

Getting started on Wegovy[®] ▼

(semaglutide injection)



This has been developed as an educational support for people who have been prescribed this medicine. It does not replace the advice of your healthcare professional.

Please also carefully read the patient information leaflet (PIL) that comes with your pack.

If you have questions or concerns, be sure to contact your healthcare professional.

ONCE-WEEKLY

wegovy[®] ▼
semaglutide injection **2.4 mg**

Contents

What is this medicine?	1
Stepping up your dose	3
Introducing your pen	4
How to use your FlexTouch® pen.....	5
Access 'how to use your FlexTouch® pen video'	12
How to store your pen	13
What to do if you miss your dose.....	14
Possible side effects	15
Summary	17
Frequently asked questions.....	18
Truth About Weight online resource	21

What is this medicine?



This is a medicine for weight loss and weight maintenance that contains the active substance semaglutide. It is used together with diet and exercise for weight loss and to help keep your weight under control.



It is similar to a natural hormone called glucagon-like peptide-1 (GLP-1) that is released from the intestine after a meal.



It works by acting on targets (receptors) in the brain that control your appetite, causing you to feel fuller and less hungry and experience less craving for food. This will help you eat less food and reduce your body weight.



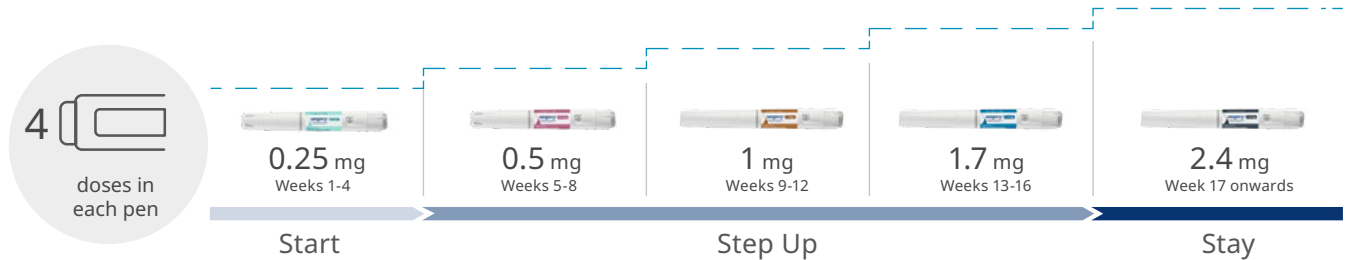
It can also help prevent heart disease.

This medicine comes in 5 different pens, each containing different prescribed doses of Wegovy[®] (semaglutide).



Always use this medicine exactly as your healthcare professional has told you.
Check with your healthcare professional if you are not sure.

Stepping up your dose



The recommended maintenance dose of Wegovy is 2.4 mg once weekly.

Your treatment will start at a low dose which will be gradually increased over 16 weeks of treatment.

The starting dose is 0.25 mg once weekly.

Your healthcare professional will instruct you to gradually increase your dose every 4 weeks until you reach the recommended dose of 2.4 mg once weekly.

Once you reach the recommended dose of 2.4 mg, do not increase this dose further.

In case you are feeling very bothered by sickness (nausea) or by being sick (vomiting) talk with your healthcare professional about delaying the time between dose increases, or going back to your previous dose until symptoms have improved.

Introducing your pen

Wegovy® pen is a dial-a-dose pen that contains 4 of your prescribed doses of this medicine, corresponding to 4 times once-weekly use.

Your pen comes with NovoFine® Plus needles, which can be found in your pack.

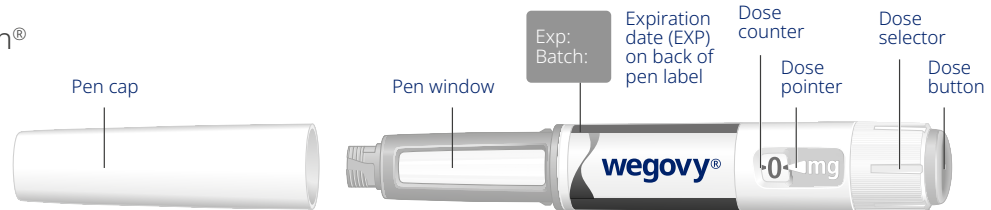
Please use the table inside the lid of the carton to keep track of how many injections you have used and how many doses remain in your pen.



Always start by checking your pen label to make sure that it contains your prescribed dose of medicine.

How to use your FlexTouch® pen

This medicine comes in a pre-filled FlexTouch® pen device



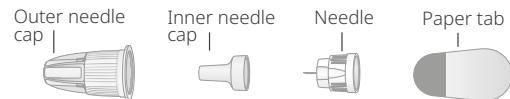
The pen device has a dose counter and dose pointer that shows the exact dose dialled.

Always use the dose counter and dose pointer to see that the correct dose has been selected before injecting.

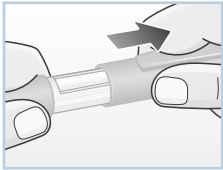
Do not use this medicine if you notice that the solution is not clear and colourless.

Discard (throw away) the pen you are using after 6 weeks, even if some medicine remains.

The FlexTouch® pen is designed to be used with NovoFine® Plus needles, which can be found in your pack



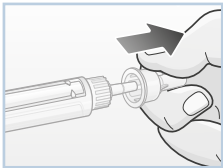
Step 1 - prepare your pen



- Check the name and strength on the coloured label of your pen to make sure that it contains the correct strength of this medicine
- Wash your hands
- Remove the pen-cap

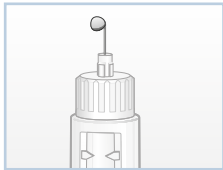


- Check the liquid in the pen. It should be clear, colourless and free of particles. **If not, you must use another pen**
- Pull the paper tab from a new NovoFine® Plus needle, which can be found in your pack. Push the needle straight onto the pen and turn until it is on tight



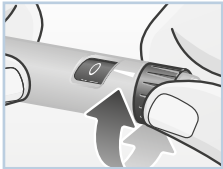
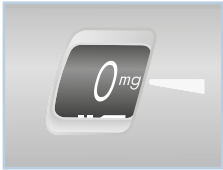
- The needle is covered by two caps. Pull off the outer and inner needle-caps – discard the inner cap, but save the outer cap - you will need it to safely dispose of your needle. **Use a new needle each time you inject.**
Do not attach a new needle until you are ready to inject

Step 2 - check the flow with each new pen



- Always check the flow of your pen before your first injection with a NEW pen. If your pen is in use, please skip to Step 3
- Turn dose-selector until the flow-check symbol (■ ■ ▲) is in line with the pointer. Make sure the flow check symbol lines up with the dose pointer
- Hold the pen with the needle pointing up. Press and hold in the dose button until the dose counter returns to 0 mg. The 0 mg must line up with the dose pointer
- A drop of liquid should appear at the needle tip. This drop indicates that your 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**
- Always make sure that a drop appears at the needle tip before you use a new pen for the first time. This makes sure that the solution flows and you will inject your prescribed dose

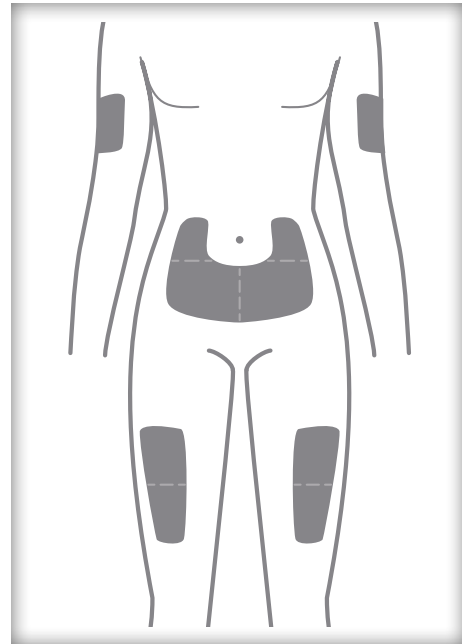
Step 3 - select your dose



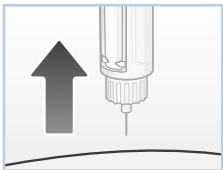
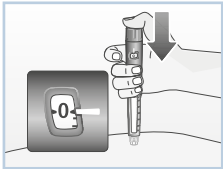
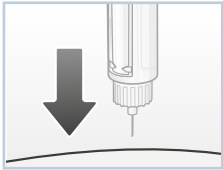
- Before selecting your dose, always check 0 mg is in line with the pointer
- Turn the dose selector until the **dose counter stops**, and it **shows your prescribed dose**
- The dose selector clicks differently when turned forwards, backwards or past your dose. You will hear a 'click' every time you turn the dose selector. Do not set the dose by counting the number of clicks you hear.
When your prescribed dose lines up with the dose pointer, you have selected your dose
- If the dose-selector stops before you reach your dose, there is not enough medicine in the pen. Dispose of the old pen and prepare a new pen

Where to inject

- Choose your upper arms, upper legs or stomach (keep a 5 cm distance from your belly button)
- You may inject in the same body area each week, but make sure it is not in the same spot as used the last time
- It is a once weekly injection and should be injected on the same day each week if possible
- You can give yourself the injection any time of the day, regardless of meals



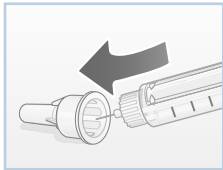
Step 4 - inject your dose



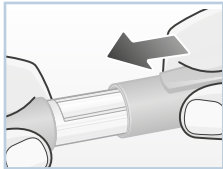
- Insert the needle into your skin as your healthcare professional has shown you. Make sure you can see the dose counter
- Press the dose-button until 0 mg is in line with the pointer. Be careful not to cover the dose counter with your fingers or press the dose-selector sideways when you inject. This may prevent the injection from being completed
- **Keep pressing the dose button with the needle in your skin and slowly count to 6.** The 0 mg must line up with the dose pointer. You may hear or feel a click when the dose counter returns to 0 mg
- Remove the needle from your skin. You may see a drop of liquid at the needle tip – this is normal and has no effect on your dose. If blood appears at the injection site, press lightly

Important: remove the needle from your pen immediately after each injection and store without a needle attached. Use a new needle for each injection, which can be found in the pack that came with this medicine. This reduces the risk of blocked needles, contamination, infection and inaccurate dosing.

Step 5 - after your injection



- Place the outer needle-cap on the table. Carefully lead the needle into the outer pen cap and push completely on



- Unscrew the needle and dispose of it carefully as instructed by your healthcare professional. Never try to put the inner needle cap back on the needle. You may stick yourself with the needle. Put the pen cap on your pen after each use to protect your medicine from light



- Put used needles into a secure sharps container (bin) as advised by your healthcare professional. It is important to dispose (get rid) of used needles carefully as they can injure people and carry infections. Please ask your healthcare professional where and when to dispose of your sharps bin
- When your pen is empty it should be discarded (thrown away) without a needle attached. After 6 weeks of use, your pen should be discarded even if some medicine remains. Please discard as instructed by your healthcare professional

Access 'how to use your pen' video



Scan the code to watch
how to use your pen video

or visit:
www.wegovypatientsupport.ie
Password: 00030

How to store your pen

Before opening

Always store the pen in the fridge, between 2°C and 8°C, away from the cooling element.

After opening/during use

The pen can be stored for up to 6 weeks at room temperature below 30°C, or in a fridge between 2°C and 8°C, away from the cooling element.

Do not freeze Wegovy®, and do not use it if it has been frozen.

Do not use this medicine if you notice that the solution is not clear and colourless.

Keep the cap on the pen in order to protect from light.



Your pack contains:

- Wegovy® FlexTouch® pen
- 4 NovoFine® Plus needles
- Package leaflet (patient information)

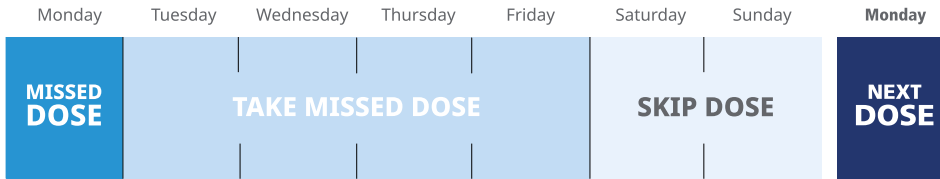
What to do if you miss a dose



If 5 days or less

since your missed dose, take 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 on your next scheduled day.

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

If you use more than you should, talk to your healthcare professional straight away.

TIP: to help you remember to take your injection, consider setting a weekly reminder (maybe on your mobile phone) or note your chosen weekday on the carton and write the date on the carton every time you have injected it.

Possible Side Effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Very common (may affect more than 1 in 10 people)

- headache
- feeling sick (nausea)
- being sick (vomiting)
- diarrhoea
- constipation
- stomach pain
- feeling weak or tired

Dehydration

If you feel sick (nausea), are sick (vomiting), or have diarrhoea, it is important that you drink enough fluids to prevent dehydration (loss of fluids). This is especially important if you have kidney problems.

these are mainly seen during during the time that you are increasing your dose and usually go away over time.

Please also carefully read the patient information leaflet that comes with your pack to see full details of side effects.

If you feel unwell consult your healthcare professional

Possible Side Effects

Common (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 'gastro-oesophageal reflux disease'
- gallstones
- hair loss
- injection site reactions
- change in the way food or drink tastes
- change in skin sensation
- low blood sugar (hypoglycaemia) in patients with type 2 diabetes

Your healthcare professional will tell you how to treat low blood sugar and what to do if you notice these warning signs

Low blood sugar is more likely to happen if you also take a sulfonylurea or insulin

Diabetic eye disease (retinopathy)

If you have diabetic eye disease and are using insulin, this medicine may lead to a worsening of your vision, and this may require treatment. Fast improvements in blood sugar control may lead to a temporary worsening of diabetic eye disease.

If you have diabetic eye disease and experience eye problems while taking this medicine, talk to your healthcare professional.

Summary

DO

- ✓ remember to take this medicine once a week only (maybe set a reminder in your phone to take your medicine)
- ✓ treat your pen with care
- ✓ store your pen at room temperature (under 30°C) or in the fridge for up to 6 weeks when in use
- ✓ store unopened pens in the fridge but away from cooling element
- ✓ use a new needle for each injection
- ✓ drink plenty of water to avoid dehydration if you feel sick (nausea), are sick (vomiting) or have diarrhoea.
- ✓ keep medicine out of sight and reach of others, especially children
- ✓ talk to your healthcare professional if you get any side effects
- ✓ check the name and dose of your pen label before use if you use more than one type of injectable medicine

DON'T

- ✗ store your pen with the needle attached
- ✗ inject medicine that has been exposed to direct sunlight, excessive heat (over 30°C) or has been frozen
- ✗ expose your pen to dust, dirt or liquid
- ✗ use your pen if it has been open/in use for longer than 6 weeks
- ✗ use your pen if the solution is not clear and colourless, or almost colourless
- ✗ try to refill your pen – it is pre-filled and disposable
- ✗ wash, soak or lubricate your pen. If necessary, clean with a mild detergent on a moistened cloth
- ✗ try to repair your pen or pull it apart
- ✗ share your pens or needles with anyone else
- ✗ needles are for single use only. Never reuse your needles as it may lead to blocked needles, contamination, infection and inaccurate dosing
- ✗ do not use this pen without help if you have poor eyesight and cannot follow the instructions outlined previously in the guide

Frequently Asked Questions

Q. When should I take this medicine?

- A.** You should use this medicine once a week and if possible, on the same day each week.

If necessary, you can change the day of your weekly injection of this medicine 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.

Q. How should I take it?

- A.** It is given as an injection. The best places to give the injection are the front of your upper arm, upper legs or stomach.

Please also carefully read the patient information leaflet that comes with your pack.

Q. Should I take it with a meal?

- A.** You can give yourself the injection once a week at any time of the day – regardless of meals.

Q. What happens if I stop using it without talking to my healthcare professional?

- A.** Do not stop using it without talking to your healthcare professional.

If you have any further questions on the use of this medicine, ask your healthcare professional.

Frequently Asked Questions

Q. What should I do if I've missed a dose?

- A. 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 medicine, 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 medicine, skip the missed dose. Then take your next dose as usual on your regularly scheduled day

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

Q. What do I do if I want to switch the day I take medicine?

- A. You can change the day you take medicine 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. What if I use more medicine than you should?

- A. Talk to your healthcare professional straight away. You may get side effects such as feeling sick (nausea), being sick (vomiting) or have diarrhoea, which may cause dehydration (loss of fluids).

Frequently Asked Questions

Q. Can I take this medicine if I am pregnant or I am breast-feeding?

- A.** This medicine should not be used during pregnancy, as it is not known if it may affect your unborn child. Therefore, it is recommended to use contraception while using this medicine. If you wish to become pregnant, you should stop using this medicine at least two months in advance.

If you become or are pregnant, think you may be pregnant or are planning to have a baby when using this medicine, talk to your healthcare professional straight away, as your treatment will need to be stopped.

Do not use this medicine if you are breast-feeding, as it is unknown if it passes into breast milk.

Q. Are there any effects on ability to drive and use machines?

- A.** This medicine is unlikely to affect your ability to drive and use machines. Some patients may feel dizzy when taking this medicine mainly during the first 4 months of treatment. If you feel dizzy be extra careful while driving or using machines. If you need any further information, talk to your healthcare professional.

People with type 2 diabetes

If you use this medicine in combination with a sulfonylurea or insulin, low blood sugar (hypoglycaemia) may occur which may reduce your ability to concentrate. Avoid driving or using machines if you get any signs of low blood sugar. Talk to your healthcare professional for further information.

TRUTH ABOUT WEIGHT®



TruthAboutWeight.ie
supporting people in Ireland with
their Weight Management Journey

This online resource offers information on:

- Scientific advancements on obesity and causes
- Relationship between weight, appetite and food intake
- Real-life stories to help us better understand what it really means to live with obesity
- Scientifically proven treatments
- Tips on starting a conversation with healthcare providers
- Other support options & practical tools



To access **TruthAboutWeight.ie**
scan the QR code using your smartphone
or visit: www.truthaboutweight.global/ie/en.html

Monitoring my weight loss journey

DATE	WEIGHT	WEIGHT CHANGE	COMMENTS

Monitoring my weight loss journey

DATE	WEIGHT	WEIGHT CHANGE	COMMENTS

Monitoring my weight loss journey

DATE	WEIGHT	WEIGHT CHANGE	COMMENTS

Monitoring my weight loss journey

DATE	WEIGHT	WEIGHT CHANGE	COMMENTS

Driving change | in obesity

Today we know that obesity is a serious chronic disease, not simply a matter of effort.

Together with our partners, we are committed to driving change in how the world sees, prevents and treats obesity. As leaders within the science of obesity, we are working to make obesity a healthcare priority, defeat stigma and support better access to evidence-based care.



Scan the code to watch **how to use your pen** video

or visit: www.wegovypatientsupport.ie

Password: 00030

▼ This product 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. 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 Health Products Regulatory Authority (HPRA) at www.hpra.ie or report to Novo Nordisk on (01) 8629 700 or complaintireland@novonordisk.com. By reporting side effects, you can help provide more information on the safety of this medicine.

Reference: Wegovy® Patient Information (package) leaflet

Wegovy®, FlexTouch®, NovoFine® and the Apis bull logo are registered trademarks owned by Novo Nordisk A/S.



Novo Nordisk Limited
First Floor, Block A, The Crescent Building
Northwood Business Park, Santry, Dublin 9, D09 X8W3, Ireland.
Tel: 01 8629 700, Fax 01 8629 725.
infoireland@novonordisk.com
www.novonordisk.ie
February 2025; IE25SEMO00039.

ONCE-WEEKLY
wegovy® ▼
semaglutide injection **2.4 mg**