

Ozempic

(semaglutide)

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How does this medication work? What will it do for me?

Semaglutide belongs to a group of medications known as *glucagon-like peptide-1 (GLP-1) receptor agonists*. It is used alone or with other medications to **improve blood glucose (sugar) levels for people with type 2 diabetes**.

Diabetes medications such as semaglutide are used when diet, exercise, weight reduction and medications such as metformin, glyburide, or insulin have not been found to lower blood sugar well enough on their own. It works by helping your body make more insulin and control blood glucose levels.

How should I use this medication?

The recommended adult starting dose of semaglutide is 0.25 mg once a week. Semaglutide is injected subcutaneously (under the skin) on your stomach area (abdomen), upper thigh, or upper arm, exactly as instructed by your doctor or diabetes educator. It can be injected at any time of the day, without regard to meals. After four weeks, your dose will increase to 0.5 mg once a week. If needed, your doctor may increase the dose again in four weeks to 1mg once a week. Do not change your dose unless your doctor has told you to do so.

If you are also using insulin, each medication should be injected separately.

Your doctor or diabetes instructor will show you how to use this medication properly. If you are not sure how to use it or have questions about how to use it, contact your doctor. Before using this medication, thoroughly read the patient information provided and ask your doctor if you have any questions. If a caregiver will be giving you the injections, your doctor should instruct them on how to give the injection.

Many things can affect the dose of medication that a person needs, such as body weight, other medical conditions, and other medications. **If your doctor has recommended a dose different from the ones listed here**, do not change the way that you are taking the medication without consulting your doctor.

It is important to take this medication exactly as prescribed by your doctor. If you miss a dose, and it is less than 5 days since the missed dose, inject your dose as soon as

possible. If it less than 48 hours until your next scheduled dose, skip the missed dose and continue with your regular dosing schedule. **Do not inject a double dose or increase your dose to make up for a missed one. If you are not sure what to do after missing a dose, contact your doctor or pharmacist for advice.**

Semaglutide should be clear and colourless. Do not use semaglutide if you notice particles or anything unusual in the appearance of the solution.

After the first use of the pen, this medication can be stored at room temperature or in the refrigerator for up to 56 days (8 weeks). Always store this medication without a needle attached to prevent contamination, infection, and leakage. To protect this medication from light, always keep the pen cap on when you are not using it.

Store this medication in the refrigerator, do not allow it to freeze, and keep it out of the reach of children.

Do not dispose of medications in wastewater (e.g. down the sink or in the toilet) or in household garbage. Ask your pharmacist how to dispose of medications that are no longer needed or have expired.

What form(s) does this medication come in?

Each 1 mL of clear, colourless solution contains 1.34 mg of semaglutide. *Nonmedicinal ingredients:* disodium phosphate dihydrate, propylene glycol, phenol, and water for injections.

There are 2 forms of the pre-filled, multi-dose, disposable pen. One pen delivers doses of 0.25 mg and 0.5 mg semaglutide, while the other pen delivers 1 mg doses only.

Each pen contains 2 mg of semaglutide.

Who should NOT take this medication?

Do not take this medication if you:

- are allergic to semaglutide or any ingredients of the medication
- are pregnant
- are breast-feeding
- have a personal or family history of thyroid cancer
- have *multiple endocrine neoplasia syndrome type 2* (a disease where people have tumours in more than one gland in their body)

What side effects are possible with this medication?

- change in the taste of food or drink

- constipation
- decreased appetite
- diarrhea
- dizziness
- gas or burping
- heartburn
- mild abdominal pain or bloating
- nausea
- redness, itching, or swelling at the injection site
- tiredness
- vomiting
- weight loss
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Check with your doctor as soon as possible if any of the following side effects occur:

- signs of low blood glucose (e.g., anxiety, blurred vision, confusion, difficulty concentrating, difficulty speaking, dizziness, drowsiness, fast heartbeat, feeling jittery, headache, hunger, irritability, nausea, nervousness, numbness or tingling of the lips or tongue, sweating, tiredness, trembling, weakness)
- symptoms of gallstones (e.g., intermittent, severe, dull pain in the upper right part of the abdomen, nausea, vomiting, intolerance of fatty or greasy foods)
- symptoms of irregular heartbeat (e.g., chest pain, dizziness, rapid, pounding heartbeat, shortness of breath)
- vision changes caused by diabetic retinopathy (e.g., blurred or changing vision, floaters, changes in colour vision)
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Stop taking the medication and seek immediate medical attention if any of the following occur:

- severe hypoglycemia (e.g., disorientation, loss of consciousness, seizures)
- signs of pancreatitis (e.g., abdominal pain on the upper left side, back pain, nausea, fever, chills, rapid heartbeat, swollen abdomen)
- symptoms of a serious allergic reaction (e.g., swelling of the face or throat, difficulty breathing, wheezing, or itchy skin rash)