

# WEGOVY PILL PATIENT HANDOUT

## Wegovy® Pill (Oral Semaglutide) for Weight Loss

### What this medicine does

Wegovy® pill helps reduce appetite, increase fullness, and support weight loss when used with healthy eating and physical activity.

### How to take it (very important)

- Take **once every morning**
- Take on an **empty stomach**
- Swallow with **no more than 4 ounces of plain water**
- **Wait at least 30 minutes** before:
  - Eating
  - Drinking anything else
  - Taking other oral medications

Not following these steps can make the medicine much less effective.

### Dose

- **25 mg once daily**
- This is the full dose—**no dose increases are needed**

### What to expect

- Decreased appetite is common
- Weight loss usually begins within **1–3 months**
- Best results happen with healthy eating and regular movement
- Most people need to stay on treatment long-term to maintain weight loss

### Common side effects

These are usually mild and improve over time:

- Nausea
- Vomiting
- Diarrhea
- Constipation
- Stomach discomfort

### Tips to reduce side effects

- Eat smaller meals
- Stop eating when you feel full
- Avoid very fatty meals, especially early on
- Drink enough water

## **Call your healthcare provider right away if you have:**

- Severe or persistent stomach pain
- Pain in the upper right abdomen, fever, or yellowing of eyes/skin
- Signs of an allergic reaction (rash, swelling, trouble breathing)

## **Important safety information**

Do not use this medication if you:

- Have a personal or family history of certain thyroid cancers (MTC)
- Have MEN 2
- Are pregnant or breastfeeding

If you have diabetes, your provider may adjust your other medications to avoid low blood sugar.

## **Missed dose**

- If you miss a dose, **skip it** and take your next dose the following morning.
- Do not double up.

## **Remember**

This medication works best when combined with:

- Balanced nutrition
- Regular physical activity
- Ongoing follow-up with your healthcare provider