



QUICK START GUIDE

Learn how to use and store
once-weekly Ozempic®



Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic®.



ONCE-WEEKLY
OZEMPIC®
semaglutide injection

How do I use the once-weekly Ozempic[®] pen?¹

A Pen cap

Always replace it to protect Ozempic[®] from light

B Pen window

Look through it to check that Ozempic[®] is clear and colourless

C Dose counter

Use it to see the dose you select

D Dose selector

Turn it to select your dose

E Dose button

Press and hold it to inject your dose



Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic[®].

Where to inject¹

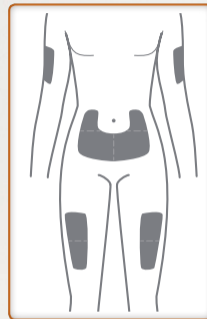
The best places on your body to inject Ozempic® are the front of your thighs, the front of your waist (abdomen) or your upper arms.

How much to inject¹

The starting dose of Ozempic® is 0.25 mg for the first 4 weeks of treatment.

How to store¹

After opening, Ozempic® may be stored for 6 weeks at a temperature below 30°C or in a refrigerator at 2°C to 8°C.



Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic®.

Injection steps¹

Please see the full instructions for use that came with your Ozempic[®] pen.



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.



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.

Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic[®].

Injection steps¹

Please see the full instructions for use that came with your Ozempic[®] pen.



3 Select your dose

Turn the dose selector until the dose counter shows your dose (0.25 mg, 0.5 mg or 1 mg).



4 Inject your dose

Insert the needle. Press and hold down the dose button. After the dose counter reaches 0, **slowly count to 6**.



5 Remove the needle

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

Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic[®].

Starting once-weekly Ozempic^{®1}



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.

STAY

Based on your individual needs,

your doctor may decide to increase your dose to 1 mg once a week.

Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic[®].

When to take once-weekly Ozempic^{®1}

You should use Ozempic[®] once a week on the same day each week.
It can be taken independently of meals.

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



Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic[®].



ONCE-WEEKLY
OZEMPIC[®]
semaglutide injection

What to do if you miss your dose of once-weekly Ozempic®¹

If 5 days or less

Since your missed dose, take Ozempic® as soon as you remember. Take your next dose on your regularly scheduled day.



If more than 5 days

since your missed dose, skip that dose and take Ozempic® on your next scheduled day.

Do not take a double dose to make up for a missed dose!

Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic®.



Storing your once-weekly Ozempic[®] pen¹

Before opening

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

After opening

Store for 6 weeks at a temperature below 30°C, or in a refrigerator at 2°C to 8°C.

Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic[®].



Possible side effects

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

The most common side effects observed in clinical trials were¹:

- **Nausea.** Reactions were mild or moderate in severity and diminished over time
- **Diarrhea.** Reactions were mild or moderate in severity and diminished over time

For the full list of possible side effects, please see the package leaflet.
If you experience any side effects, talk with your doctor or nurse.



Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic®.



ONCE-WEEKLY
OZEMPIC[®]
semaglutide injection

Tips for managing side effects

Talk with your doctor or nurse if you experience any side effects. They may be able to offer advice on how to manage them.

The most common side effect of Ozempic® is nausea. If you experience nausea, here are some things that may help^{2, 3}:

- ✓ Eat slowly
- ✓ Drink plenty of water
- ✓ Avoid eating near cooking odours, especially greasy foods
- ✓ Avoid eating overly sweet foods
- ✓ Eat smaller, more frequent meals

Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic®.



Once-weekly Ozempic^{®1} and you

The benefits of your Ozempic[®] treatment:



**MANAGES BLOOD SUGAR
TO HELP REACH HbA_{1c} GOAL¹**



**HELPS DIABETIC
PATIENTS WITH
WEIGHT LOSS¹**



**CAN HELP DIABETIC
PATIENTS IN PREVENTING
HEART DISEASE^{1, 4}**

Please see the package leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or use Ozempic[®].



1. Ozempic[®] SmPC.
2. UCSF Medical Center. Diet modifications for nausea and vomiting. http://www.ucsfhealth.org/education/diet_modifications_for_nausea_and_vomiting. Last accessed: October 2, 2018.
3. Ellero C, Han J, Bhavsar S, et al. Prophylactic use of anti-emetic medications reduced nausea and vomiting associated with exenatide treatment: a retrospective analysis of an open-label, parallel-group, single-dose study in healthy subjects. *Diabet Med*. 2010; **27** (10): 1168-1173.
4. Marso SP, Bain SC, Consoli A, et al. Semaglutide and cardiovascular outcomes in patients with type 2 diabetes. *N Engl J Med*. 2016; **375**: 1834-1844.

ONCE-WEEKLY
OZEMPIC[®]
semaglutide injection