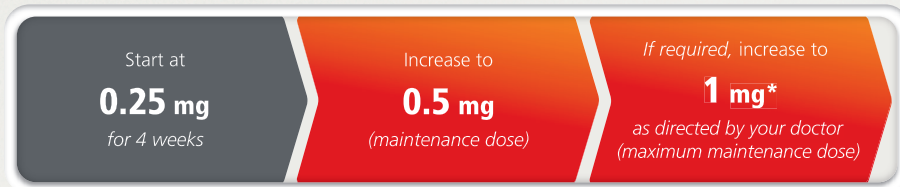


Getting started with Ozempic®

With your doctor, you've decided to start a new treatment to help manage your diabetes. Ozempic® is a type 2 diabetes medicine that can help you lower your blood sugar.

Ozempic® can be used on its own if your blood sugar levels are not properly controlled by diet and exercise alone and you cannot use metformin, or in combination with one or more other medicines for diabetes when they are not enough to control your blood sugar levels.

How do I start taking Ozempic®?



The starting dose

of Ozempic® is **0.25 mg** once a week for 4 weeks.

After 4 weeks,

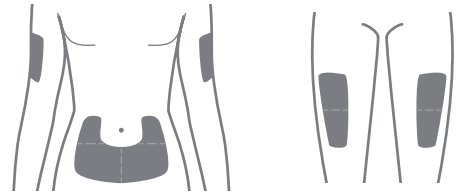
your dose should be **increased to 0.5 mg** once a week.

Your doctor may decide to **increase your dose to 1 mg** once a week, if your blood sugar is not controlled enough with the 0.5 mg dose.

* Ozempic® is available in two pens, depending on the dose prescribed by your doctor.

Do not change your dose unless directed by your doctor.

How do I administer 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.

Scan this QR code with your smartphone camera to watch a step-by-step video on how to use your Ozempic® pen.



How do I use my pre-filled Ozempic® pen?



STEP 1

Check the name and coloured label of your pen to make sure you are taking the correct dose. **Attach a new needle.**

Make sure your pen contains **clear and colourless** Ozempic®.



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 or 0.5 mg).

If you are using the 1 mg pre-filled pen, turn the dose selector until the dose counter stops at 1 mg.



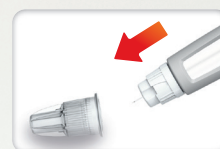
STEP 4

Inject your dose

Always use the dose counter and the dose pointer to see how many mg you have selected before injecting this medicine.

Only doses of 0.25 mg, 0.5 mg or 1 mg (as directed by your doctor) must be selected with the dose selector.

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

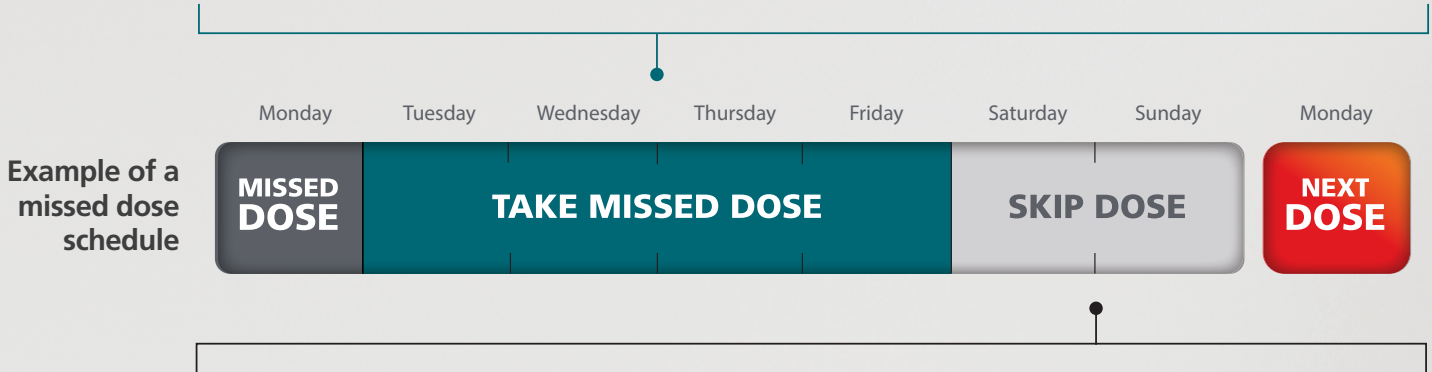
Carefully remove and dispose of the needle. Put the pen cap back on.

Please refer to the full instructions for use in the Patient Information Leaflet.

What do I do if I forget to take my Ozempic® dose?

If it has been 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 it has been more than 5 days

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

Do not take an extra dose or increase the dose to make up for a missed dose.

Tips for managing side effects

The most common side effects of Ozempic® are gastrointestinal-related (nausea and diarrhea), which typically diminish over time. However, there are a few things you can try that may help, such as:



Eat smaller, more frequent meals



Eat slowly



Drink plenty of water (stay hydrated)



Avoid fatty food

Additional tip:

This is not a complete list of possible side effects. For the full list of possible side effects, please see the Patient Information Leaflet.

Talk with your healthcare professional if you experience any side effects. They may be able to offer advice on how to manage them.

Join OzempicCare™ today! A FREE support program with practical tips and tools to help you get started.

Visit **OZEMPICCare™.ca** to join.



Need a mobile option?

Download the Ozempic® app today to access additional features like an injection demo video, schedule weekly reminders, and much more!



The Ozempic® DIN must be entered into the OzempicCare™ Patient Support Program and Ozempic® app to create a user profile and access all the website and app features. **The Ozempic® DIN can be found on your Ozempic® pen.**

Additional notes from your doctor: _____

Next appointment date: _____ / _____ / _____ Target A1C: _____

The purpose of this tear pad is to give you important information about Ozempic®. However, it is only a summary and will not tell you everything about treating type 2 diabetes with Ozempic®. Please see the Patient Information Leaflet for more information or contact your healthcare professional with any questions you may have about type 2 diabetes or your Ozempic® treatment.



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OZEMPIC®
semaglutide injection