ONCE-WEEKLY OZEMPIC® semaglutide injection

Getting started with Ozempic® (semaglutide injection)

— a step-by-step guide to starting your therapy with Ozempic®

Please refer to the Package Leaflet: Information for the patient found in the product carton for:

- Further information on Ozempic®
- Further information on how to use Ozempic®
- A full list of side effects, warnings and precautions

Reporting of 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. You can also report side effects directly via the Yellow Card Scheme at https://yellowcard.mhra.gov.uk↗ or search for MHRA Yellow Card in the Google Play or Apple App Store. 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.



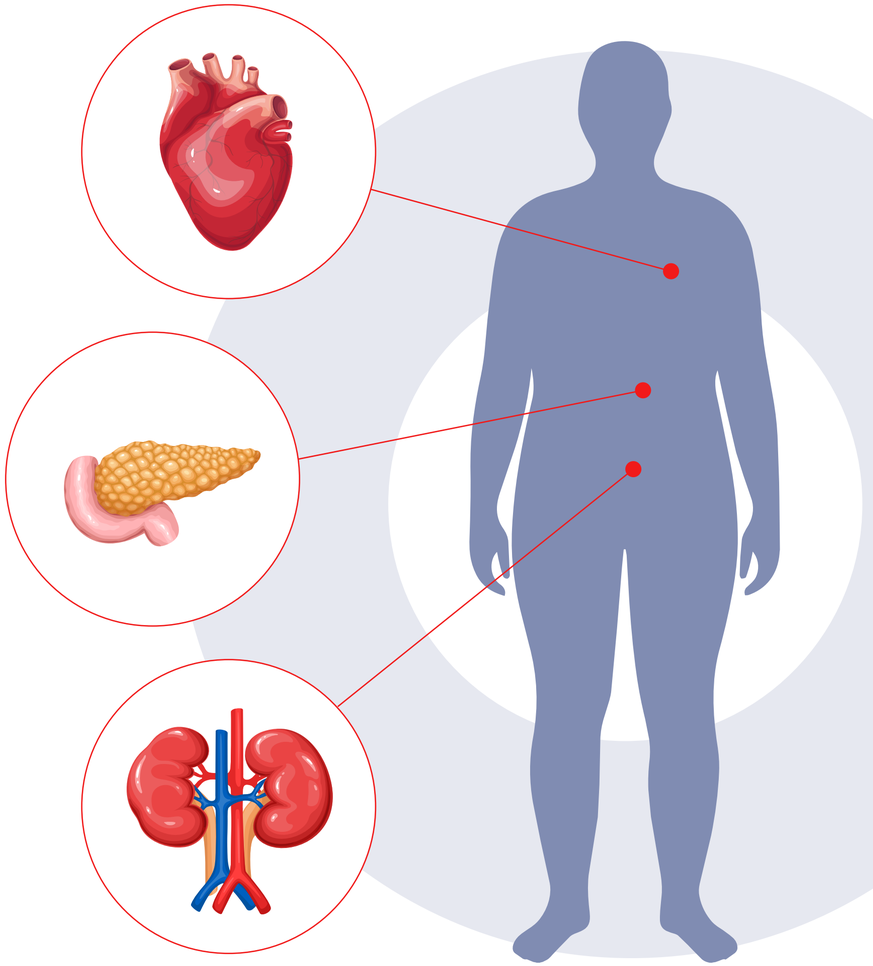
This material is intended for UK-based adult patients who have already been prescribed Ozempic®. This information does not replace the Package Leaflet: Information for the patient, which you are advised to read in full. It is not intended as a substitute for clinical advice provided by your healthcare professional. Please contact your healthcare professional if you have any questions about your treatment and for clinical advice. This material is designed to be viewed digitally. It contains hyperlinks which are viewable online only.

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What is Ozempic® and what is it used for?



Ozempic® is a GLP-1 RA (glucagon-like peptide-1 receptor agonist) medication for adults with type 2 diabetes. It is similar to a natural hormone called GLP-1, released into the blood after eating.

Ozempic® helps your body reduce your blood sugar level and can help prevent heart disease and slow down worsening of kidney function in people with type 2 diabetes.

Using Ozempic® alongside the diet and exercise plan can help manage your type 2 diabetes – we've included some helpful information on the last slide.

What you need to know before you use Ozempic®

Warnings and precautions

This medicine is not the same as insulin and you should not use it if:

You have type 1 diabetes —

a condition where your body does not produce any insulin

You develop diabetic ketoacidosis —

a complication of diabetes with high blood sugar, breathing difficulty, confusion, excessive thirst, a sweet smell to the breath or a sweet or metallic taste in the mouth

Ozempic® is not an insulin and should therefore not be used as a substitute for insulin.

If you know that you are due to have surgery where you will be under anaesthesia (sleeping), please tell your doctor that you are taking Ozempic®.

Do not use Ozempic® if you are allergic to semaglutide or any of the other ingredients of this medicine

This information does not replace the Package Leaflet: Information for the patient, which you are advised to read in full.

What you need to know before you use Ozempic®

Warnings and precautions (continued)

Severe and on-going stomach pain which could be due to acute pancreatitis

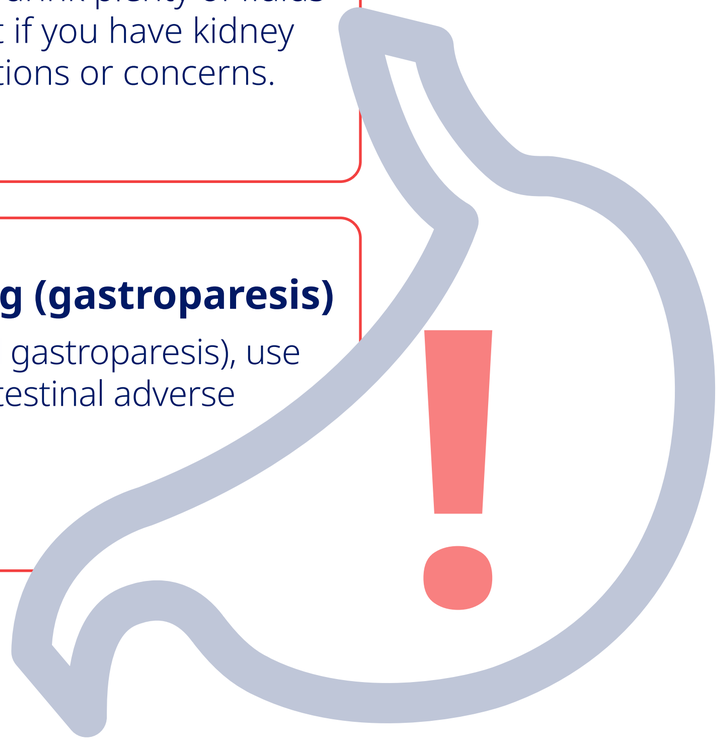
If you have ever had pancreatitis (inflammation of the pancreas) which may cause severe pain in the stomach and back which does not go away. This is a serious, potentially life-threatening condition. You should see a doctor immediately if you experience such symptoms. Stop using this medicine and seek 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.

Stomach and gut problems and dehydration

During treatment with this medicine, 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 to your doctor if you have any questions or concerns.

Patients with delayed stomach emptying (gastroparesis)

If you have slow (delayed) stomach emptying (called gastroparesis), use of Ozempic® may lead to serious or severe gastrointestinal adverse events. Talk to your doctor before using Ozempic®.



This information does not replace the Package Leaflet: Information for the patient, which you are advised to read in full.

What you need to know before you use Ozempic®

Warnings and precautions (continued)

Low blood sugar (hypoglycaemia)

Combining a sulfonylurea or an insulin with this medicine might increase the risk of getting low blood sugar levels (hypoglycaemia). Your doctor may ask you to test your blood sugar levels. This will help your doctor decide if the dose of the sulfonylurea or insulin needs to be changed to reduce the risk of low blood sugar.

Sudden changes to your eyesight

If you notice a sudden loss of vision or rapidly worsening eyesight during treatment with Ozempic®, urgently contact your doctor. This may be caused by a very rare side effect called non-arteritic anterior ischaemic optic neuropathy (NAION). Your doctor will refer you for an eye examination by an ophthalmologist and you may have to stop treatment with Ozempic®.

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. Tell your doctor if you have diabetic eye disease or if you experience eye problems during treatment with this medicine. In case you have potentially unstable diabetic eye disease, it is not recommended that you use Ozempic® 2.0 mg.

This information does not replace the Package Leaflet: Information for the patient, which you are advised to read in full.

The Ozempic® pen

0.25 mg pre-filled pen (1.5 ml)



0.5 mg pre-filled pen (1.5 ml)



1.0 mg pre-filled pen (3.0 ml)



2.0 mg pre-filled pen (3.0 ml)

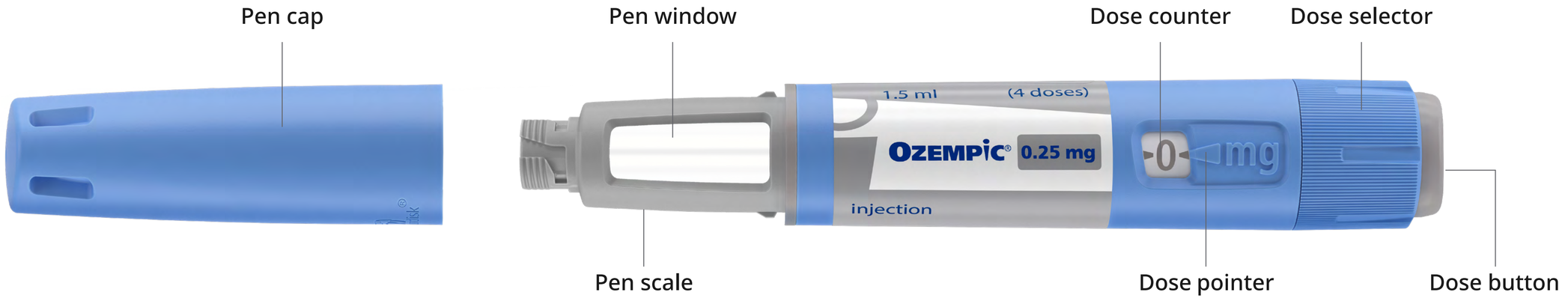


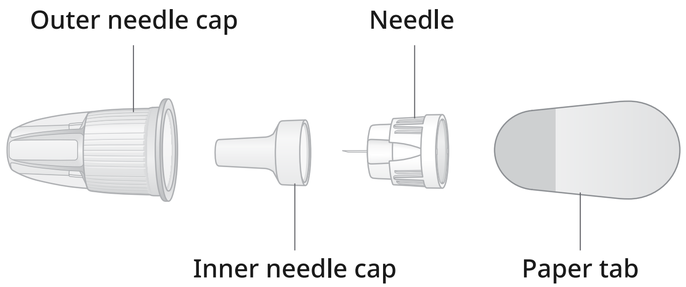
All pen images throughout are a representation only and do not reflect the actual size of the pens.

If you use more than one type of injectable medicine, make sure the right pen is used. Using the wrong medicine could be harmful to your health.

For more information on possible side effects, see the **'Side effects'** section at the end of this guide.

A closer look at the Ozempic® pen





What do you need to inject Ozempic®?



Ozempic® pen

+



A NovoFine® needle

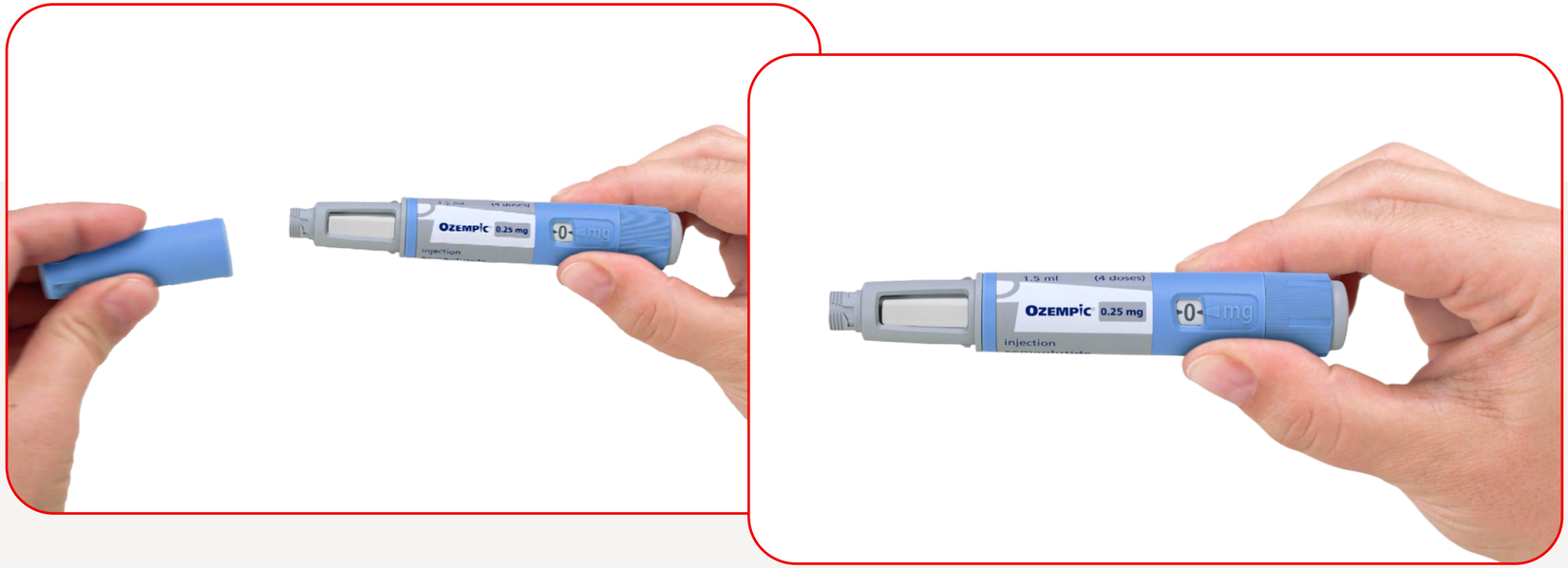
- The starting dose of Ozempic® is 0.25 mg once a week for four weeks

Watch how to use the Ozempic® pen



How to prepare your Ozempic® pen for use

Always check the name, strength and coloured label on your pen



- Pull off pen cap
- Check that the solution in your pen is clear and colourless. Look through the pen window
- If the solution looks cloudy or coloured, do not use the pen

If you use more than one type of injectable medicine, make sure the right pen is used. Using the wrong medicine could be harmful to your health.

How to prepare your Ozempic® pen for use (continued)





When you are ready to inject:

- Take a new needle
- Tear off paper tab
- Push needle straight onto pen
- Turn needle clockwise until it is on tight

- Pull off outer needle cap and keep it — you will need it for disposal later
- Pull off inner needle cap and dispose of it
- A drop of Ozempic® may appear at the needle tip — this is normal

Always use a new needle for each injection.

Never use a bent or damaged needle.

How to check the flow with each new pen

Before using a **new pen**, check the flow to make sure Ozempic® can flow through the pen and needle



- Turn the dose selector to the flow check symbol



- Hold pen with needle pointing up
- Press and hold in dose button until dose counter returns to ‘0’. The ‘0’ must line up with dose pointer



- Check a drop of Ozempic® appears at needle tip
- If no Ozempic® appears, select the flow check symbol again and press dose button until dose counter returns to ‘0’ up to 6 times

If no Ozempic® appears when you check the flow, do not use your pen as it may be defective.

How to select your dose

To start, check that the dose counter is set at ‘0’



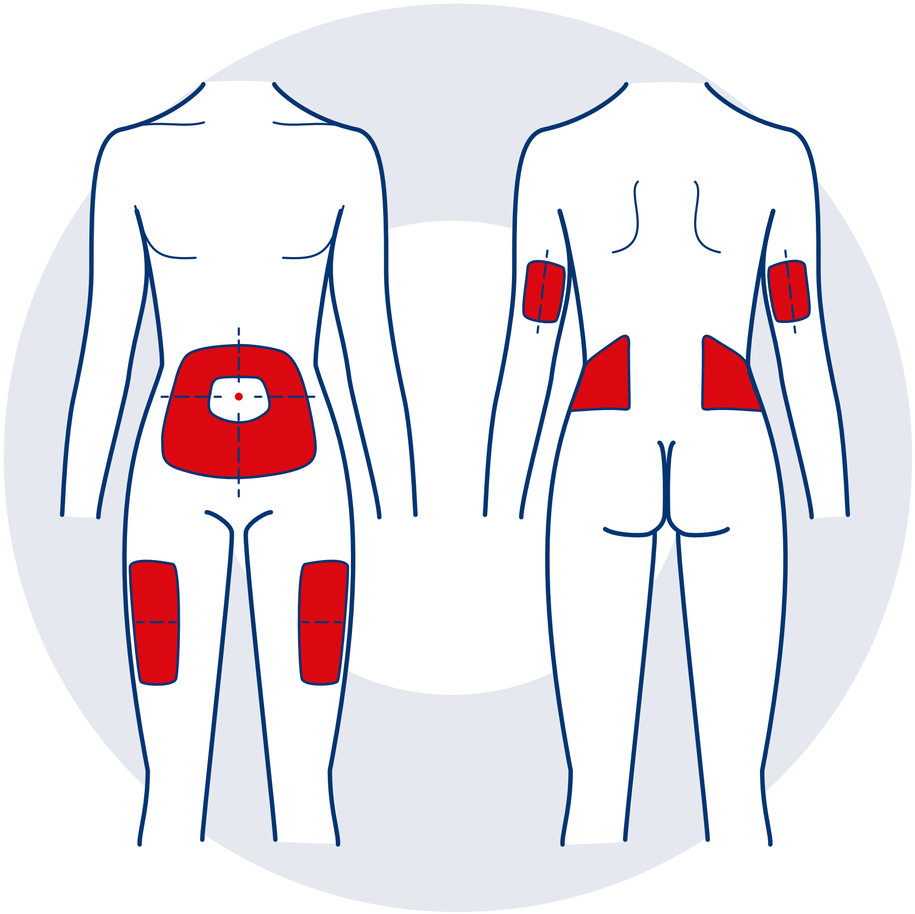
- Turn the dose selector to select 0.25 mg
- Only doses of 0.25 mg must be selected with the dose selector

0.25 mg must line up precisely with the dose pointer to ensure that you get a correct dose.

Where to inject your dose

Correct places to inject are:

- Back of the upper arms
- Abdomen
- Upper buttocks
- Upper outer thighs



Adapted from: Trend Diabetes Injection Technique Matters. Correct injection technique in diabetes care best practice guideline 4th Edition, 2025.

Correct injection site rotation principles:

- Inject into one area no more frequently than every 4 weeks
- Each new injection should be given at least 1 cm or one finger's width away from the last

How to inject your dose

Remember to change the injection site every week



- Insert needle into your skin
- Make sure you can see the dose counter. Do not cover it with your fingers. This could block the injection



- Press and hold down dose button until dose counter shows ‘0’
- The ‘0’ must line up with dose pointer. You may hear or feel a ‘click’
- Continue pressing the dose button while keeping the needle in your skin

If ‘0’ does not appear in the dose counter after continuously pressing the dose button, the needle or pen may be blocked or damaged, and you have not received any Ozempic® — even though the dose counter has moved from the original dose that you have set. Carefully remove the needle and start the needle preparation and injection process again.

How to inject your dose (continued)

Remember to change the injection site every week



- Continue pressing the dose button while keeping the needle in your skin
- Count slowly to 6, while keeping the dose button pressed

1, 2, 3, 4, 5, 6



- Carefully remove needle from your skin
- If blood appears at injection site, press lightly
- You may see a drop of Ozempic® at needle tip after injecting. This is normal and does not affect the dose

After your injection

Insert the needle tip into the outer needle cap on a flat surface without touching the needle or the outer needle cap

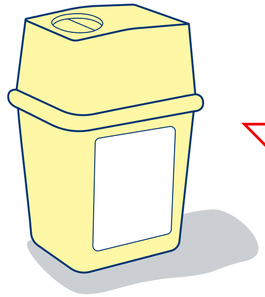


- Once needle is covered, carefully push outer needle cap on completely
- Unscrew needle and dispose of it carefully as instructed by your doctor, nurse, pharmacist or local authorities
- Put the pen cap on your pen after each use to protect the solution from light



- **Always dispose of needle after each injection**
- When pen is empty, it can be recycled with PenCycle®
- The pen cap and empty carton can be disposed of in your household waste

Do not try to put the inner needle cap back on. You may stick yourself with the needle. Always remove the needle from your pen immediately after each injection. This reduces the risk of contamination, infection, leakage of Ozempic®, and blocked needles leading to incorrect dosing.



Dispose of the needle safely after each injection, using a sharps bin.

Keep your sharps bin in a safe place so it's not a risk to other people and is out of the sight and reach of children.

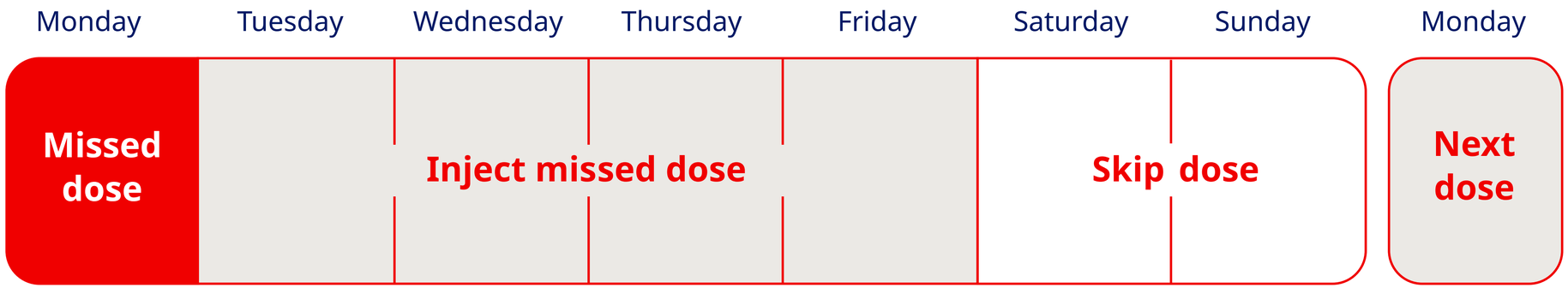
Sharps bins must not be disposed of in household waste.

Discuss with your healthcare professional the procedure for disposing of sharps bins in your area.

What to do if you miss your dose

If you forget to use Ozempic® and:

- It has been **5 days or less** since you should have used Ozempic®, **inject your dose as soon as you remember** – then inject your next dose as usual on your scheduled day
- It has been **more than 5 days** since you should have used Ozempic®, **skip the missed dose** – then inject your next dose as usual on your scheduled day



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

Never inject a double dose to make up for a forgotten dose.

Do not stop using this medicine without talking to your doctor. If you stop using it, your blood sugar levels may increase.

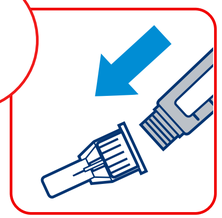
Always use Ozempic® as your doctor, nurse or pharmacist has told you to. If you are unsure or have any questions, please check with them.

Recycling your empty Ozempic® pens with PenCycle®

How to PenCycle®:

If you don't have a PenCycle® return box, scan the QR code below to order one.

1



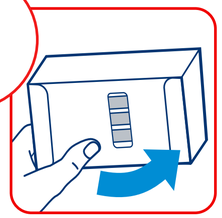
Remove needle from your empty, pre-filled Novo pen (do not put needle in the PenCycle® return box)

2



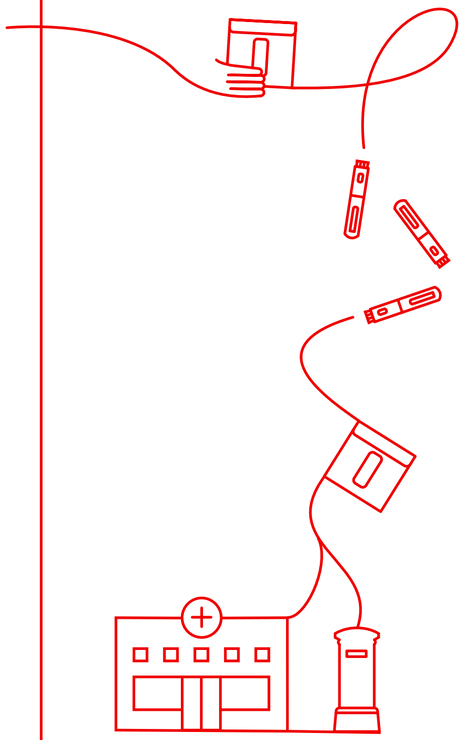
Drop empty pen in your return box

3



When return box is full, either:
hand it to your homecare delivery driver
or mail it back free of charge

Please remember to remove the needle — your pen cannot be recycled if the needle is still attached.



Scan the QR code or visit www.pen-cycle.co.uk↗ for full details and to find your nearest participating pharmacy.

How to care for your Ozempic® pen

Treat your Ozempic® pen with care:



- Do not leave the pen in a car or another place where it can get too hot or too cold
- Do not inject Ozempic® which has been frozen. If you do that, you might not get the intended effect of this medicine
- Do not inject Ozempic® which has been exposed to direct sunlight. If you do that, you might not get the intended effect of this medicine
- Do not expose your pen to dust, dirt or liquid
- Only clean your Ozempic® pen with mild detergent on a moistened cloth
- Do not drop your pen or knock it against hard surfaces. If you drop it or suspect a problem, attach a new needle and check the flow before you inject
- Do not try to refill your pen
- Do not try to repair your pen or pull it apart

Caregivers must be very careful when handling needles — to reduce the risk of needle sticks and cross-infection.

Do not use the pen if it is damaged.

How to store your Ozempic® pen

Please read the full storage guidance provided in the Ozempic® Patient Information Leaflet



Keep this medicine **out of the sight and reach of children**

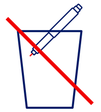


Do not use this medicine after the expiry date which is stated on the pen label and carton after 'EXP'. The expiry date refers to the last day of that month



When you are not using the pen, **keep the pen cap on** in order to protect from light

Do not use this medicine if you notice that the solution **is not clear and colourless or almost colourless**

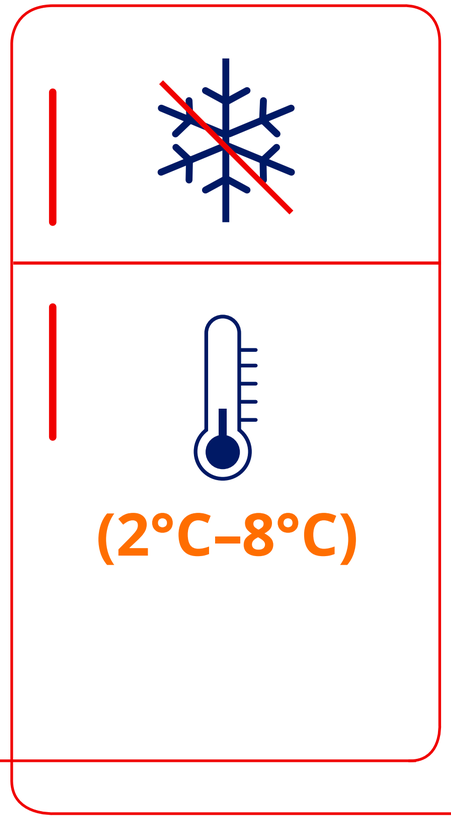


Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment

How to store your Ozempic® pen

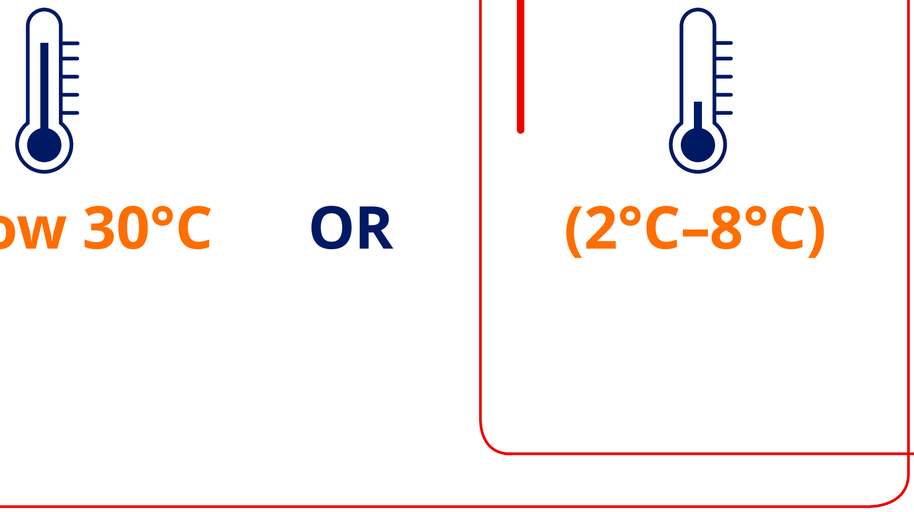
Before opening:

Store in a refrigerator (2°C–8°C). Do not freeze. Keep away from the cooling element. Keep the pen cap on in order to protect from light

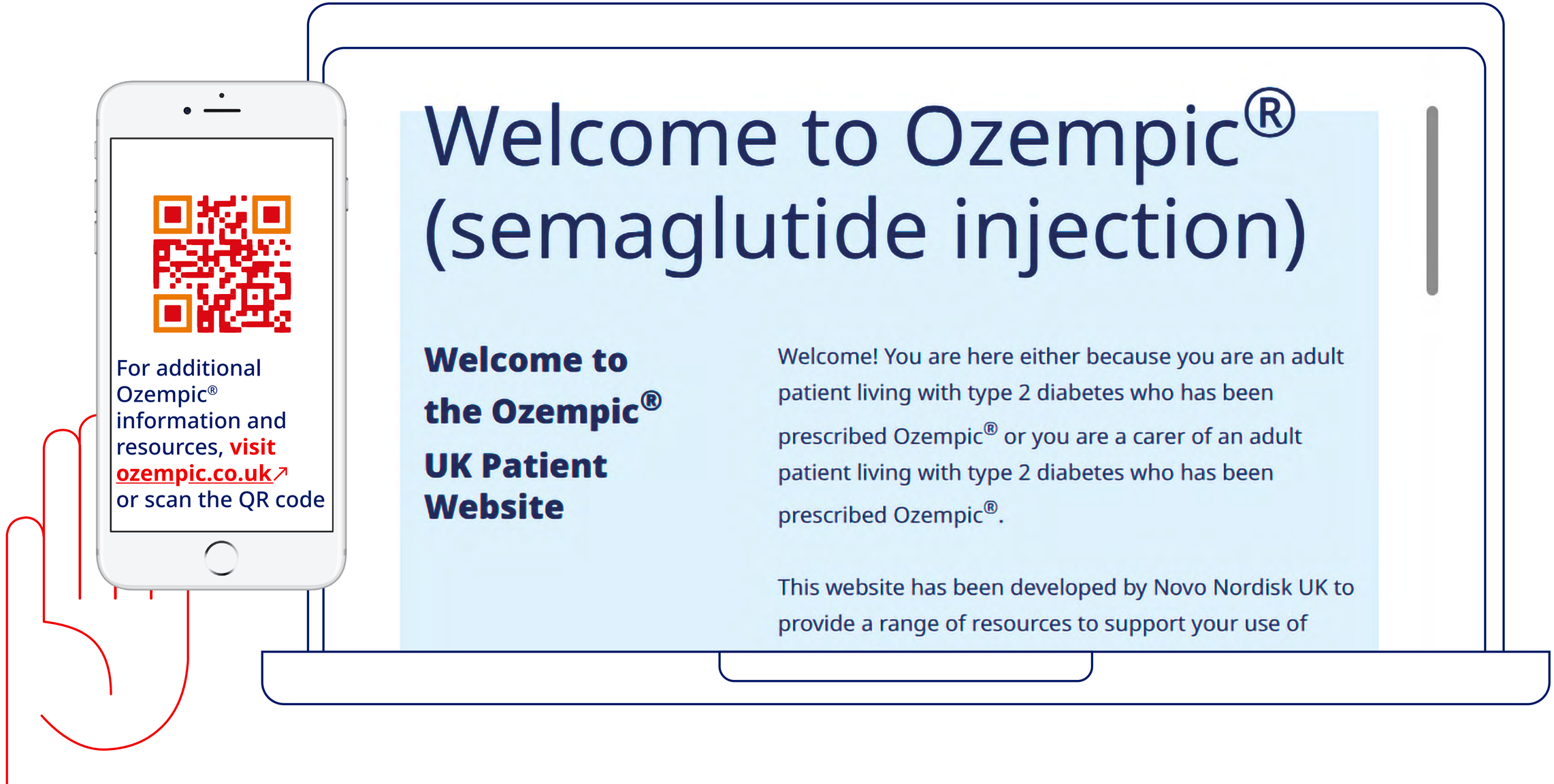


During use:

You can keep the pen for 6 weeks when stored at a temperature below 30°C or in a refrigerator (2°C–8°C) away from the cooling element. Do not freeze Ozempic® and do not use it if it has been frozen



Additional resources



Side effects

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

Serious side effects

Common (may affect up to 1 in 10 people)



Complications of diabetic eye disease (retinopathy). You should tell your doctor if you get 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

Rare (may affect up to 1 in 1,000 people)



Severe allergic reactions (anaphylactic reactions, angioedema). You must get 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 and a fast heartbeat

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

Not known (frequency cannot be estimated from the available data)



Bowel obstruction. A severe form of constipation with additional symptoms such as stomach ache, bloating, vomiting etc.

Please refer to the Package Leaflet: Information for the patient found in the product carton for a full list of possible side effects.

Side effects (continued)

Other side effects



Very common (may affect more than 1 in 10 people)
Feeling sick (nausea) — this usually goes away over time



Diarrhoea — this usually goes away over time



Low blood sugar (hypoglycaemia) when this medicine is used with medicines that contain a sulfonylurea or insulin



Common (may affect up to 1 in 10 people)
Being sick (vomiting)

Low blood sugar (hypoglycaemia) when this medicine is used with oral diabetes medicine other than sulfonylurea or insulin

Please refer to the Package Leaflet: Information for the patient found in the product carton for a full list of possible side effects.

Diet and lifestyle advice from the NHS

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:



½ with vegetables or salad



¼ with healthy protein (such as lean meat, fish, eggs, tofu or beans)



¼ with carbohydrates (such as potatoes, rice, chapatti, yam, pasta or bread)

Mixing your diet up

Fruits and vegetables

- Eat at least five portions of a variety of fruit and vegetables every day
- Tinned, frozen and dried varieties are all nutritious too
- Remember that fruit juice and smoothies can only count as one portion of your five-a-day. Limit fruit juice and/or smoothies to a total of 150 ml a day.

Potatoes, bread, rice, pasta and other starchy carbohydrates

- Choose wholegrain or higher fibre carbohydrates

Beans, pulses, fish, eggs, meat and other proteins

- Eat more beans and pulses
- Aim for two portions of fish per week, one of which is oily (such as salmon)
- Eat less red and processed meat

Dairy and alternatives

- Choose lower fat and lower sugar options

Treats

- Biscuits, cakes, chocolate and ice cream, but try to have them less often and in small amounts

Diet and lifestyle advice from the NHS (continued)

This is general advice from the NHS. Talk to your doctor or nurse about what exercise regimens might be suitable for you

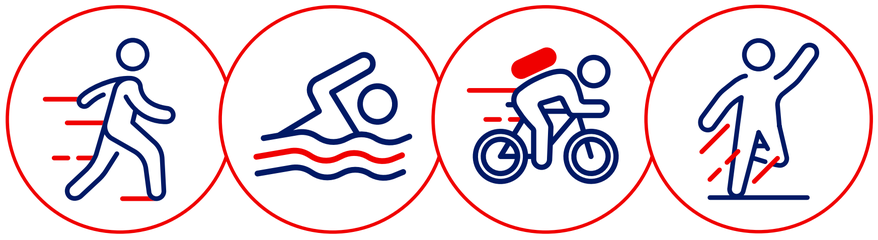
Being more active

It's important that exercise forms part of your treatment journey with Ozempic®. Like eating a healthy diet, being active will help you to get the most out of your treatment.

Regular exercise can help lower the risk of developing other health problems, improve sleep and boost energy and mood.

It is recommended to do 150 minutes of moderate-intensity activity a week

For example, **five 30-minute exercise sessions a week**. Moderate intensity activity could include:



Fast walking | Swimming | Cycling | Dancing

If you are unsure of what to do, here are some ideas to help you get more active in your daily routine



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

Most importantly, **find activities you enjoy and want to keep doing**. Doing an activity that you find fun can make it easier to stick to it. You can do this in your own time and at a place that suits you.