



MY TREATMENT GUIDE

Starting treatment
with once-weekly
Ozempic[®]▼ (semaglutide)

**changing
diabetes[®]**

This booklet does not replace the advice of your Healthcare professional. If you have questions or concerns be sure to contact your Healthcare professional. For full information, please make sure you read the Patient Information Leaflet provided with your Ozempic[®] pen. This booklet is provided as a service to Ozempic[®] patients by Novo Nordisk Limited.



Introducing once-weekly Ozempic[®]

With your Healthcare professional, you've decided to start a new treatment to help manage your diabetes. Ozempic[®] is a new type 2 diabetes medicine that can help you reach your treatment goals.

Ozempic[®] is a new GLP-1 RA (glucagon-like peptide-1 receptor agonist) that is:

- ✓ **A medication for adults with type 2 diabetes**
- ✓ **Not an insulin**

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

Ozempic[®] helps your body reduce your blood glucose level when it is too high, and can help prevent heart disease.

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



Once-weekly Ozempic[®] and you

The benefits of your Ozempic[®] treatment:



**MANAGES BLOOD GLUCOSE
TO HELP REACH YOUR HbA_{1c} GOAL**



**CAN HELP REDUCE THE RISK
OF HEART DISEASE/STROKE**

Your once-weekly Ozempic[®] pen



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

Your doctor will decide which one you will be prescribed.

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

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

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



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

Storing your once-weekly Ozempic[®] pen

Before opening

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

After opening

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

How to use your once-weekly Ozempic[®] pen

Please refer to the full instructions for use in the Patient Information Leaflet.



STEP 1

Check your pen and attach a new needle

Make sure your pen contains **clear and colourless** Ozempic[®]. Screw on a new needle and pull off **both** needle caps.



STEP 2

Check the flow

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



STEP 3

Select your dose

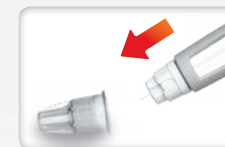
Turn the dose selector until the dose counter shows your dose (0.25 mg, 0.5 mg or 1.0 mg).



STEP 4

Inject your dose

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



STEP 5

Remove the needle

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

When to take once-weekly Ozempic®

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

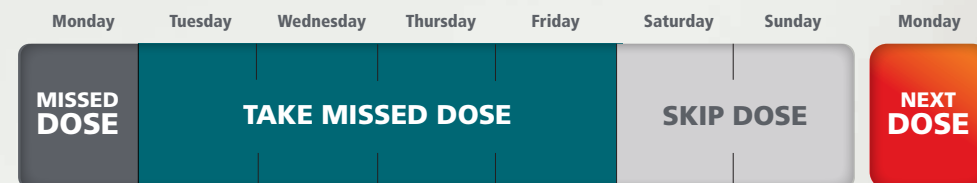


To help you remember to take your dose, consider pairing it with an activity you enjoy each week.

What to do if you miss your dose of once-weekly Ozempic®

If you miss a dose, 5 days or less

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



Example treatment schedule if you take your dose on a Monday.

If you miss a dose, after more than 5 days

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

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

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

Starting once-weekly Ozempic®

START

0.25 mg
for
4 weeks

STEP

0.5 mg
for at least
4 weeks

STAY

0.5 mg or 1.0 mg
based on individual
patient needs

START

The starting dose

of Ozempic® is 0.25 mg once a week for 4 weeks.

STEP

After 4 weeks,

your dose should be increased to 0.5 mg once a week, unless otherwise informed by your doctor.

STAY

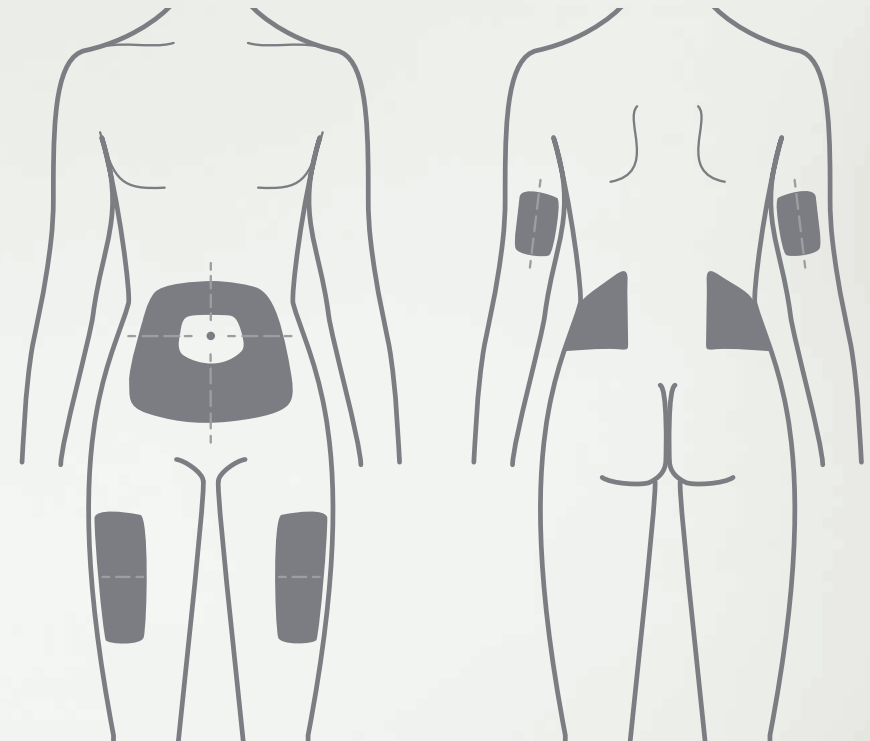
Based on your individual needs,

your doctor may decide to increase your dose to 1.0 mg once a week, or keep you on 0.5 mg once a week.

Where to inject once-weekly Ozempic®

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

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



Adapted from: FIT UK Forum for Injection Technique UK. The UK Injection and Infusion Technique Recommendations 4th Edition, 2016. Available at: http://fit4diabetes.com/files/4514/7946/3482/FIT_UK_Recommendations_4th_Edition.pdf. Accessed April, 2019.

Possible side effects

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

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

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

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

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

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

- Increased heart rate

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

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

During treatment with Ozempic®, you may feel sick (nausea) or be sick (vomiting), or have diarrhoea. These side effects can cause dehydration (loss of fluids). It is important that you drink plenty of fluids to prevent dehydration. This is especially important if you have kidney problems.

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

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

Frequently asked questions

Q
A

When should I take Ozempic®?

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

Q
A

How should I take Ozempic®?

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

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

Q
A

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

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

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

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

Q
A

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

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

Q
A

How can I track my Ozempic® treatment?

Please refer to the Ozempic® Patient Diary to help you track your weekly progress with once-weekly Ozempic®, which you will have been given along with this treatment guide. Please contact your Healthcare professional if this is missing in your patient pack.

If you have any questions about Ozempic®, contact your Healthcare professional in the first instance, or call the Novo Nordisk Customer Care Line.

NOVO NORDISK CUSTOMER CARE LINE:

0845 600 5055

Calls may be recorded for training purposes

Office hours 8.00 am–8.00 pm on weekdays
and bank holidays

For more information on diabetes,
visit our website

www.novonordisk.co.uk

If you are feeling unwell or in case of an emergency,
please contact your doctor.

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

Please see the Patient Information Leaflet
for full information.



**changing
diabetes®**

Ozempic®, NovoFine® Plus, changing diabetes® and the Apis bull logo are registered trademarks owned by Novo Nordisk A/S.
Date of preparation: April 2019 Job code: UK19OZM00132


novo nordisk®