

How to take Wegovy®

Preparation

Now that you're familiar with your pen, let's learn about preparation, injection, and disposal.

1

GATHER YOUR SUPPLIES:

Your Wegovy® pen, 1 gauze pad or cotton ball, 1 alcohol swab or soap and water, and 1 disposal container for your pen. See page 4 for more information on how to dispose of your pen.

2

WASH YOUR HANDS

3

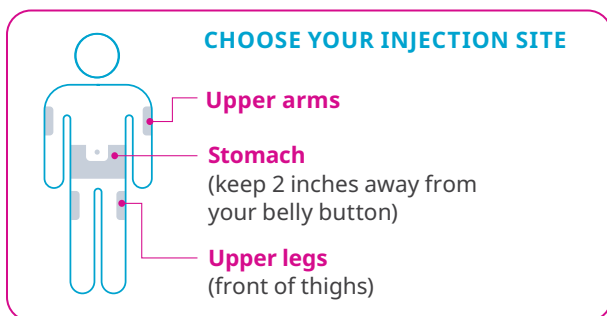
CHECK YOUR WEGOVY® PEN AND DO NOT USE IT IF:

- The pen appears to have been used, or any part of the pen appears broken; for example, if it has been dropped
- The medicine is not clear and colorless through the pen window
- The expiration date (EXP) on the back of the pen has passed

If you notice any of the above, call Novo Nordisk at 1-833-934-6891.

◀ Read the Instructions for Use and Important Safety Information before using your pen. ▶

Your health care provider can help you choose one of the areas listed below to inject Wegovy®. You can inject in the same part of your body each week, but make sure it is not in the exact same spot each time.



DO NOT INJECT INTO:

- An area where the skin is tender, bruised, red, warm, or hard
- Areas with scars or stretch marks

Make sure to clean the injection site with an alcohol swab or soap and water and to not touch the area after cleaning.

Important Safety Information

What is the most important information I should know about Wegovy®?

Wegovy® may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, Wegovy® and medicines that work like Wegovy® caused thyroid tumors, including thyroid cancer. It is not known if Wegovy® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people
- Do not use Wegovy® if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)

Please see additional Important Safety Information throughout and Prescribing Information, including Medication Guide, at <https://www.novo-pi.com/wegovy.pdf>.

wegovy®
semaglutide injection 2.4 mg

How to take Wegovy®

Injection

First, pull the pen cap straight off of the pen. Then, push the pen firmly against your skin to start the injection.

- You will hear 2 clicks during the injection, which takes about 10 seconds.
 - Click 1: Injection has started
 - Click 2: Injection is ongoing
- If you do not hear the first click and the yellow bar in the window does not start moving, press the pen more firmly against your skin
- When you hear the second click, keep holding down until the yellow bar stops moving and you reach 10 seconds



click
1



Click 1: Injection has started

click
2



Click 2: Keep holding until yellow bar stops moving



Yellow bar has stopped moving: Injection is complete. Slowly lift the pen away from your skin



◀ The injection takes about 10 seconds from the start of the first click. ▶

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Disposal

SAFELY THROW AWAY THE PEN RIGHT AFTER USE



Do not throw the pen away in your household trash. Instead, use an FDA-cleared sharps disposal container or a sturdy household container with a tight-fitting lid, like a heavy-duty plastic container.



If blood appears at the injection site, press lightly with a gauze pad or cotton ball.

◀ Watch the Instructions for Use video at [StartWegovy.com](https://www.startwegovy.com) or speak with a **WeGoTogether®** Coach for more help. ▶

Important Safety Information (cont'd)

Do not use Wegovy® if:

- you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)
- you have had a serious allergic reaction to semaglutide or any of the ingredients in Wegovy®

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For adults:

Dosing with Wegovy®

You'll take Wegovy® on the same day each week, at any time of day, with or without food



- Start Wegovy® with a dose of **0.25 mg** (the dose you received in this kit) once per week in your **first month**



- In your **second month**, increase your weekly dose to **0.5 mg**
- In your **third month**, increase your weekly dose to **1 mg**
- In your **fourth month**, increase your weekly dose to **1.7 mg**



- In your **fifth month**, you'll increase your weekly dose to **2.4 mg**. From then onward, you'll continue taking that dose each week

If you need to change the day of the week, you may do so as long as your last dose of Wegovy® was given 2 or more days before.

Check in with your health care provider while increasing your dose to track what's working for you and when you're ready to fill your next dose.

Wegovy® dosing schedule

Wegovy® has 5 preset doses (also known as strengths), and each has its own color.



If you miss a dose of Wegovy® and the next scheduled dose is more than 2 days away (48 hours), take the missed dose as soon as possible. If you miss a dose and the next scheduled dose is less than 2 days away, do not take the dose. Instead, take your next dose on the regularly scheduled day.

If you have questions about dosing, please call your health care provider.

Important Safety Information (cont'd)

Before using Wegovy®, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys
- have type 2 diabetes and a history of diabetic retinopathy
- have or have had depression, suicidal thoughts, or mental health issues

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Common side effects

Side effects of Wegovy® may include:

nausea	upset stomach
diarrhea	dizziness
vomiting	feeling bloated
constipation	belching
stomach (abdomen) pain	gas
headache	stomach flu
tiredness (fatigue)	heartburn
runny nose	sore throat

Helpful tips

If you experience nausea, here are some tips that may help:



Eat bland, low-fat foods, such as crackers, toast, and rice



Eat foods that contain water, such as soup and gelatin



Don't lie down after you eat



Go outside and get some fresh air



Eat more slowly

◀ Talk to your health care provider if you experience any side effects, including nausea, while taking Wegovy®. ▶

Important Safety Information (cont'd)

Before using Wegovy®, tell your healthcare provider if you have any other medical conditions, including if you (cont'd):

- are pregnant or plan to become pregnant. Wegovy® may harm your unborn baby. You should stop using Wegovy® 2 months before you plan to become pregnant
- are breastfeeding or plan to breastfeed. It is not known if Wegovy® passes into your breast milk

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