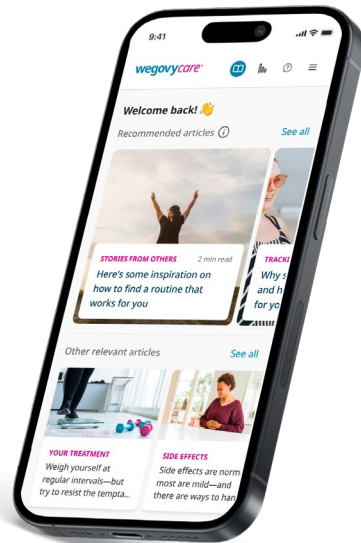
Relevant articles



Informative videos



Guidance and encouragement
throughout your journey



Visit [wegovycare®](#) to learn more



You can now recycle
your pre-filled Wegovy®
FlexTouch® 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.

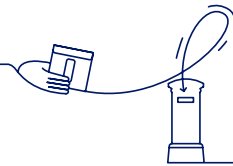
To get started, collect a **PenCycle®** return box from your nearest participating pharmacy, or order some online on our website, where you can also find a full list of participating pharmacies and instructions on how to **PenCycle®**.



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

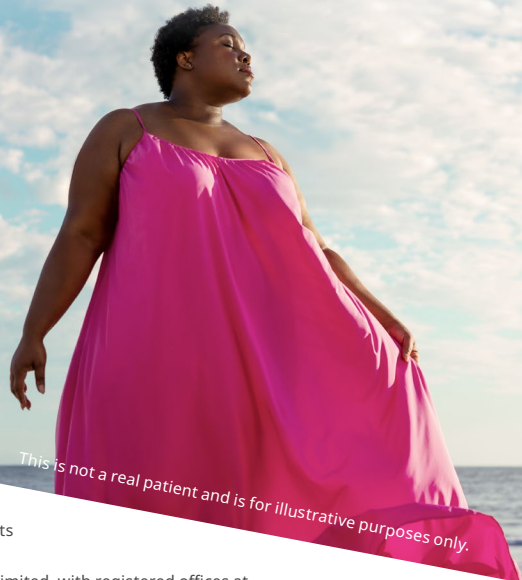
Remember, your healthcare team is there if you need any further support with your treatment with Wegovy®.



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: <https://www.medicines.org.uk/emc/product/13799/pil> or <https://www.medicines.org.uk/emc/product/102093/pil> (this link will take you to an external website).



Visit **wegovycare®** for more information and resources to support your treatment journey with Wegovy®.



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