

Wegovy Pill Prescribing Protocol:

1. Patient Eligibility (Confirm Before Prescribing)

Indication

- Adults with:
 - **BMI ≥ 30 kg/m²**, or
 - **BMI ≥ 27 kg/m²** with ≥ 1 weight-related condition (e.g., hypertension, dyslipidemia, type 2 diabetes)

Do NOT prescribe if any of the following are present

- Personal or family history of **medullary thyroid carcinoma (MTC)**
- **Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)**
- Prior serious hypersensitivity to semaglutide
- Pregnancy or breastfeeding

Use caution

- History of pancreatitis
 - Severe gastrointestinal disease
 - Gallbladder disease
 - Concurrent insulin or sulfonylurea use (hypoglycemia risk)
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2. Baseline Assessment (Before Day 1)

Document:

- Weight, BMI, waist circumference
 - Blood pressure, heart rate
 - Relevant labs (typical practice):
 - A1C or fasting glucose
 - Lipid panel
 - Renal function if clinically indicated
 - Review current medications (especially diabetes meds)
 - Counsel on expectations: medication is **adjunct to nutrition and activity**, not a standalone solution
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3. Dosing & Administration Protocol

Dose:

Titration is recommended starting at 1.5 mg daily for 30 days.

Dosing schedule:

1.5mg PO daily days 1-30

4mg PO daily days 31-60

9mg PO daily days 61-90

25mg PO daily days 90+

Conversion from Injectable to Oral:

0.25mg injectable convert to 1.5mg oral

0.5mg injectable convert to 4mg oral

1.5mg injectable convert to 9mg oral

2.4mg injectable convert to 25mg oral

Administration Instructions (Critical for Absorption)

- Take **once daily in the morning**
- **Empty stomach**
- With **≤4 oz (120 mL) of plain water only**
- **Wait at least 30 minutes** before:
 - Eating
 - Drinking anything else
 - Taking other oral medications

Failure to follow these instructions can significantly reduce effectiveness.

4. Lifestyle Co-Prescription (Standard of Care)

Prescribe alongside:

- Reduced-calorie nutrition plan
- Regular physical activity appropriate to patient ability

Avoid extreme calorie restriction or unsafe exercise recommendations.

5. Side Effect Counseling (Day 1)

Most common (usually early and transient):

- Nausea
- Vomiting
- Diarrhea

- Constipation
- Abdominal discomfort

Counseling tips

- Eat smaller meals
- Stop eating when full
- Avoid high-fat meals early in treatment
- Stay hydrated

Seek medical care urgently if

- Persistent severe abdominal pain (possible pancreatitis)
 - Symptoms of gallbladder disease
 - Signs of allergic reaction
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6. Concomitant Diabetes Medications

If patient has diabetes on insulin or Sulfonylurea: Refer to PCP for management

- It is possible that insulin, or sulfonylurea dose may need to be reduced to lower hypoglycemia risk
 - Glucose will need to be monitored more frequently during the first 4–8 weeks
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7. Follow-Up & Monitoring Schedule

4 weeks

- Assess tolerability
- Review adherence to administration instructions
- Address GI side effects

3 months

- Weight change
- Blood pressure
- Metabolic labs if indicated

Ongoing (every 3–6 months)

- Weight trajectory
- Side effects
- Continued appropriateness of therapy

Discontinue if

- Inadequate weight response despite adherence
 - Intolerable adverse effects
 - New contraindication arises
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8. Expected Outcomes (Set Expectations)

- Meaningful weight loss typically begins within **8–12 weeks**
 - Average weight loss in trials: **~14–17% at ~64 weeks**
 - Long-term use is generally required to maintain weight loss
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9. Key Counseling Summary (Plain Language)

- Take it **every morning, empty stomach, water only**
- Wait **30 minutes before anything else**
- Nausea is common early and usually improves
- This is **long-term therapy**, not a short course
- Combine with nutrition and movement for best results

ONE-PAGE PRESCRIBING CHECKLIST

Wegovy® Pill (oral semaglutide 25 mg) – Weight Management

1. Patient Eligibility (Check all that apply)

- Adult patient
- BMI ≥ 30 kg/m² **OR** BMI ≥ 27 kg/m² with ≥ 1 weight-related comorbidity
- Willing to use medication with nutrition and physical activity

2. Contraindications (Must be absent)

- Personal or family history of medullary thyroid carcinoma (MTC)
- MEN 2
- Pregnancy or breastfeeding
- Known hypersensitivity to semaglutide

3. Use Caution / Review History

- Prior pancreatitis
- Gallbladder disease
- Severe GI disease
- Diabetes treated with insulin or sulfonylurea

4. Baseline Documentation

- Weight, BMI, waist circumference
- Blood pressure, heart rate
- Relevant labs as indicated (A1C/glucose, lipids, renal function)
- Current medication review

5. Prescription

Medication: Wegovy® pill (oral semaglutide)

Dose: 25 mg by mouth once daily

Titration: None required

6. Administration Instructions (Critical)

- Take once daily in the morning
- Empty stomach
- With ≤ 4 oz (120 mL) plain water only
- Wait ≥ 30 minutes before food, drinks, or other oral meds

7. Counseling Completed

- Common GI effects reviewed (nausea, diarrhea, constipation)
- Eating smaller meals and stopping when full discussed
- Warning signs reviewed (severe abdominal pain, gallbladder symptoms)
- Long-term therapy expectations discussed

8. Diabetes Medication Adjustment (If applicable)

- Consider insulin/sulfonylurea dose reduction
- Plan for increased glucose monitoring

9. Follow-Up Plan

- 4–6 weeks: tolerability, adherence
- 3 months: weight response, vitals \pm labs
- Ongoing every 3–6 months

10. Discontinuation Criteria Reviewed

- Intolerable adverse effects
 - Inadequate response despite adherence
 - New contraindication
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