

Starting Wegovy®

开始使用 Wegovy®

Information about Wegovy®
(semaglutide injection) for
adult patients.

关于Wegovy® (Semaglutide
注射剂) 的信息手册。

Patient Portrayals.
患者肖像图。



ONCE-WEEKLY
wegovy®
semaglutide injection **2.4 mg**

Please refer to package leaflet for complete information. This material is intended for patients who have been prescribed Wegovy® only and should received it from their healthcare professional after prescription. Not to be distributed outside the direct supervision of a healthcare professional. For educational purposes only - please do not attempt to self-diagnose or treat any medical condition on your own. Kindly consult a qualified healthcare professional in the event of any query or medical concern. Not for dissemination by and/or to any other third party.

请参阅Wegovy®减肥药物的传单以获取完整信息。本信息手册仅提供给已获得Wegovy®处方药的患者使用，应在获得处方之后由医护人员提供。不得在医护人员的直接监督之外分发。本信息手册仅供教育用途，请勿自行尝试诊断或治疗任何健康状况。如有任何疑问或医疗问题，请咨询合格的医护人员，不得由任何第三方传播或分发。

Your guide to starting Wegovy®

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Understanding weight loss

Many people believe that losing weight and keeping it off is about what you eat and how much you exercise, and that strong willpower determines success.

The reality is that obesity is a complex, chronic disease caused by multiple factors, including your environment, genes and emotional health.¹⁻³ Having difficulty losing weight is real and not just about willpower.

Our brains are in charge of our appetite, but it's not always as simple as just feeling hungry. While one part of our brain tells us when we need food, other parts influence our food choices based on things like emotions, routines and even simple enjoyment.

For people with overweight or obesity, these different brain signals can become imbalanced, making it harder to manage cravings, recognise true hunger, and feel satisfied after eating.⁴⁻⁹

Our biology can drive weight regain^{9,10}

You start losing weight

With a healthy diet and exercise, you may find it easier to lose weight.^{9,10}



But your body pushes back

As you lose weight, changes in appetite hormones can make you feel hungrier. Plus, as your weight drops, your body uses fewer calories to perform basic functions at rest. **This means that keeping the weight off is often more difficult than losing weight.**^{9,10}



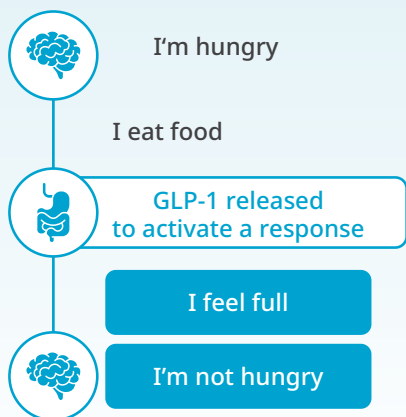
Scan this QR code to learn more about obesity.
Visit: www.truthaboutweight.sg

How does Wegovy® work?

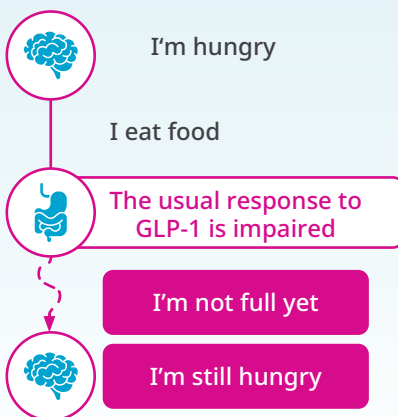
Wegovy® is a medicine for weight loss and weight maintenance that contains the active substance semaglutide.

For people with overweight or obesity, the different brain signals in charge of appetite can become imbalanced, making it harder to manage cravings, recognise true hunger, and feel satisfied after eating.⁴⁻⁹

Normally, hormones such as GLP-1 control your appetite by acting on your brain after you eat⁴⁻⁹



In people with obesity, changes occur in the release of hunger-controlling hormones, including GLP-1⁴⁻⁹



Similar to a natural hormone called glucagon-like peptide-1 (GLP-1) that is released from the intestine after a meal, Wegovy® works by acting on receptors in the brain that control your appetite, causing you to feel fuller and less hungry and experience less craving for food.

What to expect from treatment with Wegovy®?

Starting a new treatment plan can bring up a lot of questions.

Understanding what to expect with Wegovy® can help you feel more prepared as you begin.



Wegovy® should be combined with **changes to your diet and physical activity**. Your healthcare team can help you develop a personalised plan that fits your lifestyle and supports your goals for weight loss and improved health.



You will administer your **once-weekly injection** of Wegovy® yourself at home. Your healthcare team can show you the proper technique for injections. You can also find further details on how to use the Wegovy® pen on **page 10** of this booklet.

Remember

Weight loss is about more than just numbers. Focus on how you feel, for example, increased energy, improved mood and the ability to participate in activities that are important to you are all signs of positive progress in weight management.^{11,12}

Celebrate the victories off the scale along the way!



Like all medications, Wegovy® may cause side effects, although most people only experience **mild-to-moderate side effects that typically don't last long.**¹³ It's important to know that side effects may not always occur, but if they do, always discuss these with your doctor.

If you don't experience any side effects, this also doesn't mean the medication isn't working as intended. You can read more about potential side effects on **page 12** of this booklet.



Weight loss is a gradual process and everyone responds to treatment differently. It's important to focus on **consistent, sustainable changes over time.** Your doctor will work with you to set treatment goals and the steps necessary to achieve these goals.



As obesity is a complex, chronic disease,¹⁻³ everyone's weight loss journey will be different. Ongoing management may take time.

Your health goals and length of treatment will be something you reassess with your doctor, so you continue to be clear about treatment expectations. Always speak to your doctor before changing or stopping your treatment.

Get to know your Wegovy® FlexTouch® pen

- ✓ Wegovy® comes in a FlexTouch® pen for once-weekly use.¹³
- ✓ Each pen is coloured coded for easy dose strength identification.¹³
- ✓ Each pen contains enough medication to last 4 weeks and needs to be primed only once before first use.¹³

Wegovy® dose escalation¹³

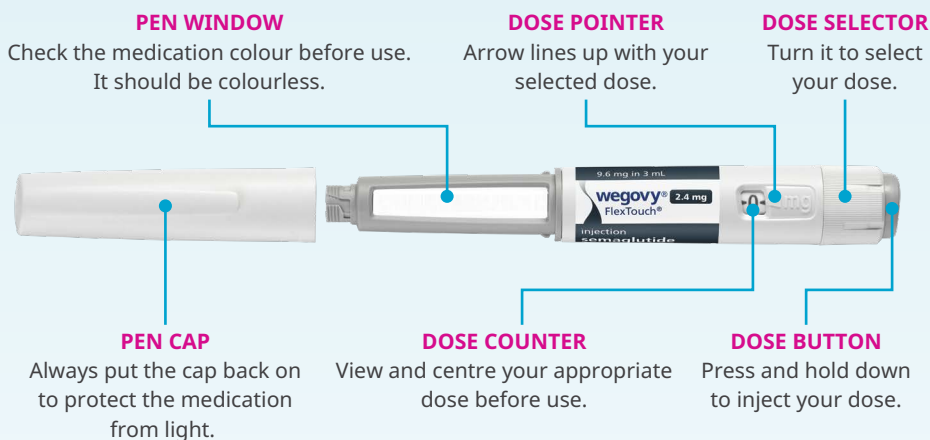
- Wegovy® requires **5 different dose strengths** that your doctor will prescribe during the dose escalation.
- You will **gradually increase the dose strength** of Wegovy® every 4 weeks until you reach the recommended dose of 2.4 mg.
- This gradual increase in your Wegovy® dose strength can help **reduce the chance of experiencing side effects** like feeling nausea.
- Your doctor will make **follow-up appointments during the dose- escalation period to check your progress** and discuss any side effects you may be experiencing.



Note

Your weekly dose of Wegovy® increases in strength gradually every 4 weeks to give you time to adjust. The 2.4 mg dose is the recommended dose based on clinical studies to help achieve optimal weight loss.¹³

Each Wegovy® pack consists of 1 pre-filled pen which contains 4 Wegovy® doses to be use once a week for 4 weeks, 4 disposable needles and the Product Leaflet.



How to take Wegovy®



You should use Wegovy® once a week, on the same day each week if possible.

To help you remember what day to inject Wegovy®, consider writing down the day of the week you choose on the Wegovy® carton (e.g., Wednesday) and/or using the dose tracker on the back of this brochure.



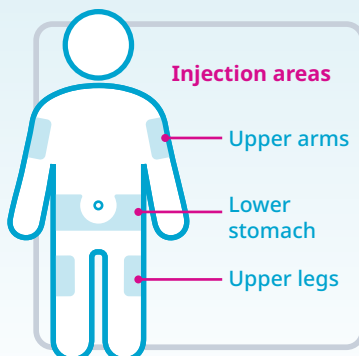
You can give yourself the injection at any time of the day — regardless of meals.

If necessary, you can change the day of your weekly injection of Wegovy® as long as it has been at least 3 days since your last injection.



Your doctor would have instructed you about a reduced-calorie meal plan and physical activity program — stay on this program while taking Wegovy®.

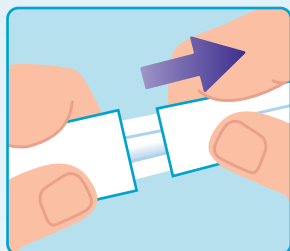
Wegovy® is injected under the skin (don't inject it into a vein or muscle). The best places to give the injection are your upper legs (the front of your thighs), your upper arms, and the front of your waist (abdomen) keeping a 5 cm distance from your belly button. Do not inject into an area where the skin is tender, bruised, red, or hard. Avoid injecting into areas with scars or stretch marks. You may inject in the same body area each week, but make sure it is not in the same spot each time.





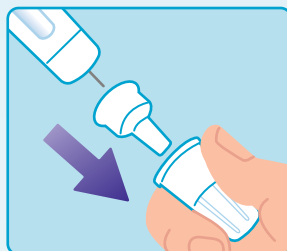
Scan this QR code to watch the video on how to use your Wegovy® FlexTouch® pen.

1. Get started



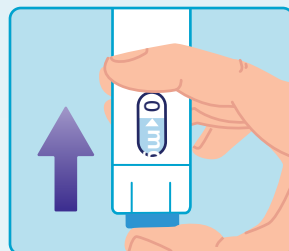
- Check the label of the pen to make sure it is the right medicine.
- Pull off the pen cap and check that the medicine inside the pen window is clear and colourless. Do not use pen if it looks cloudy or coloured.

2. Attach a needle



- Always use a new needle for each injection. Never use a bent or damaged needle.
- Take a new NovoFine® Plus needle and tear off the paper tab. Push the needle onto the pen and turn until it is tight.
- The needle is covered by two caps. Pull off the outer needle cap and keep it for later. You will need it to safely remove the needle from the pen after injection.
- Pull off the inner needle cap and dispose of it.

3. Check the flow of each new pen



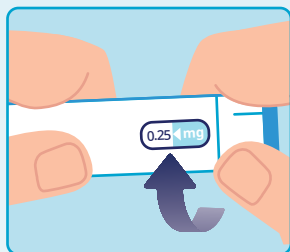
- Check the flow before the first injection with each new pen.
- Turn the dose selector till the flow check symbol (■ ■ ■) lines up with the dose pointer.
- Hold the pen with the needle pointing up. Press and hold the dose button till the dose counter returns to 0. A drop of liquid should appear at the needle tip. This means the pen is ready for use.
- If no drop appears, check the flow again. If there is still no drop, change the needle and check the flow once more. Return the pen to your healthcare provider if a drop still does not appear.

Reminder

You only need to check the flow if you are using a NEW pen. If your pen is already in use, **DO NOT** check the flow and move on to **Step 4**.

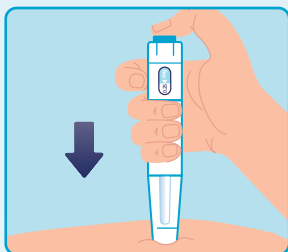
How to take Wegovy® (cont.)

4. Set the dose



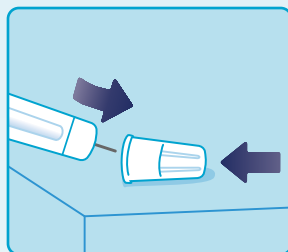
- Turn the dose selector till the dose counter stops and shows your prescribed dose.
- The number in the dose counter should always match what is written on the pen.

5. Inject the dose



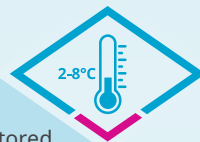
- Inject your dose by inserting the needle into your skin as your healthcare professional has shown you.
- Make sure you can clearly see the dose counter, then press down and hold down that dose button until the dose counter goes back to 0. You may hear or feel a click.
- Keep pressing the dose button with the needle in your skin and slowly count to 6.
- Remove the needle from your skin.

6. After the injection



- Put the outer cap back on the needle.
- Carefully unscrew the needle and dispose of it in your sharps bin or as instructed by your healthcare provider.
- Put the pen cap back on and store your pen according to the storage instructions.
- Always dispose of the needle immediately after each injection. Never store your pen with the needle attached.

How to store Wegovy®



Before first use

Store in a refrigerator (2 to 8 °C).

After first use

You can keep the pen for 6 weeks when stored at a temperature below 30 °C or in a refrigerator (2 to 8 °C).

- When you are not using the pen, keep the pen cap on in order to protect it from light.
- If your pen has been exposed to temperatures above 30 °C, has been out of the refrigerator for more than 6 weeks, or has been frozen, throw it out.
- Always remove the needle after each injection and store the pen without a needle attached. This may prevent blocked needles, contamination, infection, leakage of solution and inaccurate dosing.
- If you have to travel with your pen or leave it out for any reason, no need to worry. Wegovy® can be kept at room temperature below 30 °C for up to 6 weeks.

Forgot to inject your dose?

If you do miss a dose, try to remember the 5-day rule:

- **If it is 5 days or less:** Use it as soon as you remember, then inject your next dose as usual on your scheduled day
- **More than 5 days:** Skip the missed dose and inject as usual on your next scheduled day

Common side effects

All medicines can cause side effects. When you first start taking Wegovy®, or when you increase the dose, you are most likely to experience some common side effects. These may include feeling queasy (nausea), being sick (vomiting), becoming constipated or having diarrhoea.

Not everyone experiences these effects, and if they do occur, they are usually only mild and don't last for long.

There are things you can do to help with nausea:¹⁴



Eat smaller meals



Stop eating once full



Reduce spicy, fatty and fried meals

Speak to your doctor, nurse or pharmacist if you experience any side effects with Wegovy®.



Track your dose

Use this page to help you keep track of which day of the week you take your Wegovy®.

[illegible]

You're all set to start on your weight-management journey with Wegovy®!

Key guidelines for your Wegovy® FlexTouch® pen

- Always use a new compatible needle with each injection, and ensure needle is correctly aligned with the pen's grooves.
- Always remove the needle after each injection. Between injections, do not store pen with needle attached.
- Use only the volume stated on the box. There is some extra volume in each pen to allow delivery of balance dose, it is not to be used as a dose or any part of a dose.
- Store your pens in conditions as stated in the Product Insert. Incorrect storage may result in leakage and/or rubber membrane to dislodge.

Troubleshooting your Wegovy® FlexTouch® pen

If you suspect that your injection pen may not be functioning correctly, please pause your activity and review the checklist below. This may help you identify and resolve the issue on your own.

Air bubbles

Gently tap the cartridge to release any air bubbles before priming.

Blocked or Clogged

Change to a new needle.

Cannot inject and/or plunger not moving

Change to a new needle.

Pen Empty or Underfilled

Has pen been stored with needle attached? This may result in leakage.

Gap between rubber plunger and piston rod

Contact your doctor to reach out to Novo Nordisk.

Contact your healthcare professional IMMEDIATELY if you notice any of the following:

- Sedimentation
- Foreign particle
- Breakage / broken parts / crack
- Cloudiness in a product that should be a clear solution

了解减肥

也许大部分人会认为减肥和维持体重的关键在于饮食和锻炼, 以及强大的意志力。

但实际上, 肥胖是一种相当复杂, 由多个因素, 比方说您的生活方式、基因和心理健康¹⁻³所导致的慢性疾病。无法成功减肥是真实存在的困扰, 而非意志力强弱的问题。

虽然我们的大脑负责控制食欲, 但不仅仅是给出饥饿信号那么简单。有时, 大脑会告诉我们什么时候需要进食充饥, 但有些时候会因为情绪、习惯甚至是满足口腹之欲, 影响我们的食物选择。

对于超重或肥胖的人来说, 大脑给出的信号可能会失衡, 使人更难控制食欲、识别真正的饥饿感, 并在进食后感到满足。⁴⁻⁹

我们的身体机制可能会导致体重反弹^{9,10}

您开始减重

您可能会觉得, 单靠健康饮食和运动来减肥^{9,10}很容易。

但您的身体极力抵抗

但随着体重下降, 食欲激素的变化会让您感觉更饿。除此之外, 体重下降后, 您的身体在休息时所消耗的卡路里也会减少, 这意味着保持体重比减轻体重更加困难。^{9,10}



扫描此二维码了解有关肥胖的更多信息。

网站: www.truthaboutweight.sg

Wegovy®如何运作?

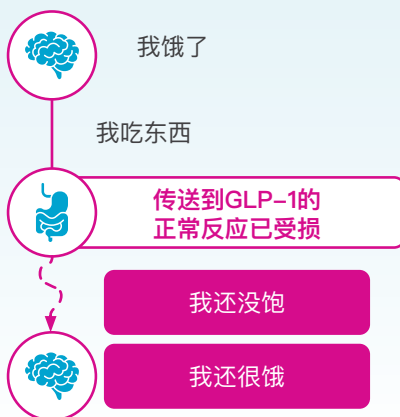
Wegovy®是一种含有司美格鲁肽 (Semaglutide) 活性成分的减肥和维持体重药物。

对于超重或肥胖的人来说, 大脑给出的信号可能会失衡, 使人更难控制食欲、识别真正的饥饿感, 并在进食后感到满足。⁴⁻⁹

天然激素胰高血糖素样肽-1 (GLP-1) 是您在进食后, 扮演着大脑中控制食欲的激素⁴⁻⁹



而对于肥胖的人来说, 大脑释放出控制饥饿感的激素已发生变化, 例如包括胰高血糖素样肽-1 (GLP-1)⁴⁻⁹



Wegovy®类似于餐后肠道内分泌的天然激素胰高血糖素样肽-1 (GLP-1), 通过扮演着大脑中控制食欲的受体, 从而产生饱腹感, 减少饥饿感, 降低对食物的欲望。

使用Wegovy®能带来哪些预期效果？

开始新的治疗计划可能会产生许多疑问。

了解Wegovy®的治疗预期效果,可以帮助您做好周全准备。



Wegovy®应配合饮食调整 and 身体活动。医护人员会针对您的生活方式,帮助您制定个性化的治疗计划,协助您的实现减肥和改善健康的目标。



您将在家自行进行**每周一次的Wegovy®注射**。医护人员会向您示范正确的注射技巧。您也可以在本手册的**第22页**找到关于如何使用Wegovy®注射笔的更多信息。

切记

减肥并不是数字游戏。稍加注意您的感觉、例如能量的增加、情绪的改善以及参与重要活动的能力,这些都是您在体重管理取得积极进展的表现。^{11,12}

在减肥的道路上,非数字上的成就更值得喝彩!



如同所有药物, Wegovy[®]可能会引起副作用, 尽管大多数的人只会出现**轻度至中度, 而且只是短暂的副作用**,¹³重要的是 Wegovy[®]可能不会产生副作用, 但如果出现副作用, 请务必与您的医生讨论。

如果您没有出现任何副作用, 这并不表示药物没有发挥作用。您可以在本手册**第24页**阅读有关潜在副作用的相关信息。



减肥是一个循序渐进的过程, 每个人对治疗的反应也不尽相同, 更重要是专注于**随着时间推移所产生稳定、可持续的改变**。医生会与您制定目标, 以及实现目标所需的步骤。



由于肥胖是一种复杂的慢性疾病,¹⁻³ 每个人减肥的方式不尽相同。

长期持续的体重管理可能耗时较长。为了能让您继续明确知道治疗预期, **您需要与医生重新评估您的健康目标和治疗时长**。在做出改变或停止治疗之前, 请咨询您的医生。

了解您的 Wegovy® FlexTouch®注射笔

- ✓ Wegovy®备有每周使用一次的FlexTouch®注射笔。¹³
- ✓ 每支注射笔采用颜色编码, 方便识别剂量的强度。¹³
- ✓ 每支注射笔包含足够使用4周的药剂, 在首次使用前只需预充一次。¹³

Wegovy®剂量递增¹³

- Wegovy®需要**5种不同的剂量强度**, 您的医生将在剂量递增期间开具处方。
- 您需在每4周**逐渐增加Wegovy®的剂量强度**, 直至达到2.4毫克的推荐剂量。
- Wegovy®剂量强度的逐渐增加, 可以 帮助**降低出现恶心等副作用的可能性**。
- 您的医生会**在剂量递增期间安排随访, 以检查您的进展**, 并与您讨论可能遇到的任何副作用。

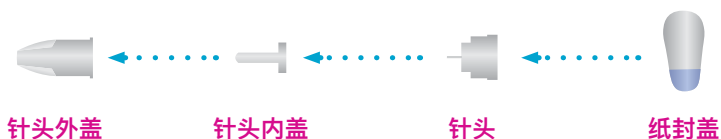
— 开始注射 — | 增加剂量 | — 维持剂量 —



备注

每4周逐渐增加Wegovy®的每周剂量强度, 让您有时间适应。
根据临床研究, 2.4毫克的推荐剂量, 有助于实现最佳减肥效果。¹³

每个Wegovy®包装内含有1支预充式注射笔，其中包含4个每周使用一次，为期4周的Wegovy®剂量，4个一次性注射针头和产品说明书。



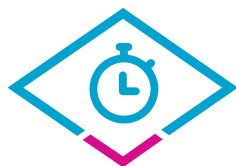
图片显示2.4毫克剂量的FlexTouch®注射笔为示意图，仅供参考，并非注射笔的实际尺寸。

如何使用Wegovy®



您应每周注射一次Wegovy®, 尽可能保持在每周的同一天进行注射。

为了帮助您记住您在哪一天注射Wegovy®, 不妨将您选择的给药日期写在Wegovy®的纸盒上(例如: 星期三)和/或使用本信息手册背页上的给药时间表。



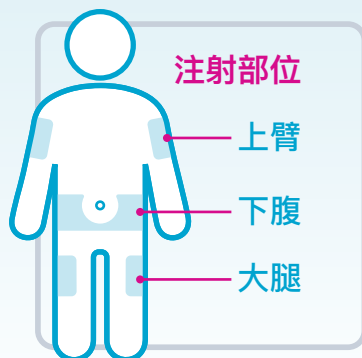
您可以在一天中的任何时间点给自己注射Wegovy®, 无论是否已进食。

若有需要, 您可以调整每周的Wegovy®注射日, 但必须确保距离上一次注射至少3天。



您可能已按照医生的指示进行低热量饮食和运动锻炼的计划, 所以在注射Wegovy®期间, 请继续执行该计划。

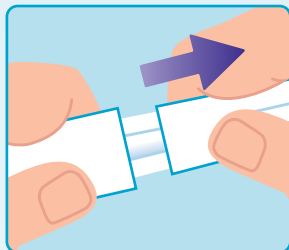
Wegovy®是皮下注射(切勿注射到静脉或肌肉)。最佳的注射部位是您的大腿上部(大腿前侧)、上臂和腹部(腰部前侧), 注射时保持距离肚脐约5cm。切勿注射在皮肤较为敏感、有瘀伤、发红或硬化, 以及避免注射在有疤痕或妊娠纹的部位。您可以在每周注射Wegovy®的同一身体部位进行注射, 但确保每次不要注射在同一个位置上。





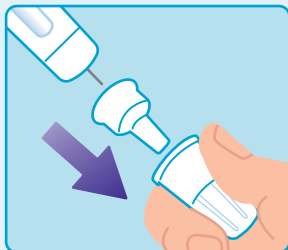
请扫描此二维码以观看如何注射
Wegovy® FlexTouch®的简短视频。

1. 开始操作



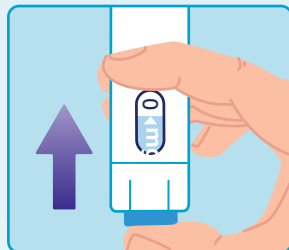
- 检查注射笔，确保是正确的药剂。
- 然后打开笔盖并检查注射笔中的药剂是否清澈且无色。如果药剂看起来浑浊或有色，切勿使用。


2. 安装新的针头



- 每次注射都必须使用新的针头，切勿使用弯曲或损坏的针头。
- 取出一个新的NovoFine® Plus针头，撕下纸封盖，将针头直压入注射笔上并转紧。
- 针头由两个针盖保护，取下针头外盖，留待之后使用。注射后，您需要针盖以安全地取下针头。
- 取下针头内盖并丢弃。

3. 检查每支注射笔的药剂是否流畅



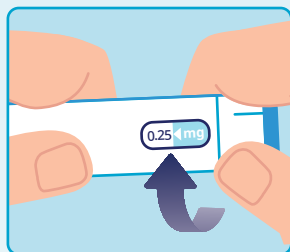
- 在使用每支新的注射笔进行首次注射之前，检查药剂是否流畅。
- 旋转剂量设定钮，直到药剂的检查符号（与剂量指示线对齐。
- 握紧注射笔并将针头朝上，按下并按住剂量按钮，直到剂量显示窗回到零(0)。确保针头顶端出现一滴药剂，这表示注射笔已可使用。
- 如果没有出现液滴，请再次检查药剂是否流畅。如果仍然没有出现液滴，请更换针头，然后将注射笔退回给您的医疗用品提供商。

提醒

您只需在使用新的注射笔时检查药剂是否流畅。如果您的注射笔已经用过，**切勿**检查药剂是否流畅，直接进入**步骤4**。

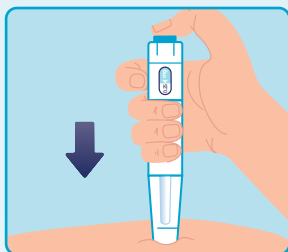
如何使用Wegovy® (续)

4. 设定剂量



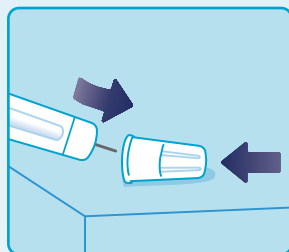
- 请旋转剂量设定钮，直到剂量显示窗停在您的医生开的剂量。
- 剂量显示窗中的数字应与注射笔上的数字对齐。

5. 注射剂量



- 将针头插入皮肤内，如同医护人员向您示范使用方式，注射您的剂量。
- 确保您可以清楚看到剂量显示窗，然后按住剂量按钮，直到剂量显示窗回到零(0)。您可能会听到或感觉到咔嚓声。
- 让针头持续停留在您的皮下，继续按住剂量按钮，并慢慢地数到6。
- 然后将针头拔离皮肤。

6. 注射后



- 将针头外盖盖回针头上。
- 谨慎地取下针头，将其丢弃在防穿刺的锐器容器中，或按照医疗用品提供商的指示进行处理。
- 将注射笔盖盖回针头上，并按照储存说明储存您的注射笔。
- 每次注射后，务必立即取下并丢弃针头。切勿将针头连接在注射笔上。

如何储存Wegovy®



第一次使用之前：

请将注射笔储存在冰箱内 (2°C至8°C)。

第一次使用之后：

您的注射笔可在低于30 °C的室温下或在冰箱内 (2°C至8°C) 保存长达6周。

- 当您不使用注射笔时, 请盖上笔盖, 以保护注射笔免受光照。
- 如果您的注射笔暴露在高于30°C的温度下、已从冰箱取出超过6周、或已结冰, 请将其丢弃。
- 每次注射后, 记得取下注射针头, 并将注射笔储存起来, 切勿连接针头。这可防止针头堵塞、污染、感染、渗漏和错误剂量的问题。
- 如果您必须携带您的注射笔出门在外, 不必担心, Wegovy®可在低于30°C的室温下保存长达6周。

忘记注射您的剂量？

如果您忘记注射您的Wegovy®, 不妨记住5天规则：

- **如果是5天或更短：**请尽快注射, 然后在下一个注射日期照常注射下一剂。
- **如果已超过5天：**请跳过已错过的剂量, 然后在下一个注射日期照常注射下一剂。

常见副作用

所有的药物都可能引起副作用。当您开始使用Wegovy®或剂量递增时, 您有可能出现一些常见副作用, 当中包括: 恶心、呕吐、便秘或腹泻。虽然并非每个人都会出现上述副作用, 但通常只有轻微的副作用, 而且非常短暂。

倘若您有恶心状况, 您可以:¹⁴



小份量进食



吃饱后即停止进食



减少辛辣和油炸食物

如果您在使用Wegovy®期间出现任何副作用, 请咨询您的医生、护士或药剂师。



您的注射时间表

使用此页面可帮助您清楚记录您在每周的哪一天注射Wegovy®。

[illegible]

一切就绪！您可以开始使用Wegovy®进行您的体重管理之旅！

Wegovy® FlexTouch® 注射笔的重要使用指南

- 每次注射时, 务必使用新的兼容针头, 并确保针头与注射笔的凹槽正确对位。
- 每次注射后, 务必拔出针头。两次注射之间, 请勿将注射笔连同针头一起存放。
- 仅使用包装盒上标明的剂量。为了方便输送剂量, 每支注射笔都会有剩余容量, 唯该剩余 容量不可作为一次注射剂量或其部分剂量来使用。
- 请按照信息手册中规定的条件储存注射笔。储存不当可能会导致泄漏和/或橡胶膜脱落。

Wegovy® FlexTouch® 注射笔的问题解答

如果您怀疑注射笔可能出现故障, 请立刻暂停注射并查看以下列表, 这可能有助于您自行识别和解决问题。

气泡

在给药前, 轻轻拍打药筒以释放气泡。

注射笔堵塞或阻塞

更换新的针头。

无法注射和/或柱塞无法移动

更换新的针头。

注射笔已空或未注满

您的注射笔是否在装有针头的情况下存放?
因为这可能会导致泄漏。

橡胶柱塞和活塞杆之间出现缝隙

请通知您的医生联系Novo Nordisk。

如果您发现以下情况, 请立即联系您的医护人员:

- 沉淀物质
- 异物颗粒
- 破损/ 部件损坏/ 裂纹
- 本应清澈且无色的药剂出现浑浊

ONCE-WEEKLY
wegovy[®]
semaglutide injection **2.4 mg**

Scan the QR code to view a digital version of the
Wegovy[®] Package Leaflet.

扫描二维码查看Wegovy[®]电子版信息手册。



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