

ONCE-WEEKLY
OZEMPIC®
semaglutide injection

Supporting you with your Ozempic® treatment

**This booklet is for
UK-based adult patients
living with type 2
diabetes who have been
prescribed Ozempic®**

Information on warnings and precautions for Ozempic® can be found on pages 6–9 of this booklet.

Information on possible side effects for Ozempic® can be found on pages 15–19 of this booklet.

**This material is designed to be viewed digitally.
It contains hyperlinks which are viewable online only.**



**This is not a real patient and is
for illustrative purposes only.**

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

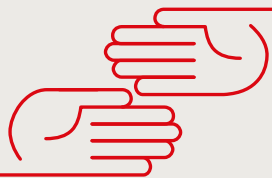
- Further information on Ozempic®
- Further information on how to use Ozempic®
- A full list of side effects, warnings and precautions



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/71>. 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 has been produced and funded by Novo Nordisk 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 booklet has been made with you in mind, to help support you throughout your treatment.

It will give you:

- Information about Ozempic®
- An explanation of how Ozempic® works
- Some things to remember when using Ozempic®

If there are any words in this booklet that are new or difficult to understand, please look at the section at the back called '**Useful words to know**'.



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Why have you been prescribed Ozempic®?

Having type 2 diabetes means that managing your blood sugar levels is very important.

You and your healthcare professional have decided that Ozempic® is the appropriate kind of medication to help you do this.

More information on what is covered in the rest of this booklet can be found in the **Package leaflet: Information for the patient** enclosed with your medication. Please take the time to read through this in full. If you still have any questions or queries, please speak with your healthcare professional.



How Ozempic® works

Ozempic® contains the active substance semaglutide. It is a medicine that is used to lower blood sugar levels. It is a 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 into the blood after eating. Using Ozempic® alongside the diet and exercise plan given to you by your doctor, nurse, or pharmacist can help manage your blood sugar levels.

Ozempic® is used to treat adults (aged 18 years and older) with type 2 diabetes when diet and exercise is not enough:

- On its own — when you cannot use metformin (another diabetes medicine)

or

- With other medicines for diabetes — when the other medicines are not enough to control your blood sugar levels. These may be medicines you take by mouth or inject such as insulin

It is important that you continue with your diet and exercise plan as told by your doctor, pharmacist or nurse.



What you need to know before you use Ozempic®

Please refer to the Package leaflet: Information for the patient found in the product carton for a full list of warnings and precautions.

Do not use Ozempic®

- If you are allergic to semaglutide or any of the other ingredients of this medicine

Warnings and precautions

Talk to your doctor, pharmacist or nurse before using this medicine.

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®.

Effects on the digestive system

During treatment with this medicine, you may feel sick (nausea) or be sick (vomiting), or have diarrhoea.

Please refer to the Package leaflet: Information for the patient found in the product carton for further information on Ozempic®.

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.

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

If you have severe and on-going pain in the stomach area — see a doctor straight away as this could be a sign of acute pancreatitis (inflamed pancreas).

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.

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.

Children and adolescents

This medicine is not recommended in children and adolescents aged under 18 years as the safety and efficacy in this age group have not yet been established.

Other medicines and Ozempic®

Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines, including herbal medicines or other medicines you bought without a prescription.

In particular, tell your doctor, pharmacist or nurse if you are using medicines containing any of the following:

- Warfarin or other similar medicines taken by mouth to reduce blood clotting (oral anti-coagulants). You may need frequent blood tests to check how quickly your blood clots
- If you are using insulin, your doctor will tell you how to reduce the dose of insulin and will recommend you to monitor your blood sugar more frequently, in order to avoid hyperglycaemia (high blood sugar) and diabetic ketoacidosis (a complication of diabetes that occurs when the body is unable to break down glucose because there is not enough insulin)

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you might be pregnant, or are planning to have a baby, ask your doctor for advice before taking this medicine.

This medicine should not be used during pregnancy, as it is not known if it affects an unborn baby. Therefore, use of contraception is recommended while using this medicine. If you wish to become pregnant, discuss how to change your treatment

with your doctor as you should stop using this medicine at least 2 months in advance. If you become pregnant while using this medicine, talk to your doctor right away, as your treatment will need to be changed.

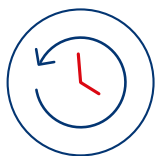
Do not use this medicine if you are breast-feeding, as it is unknown if it passes into breast milk.

Driving and using machines

Ozempic® is unlikely to affect your ability to drive and use machines. 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. Do not drive or use machines if you get any signs of low blood sugar. Talk to your doctor for further information.

Sodium content

This medicine contains less than 1 mmol sodium (23 mg) per dose, that is to say essentially 'sodium-free'.



How to use Ozempic®

The starting dose is **0.25 mg once a week** for **4 weeks**.

After **4 weeks** your doctor will increase your dose to **0.5 mg once a week**.

Your doctor may increase your dose to **1.0 mg once a week** if your blood sugar is not controlled well enough with a dose of 0.5 mg once a week.

Do not change your Ozempic® dose unless your healthcare professional has told you to.

You should use this medicine once a week on the same day each week if possible. You can give yourself the injection at any time of the day — regardless of meals.

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 of it. After selecting a new dosing day, continue with once a week dosing.

Tips

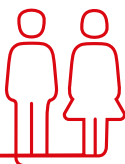
Here are some tips that may help you remember when you use Ozempic®:



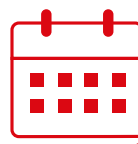
Note the chosen weekday on the box and write the date on it every time you have injected it



Set a reminder or alarm on your phone



Tell a friend or member of your family when your dose should be and ask them to help remind you



Plan your dose alongside your weekly routine

If you use more Ozempic® than you should, talk to your doctor straight away. You may get side effects such as feeling sick (nausea).

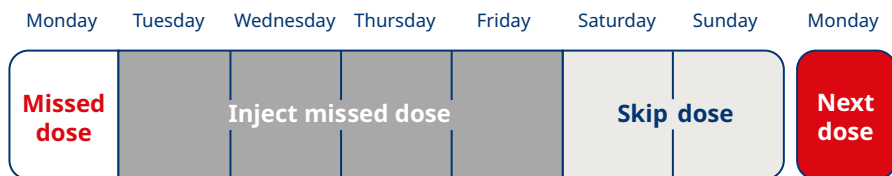


What to do if you miss your dose

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

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



Example treatment schedule if you inject your dose on a Monday

Do not stop using this medicine without talking to your doctor. If you stop using it, your blood sugar level 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. Do not stop using Ozempic® without talking to your doctor.



Things to do before using Ozempic®



0.25 mg dose pen (1.5 ml)



0.5 mg dose pen (1.5 ml)



1.0 mg dose pen (3 ml)

Before you inject your weekly dose, there are some things which may be helpful for you to do and check:



You will be able to recognise your Ozempic® medication by the printing on the device. Each dose strength will have a different colour. Your doctor will decide which one you will be prescribed



Remember to check the label to make sure you have the correct medication



Check the appearance of your medication

- Ozempic® should be clear and colourless or almost colourless
- If the solution looks cloudy or coloured, do not use the pen



Always use a new needle for each injection. Your NovoFine® Plus needles can be found in the box with your medication

- Using a new needle for each injection helps prevent:
 - Contamination
 - Infection
 - Your needle becoming blocked which could lead to you receiving the incorrect dose



Needles must not be shared



Things to remember when using Ozempic®

Your Ozempic® dose is given by an injection under the skin (subcutaneously). Being worried about injections is very common. It is important to remember that you are not alone in this — many people are experiencing and feeling the same things.

Before you use Ozempic® for the first time, your healthcare professional will show you how to use it. Always follow the injection guidance given by your healthcare professional.



Possible side effects

Please refer to the Package leaflet: Information for the patient found in the product carton for a full list of possible 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. You should see a doctor immediately if you experience such symptoms



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



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 further information on Ozempic®. 15

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

The warning signs of low blood sugar may come on suddenly. They can include:



Headaches



Fast heartbeat



Cold sweats



Cool, pale skin



Feeling sleepy



Feeling sick (nausea)

Please refer to the Package leaflet: Information for the patient found in the product carton for further information on Ozempic®.



Feeling very hungry



Feeling weak



Feeling nervous, anxious or confused



Shaking or difficulty concentrating



Changes in vision

Your doctor 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. Your doctor may reduce your dose of these medicines before you start using this medicine.



Indigestion



Inflamed stomach ('gastritis') — the signs include stomach ache, feeling sick (nausea) or being sick (vomiting)



Reflux or heartburn — also called 'gastro-esophageal reflux disease' (GERD)



Stomach pain



Bloating of the stomach



Constipation



Burping



Gallstones



Dizziness



Tiredness



Weight loss



Less appetite



Gas (flatulence)



Increase of pancreatic enzymes (such as lipase and amylase)

Uncommon (may affect up to 1 in 100 people)



Change in the way food or drink tastes



Fast pulse



Injection site reactions — such as bruising, pain, irritation, itching and rash



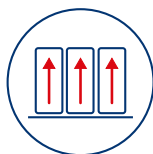
Allergic reactions like rash, itching or hives



A delay in the emptying of the stomach

Reporting of side effects

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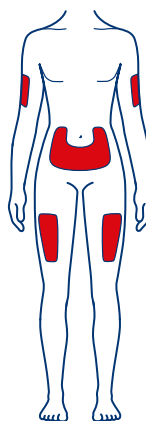
Storage

- Before opening for your first injection, keep Ozempic® in a fridge at 2–8°C away from the cooling element. Keep the pen cap on in order to protect from light
- Do not freeze your medication
- Make sure to keep your Ozempic® medication out of 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
- During use, after you have opened Ozempic® for your first injection, keep it below 30°C or in a fridge at 2–8°C away from the cooling element for 6 weeks
- Make sure the pen cap is on the pen when it is not being used. This helps protect it from light
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use
- Please refer to your Package leaflet: Information for the patient enclosed with your medication for more information

Tips

Here are some things to remember when using Ozempic® that can make it more comfortable:

- Remove Ozempic® from the fridge shortly before the first use of your device, as it can be uncomfortable to inject cold medication. Please see page 20 for information on how to store your Ozempic® medication
- Before the first injection with a new pen, make sure there is no air trapped in the needle by checking the flow
 - Instructions on how to do this can be found later on in this booklet and in your Package leaflet: Information for the patient
- Do not directly inject into a vein or muscle
- Your healthcare professional will have advised you on the best places to inject your medication. These places may be the front of your thighs, upper arms, or the front of your waist (abdomen)
- Remember to change the place within the area you inject each time. This can help reduce the chance of developing lumps and indentations in your skin



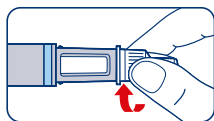


How to use your Ozempic[®] pen

Please refer to the Package leaflet: Information for the patient for full instructions on how to use your Ozempic[®] pen.

Please note, each pen delivers four doses. After having injected the four doses, there will still be solution left in the pen — the pen should be disposed of. Use the table inside the lid of the carton to keep track of how many injections you have taken and when you took the injections.

Step 1

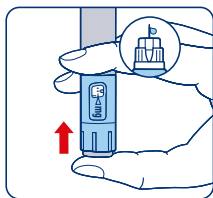


Check your pen and attach a new needle

- Make sure you have the right medication and dose strength by checking the name and coloured label of your pen
- Pull off the pen cap and check your medication
 - Ozempic[®] should be clear and colourless or almost colourless
 - If the solution looks cloudy or coloured, do not use the pen
- Screw on a new needle and pull off **both** needle caps
- Make sure to keep the outer needle cap
 - You can discard the inner needle cap
- Always use a new needle for each injection
- Never use a bent or damaged needle

Step 2

Check the flow

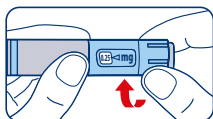


With each **new** pen, you should check the flow before your first injection. Do this by:

- Turning the dose selector until the dose counter shows the flow check symbol (.. —)
- Hold the pen with the needle pointing up
- Press and hold in the dose button until the dose counter returns to **0** and a drop of solution is at the needle tip
- If no drop appears, repeat step 2 up to 6 times. If there is still no drop, change the needle and repeat step 2 once more. Dispose of the pen and use a new one if a drop of solution still does not appear

Step 3

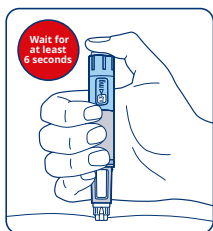
Select your dose



- Turn the dose selector until it shows your prescribed dose (0.25 mg, 0.5 mg, or 1.0 mg)

Step 4

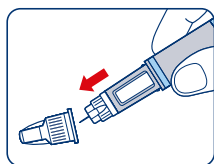
Inject your dose



- Insert the needle into your skin as your healthcare professional has shown you
- Make sure you can see the dose counter
- Press and hold down the dose button until the dose counter reaches **0**
- Keep the needle in position and **count slowly to 6** while keeping the dose button pressed
 - Doing this makes sure that you get your full Ozempic® dose
- Remove the needle from your skin

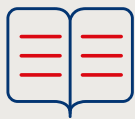
Step 5

After the injection



- **Without touching either the needle or the outer needle cap**, slip the needle into the outer needle cap
- Carefully remove and dispose of the needle
- Put the pen cap back on
 - This protects your medication from light

Always dispose of the needle immediately after each injection using a sharps bin. Never store your pen with the needle attached. 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 bin in your area.



Useful words to know

Term	Description
Anaphylaxis	A life-threatening reaction that happens very quickly and needs treatment straight away. It usually affects the airways, breathing and circulation.
Angioedema	A swelling underneath the deep layers of the skin caused by a build up of fluid. It's usually a reaction to a trigger, such as a medicine or something you're allergic to and swelling most often affects the eyes, lips, hands and feet, area around the eyes, tongue and genitals but other parts of the body can also be affected.
Blood glucose	The measurement of how much glucose is in your blood.
Diabetic ketoacidosis	A life-threatening condition. It is caused by the build-up of ketones in the blood when the body breaks down fat instead of glucose due to severe lack of insulin.
GLP-1 (glucagon-like peptide-1)	A hormone primarily produced in the gut, which is released in response to food. It helps the body release insulin which helps manage blood glucose levels. Medication like Ozempic® is designed to act like the GLP-1 hormone. You might hear this type of medication referred to as a 'GLP-1' or an incretin.
Glucose	The main type of sugar in the blood. It is also the major energy source for the body.
Hyperglycaemia	When your blood glucose levels are too high.
Hypoglycaemia	When your blood glucose levels are too low.
Insulin	A hormone produced by an organ in the body called the pancreas. It regulates the amount of glucose in your blood.
Retinopathy	Damage to the back of the eyes (the retina) which can cause problems with vision. In diabetes, this is caused by high blood glucose levels damaging blood vessels to the retina.

If you need more information

If you have any questions or need anything explaining further, please contact your doctor, nurse or local pharmacist. They will be able to support you with any queries you may have and, if necessary, advise you on who to contact for more information.

www.novonordisk.co.uk

Novo Nordisk have been working in diabetes since 1923. To find out more about our work, please visit our website.

circular
FOR **zero**

We are adopting a circular mindset, designing products that can be recycled or re-used, reshaping our business to minimise consumption and waste, and working with suppliers who share our ambition. We call this Circular for Zero.

If you have been prescribed Ozempic® using a pre-filled pen you can now recycle your pens with PenCycle®.

What is PenCycle®?

We have developed a **bespoke process** that lets us recycle our pre-filled pens after use.

Pre-filled Novo Nordisk pens contain medicine and are with pen users wherever they go. Because of this, they are made from high-quality, long-lasting materials that are too good to waste.

By finding new ways to reuse them, we can help put an end to the unsustainable use of Earth's natural resources.

To find out more simply go to www.pen-cycle.co.uk

How can I PenCycle®?

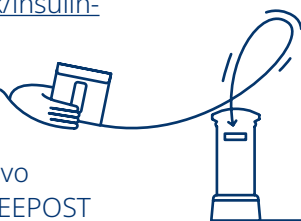
PenCycling could not be simpler and is **completely free of charge**.

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 then follow the instructions by going to www.pen-cycle.co.uk/insulin-patients/how-can-i-pencycle.html

Where can I PenCycle®?

You can drop off your full return box at any participating pharmacy or return them to Novo Nordisk by post as 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.

For more information go to www.pen-cycle.co.uk/insulin-patients/where-can-i-pencycle.html



You return it
We recycle it

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