



MY TREATMENT GUIDE

Starting treatment with
once-weekly Ozempic®



Please see the Consumer Medicine Information
and the Instructions For Use that come with
your Ozempic® pen.






OZEMPIC®
semaglutide injection

Introducing once-weekly Ozempic[®]

With your doctor, you've decided to start taking Ozempic[®] to help manage your diabetes. Ozempic[®] is a type 2 diabetes medicine that can help you reach your treatment goals.



Ozempic® is a glucagon-like peptide-1 receptor agonist (GLP-1 RA), similar to a natural hormone released from the body after eating. Ozempic®:

-  Is medication for adults with type 2 diabetes
-  Is a once-weekly injection
-  Helps your body reduce your blood sugar level when it is too high
-  Helps you to manage your body weight
-  Is not an insulin

Ozempic® is similar to a natural hormone released from the body after eating.

Ozempic® helps your body reduce your blood sugar level when it is too high.

Please see the Consumer Medicine Information and the Instructions For Use that come with your Ozempic® pen.

Your once-weekly Ozempic[®] pen



Ozempic[®] is available in three doses, in two different pen sizes. Your doctor will decide which one you will be prescribed.

To become more familiar with the Ozempic[®] pen, review the illustrations and instructions and **be sure to refer to the Ozempic[®] Consumer Medicine Information and the Instructions For Use that come with your Ozempic[®] pen.**

Training on how to take Ozempic[®] is very important. You should not use the pen until your doctor or nurse has trained you on how to use it properly.

Each box of Ozempic[®] comes with very thin NovoFine[®] Plus needles.



The NovoFine[®] Plus 32G 4-mm needle is thin – the same thickness as 2 strands of human hair.

Storing your once-weekly Ozempic[®] pen

Before opening

Store in a refrigerator at 2°C to 8°C.

After opening

Store for 6 weeks at a temperature below 30°C, or in a refrigerator at 2°C to 8°C.

How to use your once-weekly Ozempic[®] pen

Please refer to the Ozempic[®] Consumer Medicine Information and the Instructions For Use that come with your Ozempic[®] pen.



STEP 1

Check your pen and attach a new needle

Make sure your pen contains **clear and colourless** Ozempic[®]. Screw on a new needle and pull off **both** needle caps.



STEP 2

Check the flow

With each **new** pen, turn the dose selector to select the **flow check symbol** (■ ■ ▬). Press and hold in the dose button. Repeat until a drop appears.



STEP 3

Select your dose

Turn the dose selector until the dose counter shows your dose (0.25 mg, 0.5 mg or 1 mg).



STEP 4

Inject your dose

Insert the needle. Press and hold down the dose button. After the dose counter reaches 0, **slowly count to 6**.



STEP 5

Remove the needle

Carefully remove and dispose of the needle. Put the pen cap back on.

Please see the Consumer Medicine Information and the Instructions For Use that come with your Ozempic[®] pen.

Starting once-weekly Ozempic®



*Your doctor may instruct you to use the first pen for 6 weeks, which will include two doses of 0.5 mg. Always talk to your doctor before changing your dose.

START

The starting dose

You should start with 0.25 mg once a week for 4 weeks.

STEP

After 4 weeks

Your dose should then be increased to 0.5 mg once a week. You should remain on 0.5 mg once a week for at least 4 weeks.

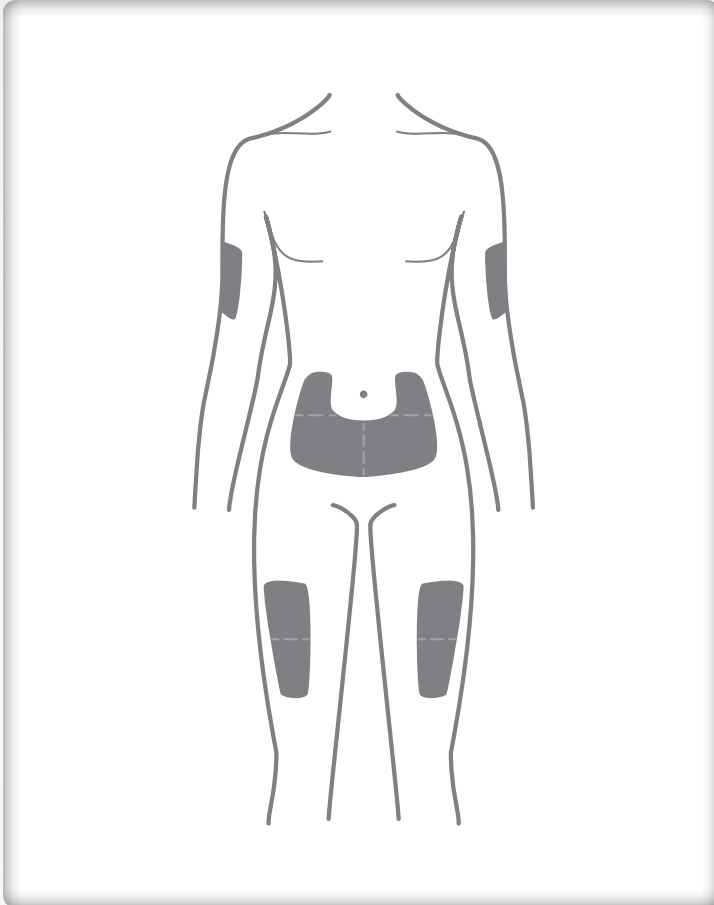
STAY

Based on your individual needs

Your doctor may increase your dose to 1 mg once a week OR ask you to remain on 0.5 mg once a week.

Where to inject once-weekly Ozempic®

The best places on your body to inject Ozempic® are the front of your thighs, the front of your waist (abdomen) or your upper arms.



Please see the Consumer Medicine Information and the Instructions For Use that come with your Ozempic® pen.

When to take once-weekly Ozempic®

You should use Ozempic® once a week on the same day each week at any time of the day. It can be taken with or without meals.



To help you remember to take your dose, consider pairing it with an activity you enjoy each week.



What to do if you miss your dose of once-weekly Ozempic®

If 5 days or less

since your missed dose, take Ozempic® as soon as you remember. Take your next dose on your regularly scheduled day.

If more than 5 days

since your missed dose, skip that dose and take Ozempic® on your next scheduled day.



Do not take a double dose to make up for a missed dose!

Possible side effects

Like all medicines, Ozempic® may cause side effects, although not everybody gets them.

The most commonly reported side effects are stomach and gut problems. These may include feeling sick (nausea), vomiting, diarrhoea or constipation. Most often, these reactions are mild or moderate and will go away with time. They are most likely to happen when you first start taking the medicine and usually only last for a few days or maybe a few weeks.

To decrease the chances of you having stomach and gut side effects, you will be started on 0.25 mg, with your dose being increased gradually.

Tips for managing side effects

Talk to your doctor or nurse if you experience any side effects. They may be able to offer advice on how to manage them.

Helpful tips to prevent nausea

Ozempic® can make you feel full faster than normal. If you continue eating the same amount as before you started taking Ozempic®, you will probably experience nausea. However, you may be able to prevent nausea by changing what you eat and how you are eating.

If you do experience nausea and vomiting, there are ways to manage this.

- Never eat if you are not hungry
- Eat half your meal and stop for a few minutes. If you feel full, don't finish the other half
- Eat smaller portions
- Reduce fatty meals and avoid foods and smells that make you feel worse
- Drink plenty of fluids
- Try eating fresh food
- Do not skip breakfast

Helpful tips to manage diarrhoea

If you do experience diarrhoea, there are ways to manage it:

- Drink plenty of fluids to prevent dehydration
- Reduce milk and milk products, such as yoghurt and cheese
- Reduce fat intake in your meals

Helpful tips to manage constipation

If you do experience constipation, there are ways to manage it:

- Drink more fluids
- Limit the amount of meals during the day and set regular times for each meal
- Increase your fibre intake, either through food (e.g. vegetables and whole-wheat products) or fibre supplements
- Take a probiotic supplement
- Take magnesium salts as tablets
- Exercise regularly, as this helps the movement of your intestines

For support on managing side effects, go to:



OZEMPICCARE™

www.ozempicare.com.au



OZEMPIC® APP

On-demand support and dose reminders



CUSTOMISED CARE

Visit your local pharmacist for face-to-face advice and information or call the NovoCare® Customer Care Centre on 1800 668 626

Please see the Consumer Medicine Information and the Instructions For Use that come with your Ozempic® pen.

Frequently asked questions

Q When should I take Ozempic®?

A You should take your weekly Ozempic® dose on the same day each week at any time of the day.

Q How should I take Ozempic®?

A Ozempic® is given as an injection. The best places to inject Ozempic® are the front of your thighs, the front of your waist (abdomen) or your upper arms.

To learn more about injecting Ozempic®, review the instructions on page 5 and **refer to the Ozempic® Consumer Medicine Information and the Instructions for Use that come with your Ozempic® pen.**

Q Should I take Ozempic® with a meal?

A You can take Ozempic® with or without meals. You should take it once a week, on the same day each week, at any time of the day.

Q What should I do if I've missed a dose of Ozempic®?

A If you ever miss or forget to take a dose, here is what you should do:

- ✓ If it has been 5 days or less since you missed your dose of Ozempic®, take it as soon as you remember. Then take your next dose as usual on your regularly scheduled day
- ✓ If it has been more than 5 days since you missed your dose of Ozempic®, skip the missed dose. Then take your next dose as usual on your regularly scheduled day

Do not take a double dose to make up for a missed dose!

Q What do I do if I want to switch the day I take Ozempic®?

A You can change the day you take Ozempic® as long as it has been at least 3 days since your dose. After selecting a new dosing day, continue taking it once a week.

INTRODUCING

OZEMPICCARE™

PATIENT SUPPORT PROGRAM



OZEMPICCARE™
www.ozempiccare.com.au

- A weekly program providing support and motivation



OZEMPIC® APP

- Get answers to questions you may have about Ozempic®
- Watch a quick video on how to use your Ozempic® pen
- Set dose and appointment reminders



SUPPORT MATERIAL

- Educational and practical materials from your doctor



CUSTOMISED CARE

- Visit your local pharmacist for face-to-face advice and information
- Call the NovoCare® Customer Care Centre at 1800 668 626

Register for the OzempicCare™ Patient Support Program

www.ozempiccare.com.au



Ozempic® is a registered trademark of Novo Nordisk A/S. Novo Nordisk Pharmaceuticals Pty. Ltd.
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