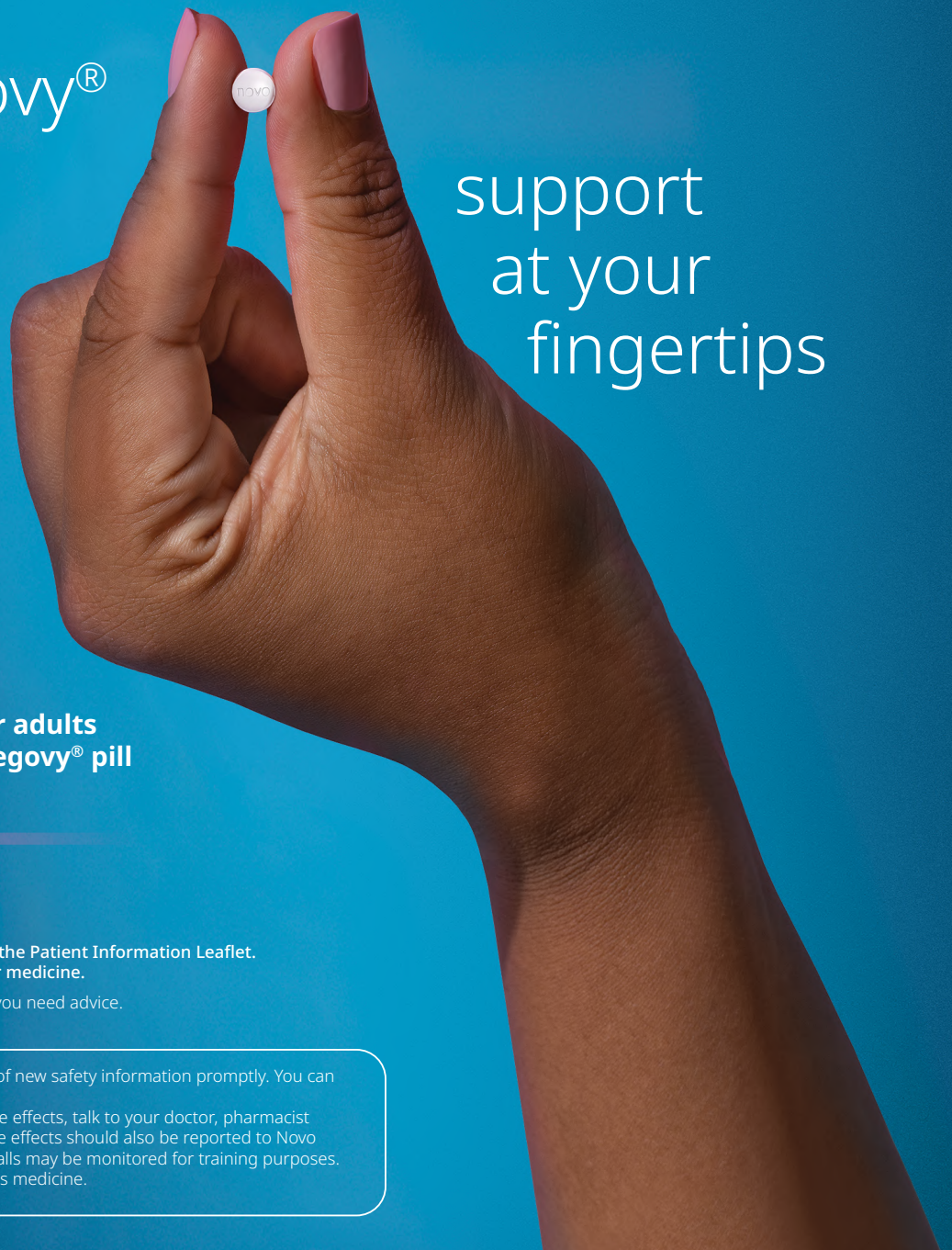
ONCE-DAILY

wegovy® ▼

semaglutide tablets

Wegovy® pill

support at your fingertips



Guidance and information for adults who have been prescribed Wegovy® pill to help manage their weight

This material has been produced and funded by Novo Nordisk.

This guide does not replace advice from your treatment provider. It also does not replace the Patient Information Leaflet. You should read the Patient Information Leaflet in full. You can find it in the box with your medicine.

Please contact your treatment provider if you have any questions about your treatment and if you need advice.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information promptly. You can help by reporting any side effects you may get.
See https://yellowcard.mhra.gov.uk/ for how to report 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. 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.

novo nordisk®

Meet your Wegovy® pill

Starting your treatment with Wegovy® pill is a positive step towards your weight loss goals. This brochure has been created to support you with your journey.

In this guide, you'll find answers to the following questions:

- **How do I take my Wegovy® pill?**
- **How do I fit Wegovy® into my routine?**
- **Which dose of Wegovy® should I take?**
- **What are the possible side effects of Wegovy®?**
- **How can I manage nausea (feeling sick)?**
- **What should I watch out for when taking Wegovy® (other safety information)?**

To get the most out of Wegovy®, it's important that you read this brochure in full.

Before starting treatment with Wegovy®, it is important that you read the Patient Information Leaflet, which you can find inside the box with your medicine.

Follow the link here to access more support on your weight management journey with Wegovy®

How do I take my Wegovy® pill?

Sip

Wake up and...

- ✓ **Take 1 Wegovy® pill whole with a sip of water** (up to 120ml).
- ✓ Only take Wegovy® **on an empty stomach.** It's recommended that you take Wegovy® at least 8 hours after the last time you ate.

- ✗ **Do not** keep the pill in a package other than the one it came in. Always keep Wegovy® in its original blister pack until you are ready to take one.
- ✗ **Do not** take the pill with other liquids.
- ✗ **Do not** split, crush, cut, chew, or dissolve the pill.

For many people, taking their Wegovy® pill in the morning makes it easier to remember. Find the routine that works best for you.

To make sure Wegovy® works as intended, you'll need to follow these simple steps every day.

Go

To give your body time to absorb Wegovy®, wait 30 minutes before

- Eating
- Drinking
- Taking other oral medicines

You could spend those 30 minutes starting your morning routine, whether it's making the bed or getting dressed.

Take Wegovy® the same way, every day, for it to work as intended.

Which dose of Wegovy® should I take?

If you are new to Wegovy®, your treatment provider will start you on the **1.5 mg** once-daily dose and will increase the dose every month, as tolerated, until the **25 mg** recommended maximum dose is reached.

Gradually increasing your dose over time is done to help your body get used to the medicine. Before taking your next dose, let your healthcare professional know if you have any side effects that bother you or do not go away.

The full treatment effect is usually seen at the recommended maintenance dose of **25 mg**.

Start	Work your way up		Stay
1.5 mg Month 1	**4 mg** Month 2	**9 mg** Month 3	**25 mg** Month 4+ **Recommended maintenance dose**

If you miss a dose of Wegovy®
Just skip the missed dose and continue taking Wegovy® as usual the next day.

Always take this medicine exactly as your provider has told you. Check with your provider if you are not sure.

What should I know about nausea (feeling sick)?

Like all medicines, Wegovy® can cause side effects, although not everybody gets them.

Feeling sick (nausea) is a very common side effect of Wegovy®, meaning it can affect more than 1 in 10 people. It usually goes away over time.

You should speak to your treatment provider if you are struggling with nausea.

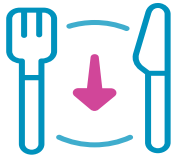
How can I manage nausea (feeling sick)?

If you can, the NHS recommends avoiding:

- Hot, fried, greasy or strong-smelling foods
- Eating too quickly
- Drinking a lot while you're eating

If you can, the NHS recommends trying:

- Smaller portions of food
- Ginger tea and foods that contain ginger
- Regular sips of cold drinks
- Eating slowly and staying upright after finishing your meal



Keep your mind busy – distract yourself with something you enjoy, such as watching a film or listening to a podcast.

Get fresh air – breathe in some fresh air by opening a window or spending time outside

Wegovy® safety information

For a full list of side effects, warnings and precautions, please read the Patient Information leaflet. You can find the Wegovy® Patient Information Leaflet in the box with your medicine.

Warnings and precautions

Talk to your treatment provider before using Wegovy® or during treatment if you have:

Dehydration

Wegovy® can make you feel nauseous (sick), be sick (vomiting) or have diarrhoea. These side effects can cause dehydration (loss of fluids). It is important that you drink enough fluids to prevent dehydration. This is especially important if you have kidney problems. Talk to your treatment provider if you have any questions or concerns.

Inflammation of the pancreas

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; see section 4 of the Patient Information Leaflet.

Diabetes

Wegovy® must not be used as a substitute for insulin.

Sudden changes to your eyesight

If you notice a sudden loss of vision or rapidly worsening eyesight during treatment with Wegovy®, urgently contact your doctor. This may be caused by a very rare side effect called non-arteritic anterior ischaemic optic neuropathy (NAION) (See section 4: 'Serious side effects' of the Patient Information Leaflet). Your doctor will refer you for an eye examination by an ophthalmologist and you may have to stop treatment with Wegovy®.

Low blood sugar (hypoglycaemia)

Wegovy® can cause low blood sugar. Warning signs of low blood sugar can come on suddenly. Common warning signs can include:

- Cold sweat
- Cool pale skin
- Headache
- Fast heartbeat
- Feeling sick (nausea)
- Feeling very hungry
- Changes in vision
- Feeling sleepy or weak
- Feeling nervous, anxious or confused
- Difficulty concentrating or shaking

Your treatment provider will tell you how to treat low blood sugar and what to do if you notice these warning signs. Low blood sugar may be more likely to happen if you have diabetes and are taking a sulfonylurea or insulin. Your treatment provider may ask you to test your blood sugar levels. This will help your treatment provider decide if the dose of the sulfonylurea or insulin needs to be changed to reduce your risk of low blood sugar.

Diabetic eye disease

Fast improvements in blood sugar control may cause diabetic eye disease to become temporarily worse. If you have diabetic eye disease and experience eye problems while taking this medicine, talk to your treatment provider.

Delayed stomach emptying (gastroparesis)

If you have slow (delayed) stomach emptying (called gastroparesis), use of Wegovy® may lead to serious or severe gastrointestinal adverse events.

Talk to your doctor before using Wegovy®.

▼ **Reporting side effects**
This medicine is subject to additional monitoring. This will allow quick identification of new safety information promptly. You can help by reporting any side effects you may get. See https://yellowcard.mhra.gov.uk/ for how to report 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. 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.

Allergies

Wegovy® contains:
- Semaglutide
- Salcaprozate sodium
- Magnesium stearate

Do not use Wegovy® if you are allergic to semaglutide or any of the other ingredients listed above.

Other medicines and Wegovy®

Tell your doctor, pharmacist or nurse if you are using, have recently used or might use any other medicines. In particular, you should tell your doctor, pharmacist or nurse if you are using medicines containing the following:

- Levothyroxine which is used for thyroid disease. This is because your doctor may need to check your thyroid levels if you are taking Wegovy® together with levothyroxine
- Warfarin or 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

Pregnancy

- Wegovy® should not be used during pregnancy, as it is not known if it may affect your unborn child
- You must use contraception while using Wegovy®
- If you wish to become pregnant, you should stop using Wegovy® at least two months in advance
- If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor for advice before taking this medicine.
- If you become pregnant while using this medicine, talk to your doctor straight away, as your treatment will need to be changed.

Breast-feeding

You should not use Wegovy® if you are breast-feeding. The medicine passes into breast milk, and it is not known how it affects your baby.

Driving and using machines

Wegovy® is unlikely to affect your ability to drive and use machines. Some people may feel dizzy when taking Wegovy®, mainly during the first three months of treatment. If you feel dizzy you should not drive or operate machines until you feel better. If you need any further information, talk to your treatment provider.

People living with diabetes

- Tell your treatment provider if you have diabetes. Your treatment provider may adjust the dose of your diabetes medicines to prevent you from getting low blood sugar
- Using Wegovy® in combination with a sulfonylurea or insulin can cause low blood sugar. Low blood sugar can reduce your ability to concentrate. Do not drive or use machines if you get any signs of low blood sugar. See the 'Low blood sugar' section on page 10 for more information on the warning signs of low blood sugar

Sodium content

The 1.5 mg, 4 mg and 9 mg tablets contain less than 1 mmol sodium (23 mg) per tablet, i.e. it is essentially 'sodium-free'. The 25 mg tablets contain 23 mg sodium (main component of cooking/table salt) in each tablet. This is equivalent to 1% of the recommended maximum daily dietary intake of sodium for an adult.

If you are due to have surgery

Please tell your doctor that you are taking Wegovy® if you are due to have surgery where you will be under general anaesthesia (sleeping).

Serious side effects of Wegovy®

Common: may affect up to 1 in 10 people

- Complications of diabetic eye disease (diabetic retinopathy) – if you have diabetes, you should inform your doctor if you experience 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

- Kidney or bladder stones – signs may include back or lower abdomen pain, difficulty in urination or change in colour of your urine

Rare: may affect up to 1 in 1,000 people

- Severe allergic reactions (anaphylactic reactions, angioedema) – you should seek 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, wheezing, fast heartbeat, pale and cold skin, feeling dizzy or weak

- Hip fractures

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 (see section 2 of the Patient Information Leaflet: 'Sudden changes to your eyesight')

Not known: this means there is not enough data to determine how common this side effect is

- Bowel obstruction – a severe form of constipation with additional symptoms such as stomach ache, bloating, being sick (vomiting), etc.

Common side effects of Wegovy®

Like all medicines, Wegovy® can cause side effects, although not everybody gets them. The most common side effects are listed here, but for a full list of all side effects, warnings and precautions please read the Patient Information Leaflet.

Very common side effects: may affect more than 1 in 10 people

- Headache
- Feeling sick (nausea)
- Being sick (vomiting)
- Diarrhoea
- Constipation
- Stomach pain
- Feeling weak or tired
- Upset stomach or indigestion

These usually go away over time.

For tips on how to manage nausea, see Page 5.

Common side effects: may affect up to 1 in 10 people

- Feeling dizzy
- Burping
- Gas (flatulence)
- Bloating of the stomach
- Inflamed stomach ('gastritis') – the signs include stomach ache, feeling sick (nausea) or being sick (vomiting)
- Reflux or heartburn – also called 'gastroesophageal reflux disease'
- Gallstones
- Hair loss
- Change in the way food or drink tastes
- Change in skin sensation
- Low blood sugar (hypoglycaemia) in patients with diabetes

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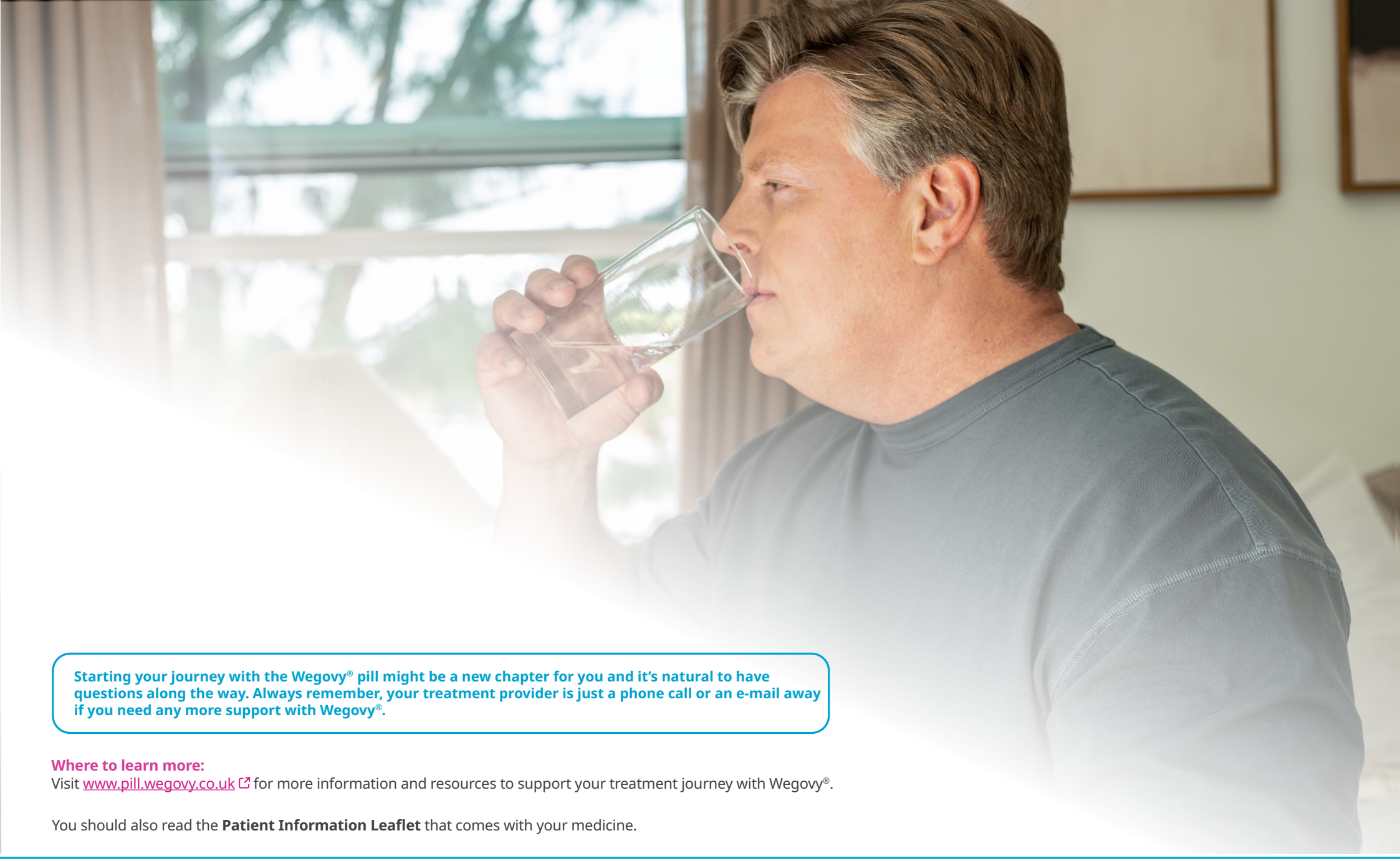

Starting your journey with the Wegovy® pill might be a new chapter for you and it's natural to have questions along the way. Always remember, your treatment provider is just a phone call or an e-mail away if you need any more support with Wegovy®.

Where to learn more:
Visit www.pill.wegovy.co.uk for more information and resources to support your treatment journey with Wegovy®.

You should also read the **Patient Information Leaflet** that comes with your medicine.

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UK26SEMO00507| June 2026