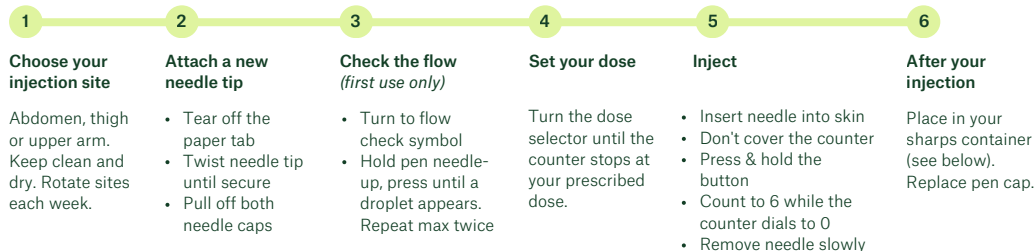


How to Inject Cheat Sheet

Juniper

★ Stick this on your fridge or somewhere near your medication, you can keep this handy for when you need it

How to inject — 6 steps



Managing early side effects

Nausea

3 small meals + snacks. Sip cold fluids. Bland foods — crackers, toast, rice.

Headache/Fatigue

Drink 2-3L water daily. Don't skip meals. Prioritise sleep.

Reflux

Eat slowly. Stay upright for at least 1 hour after eating.

Injection site

Cool damp cloth on area. Gentle soap-free cleanser. Always rotate sites.

Side effects are most common when starting or increasing dose — they improve as your body adjusts.

Disposing of needles safely

Use a sharps bin

Place used needles in a sealed sharps bin. When full, take to a local sharps collection point or return to your pharmacy.

No sharps bin?

Use a rigid, puncture-proof container with a tight lid (e.g. thick plastic bottle). Label "sharps — do not recycle" before disposing.

Never do this

Don't put loose needles in household bins, recycling, or down the drain.

Get a free sharps bin

Available from most pharmacies or via your local council waste service — just ask!

Timing & missed dose

Inject once a week, same day — any time, with or without food.

Within 5 days: Take it as soon as you remember.

More than 5 days: Skip it—resume usual day next week.

Storage

Unused: fridge 2–8°C. In-use: fridge or below 30°C for up to 6 weeks. Discard after 6 weeks even if medication remains.



Scan to watch a step-by-step guide

Watch: How to inject — Wegovy



Still unsure? We're here for you.

Scan to book a call with our Medical Support team — our nurses and pharmacists are ready to walk you through it and answer any questions.

For educational purposes only — not a substitute for professional medical advice. Contact your care team via the Care tab in the app or email medicalteam@myjuniper.com