

Getting started with Ozempic®

You and your doctor have decided to start Ozempic® to help manage your type 2 diabetes. It is important that you keep following any diet and lifestyle advice from your healthcare team while using Ozempic®.

How do I start taking Ozempic®?

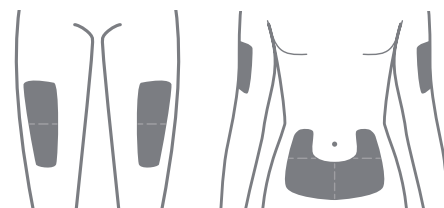
Start at
0.25 mg
for 4 weeks

Increase to
0.5 mg
maintenance dose
• check blood sugar after 4 weeks

If needed, increase to
1 mg*
maintenance dose†
• if blood sugar not controlled enough with 0.5 mg dose

- 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.
- If your blood sugar is not controlled enough with the 0.5 mg dose, your doctor may decide to increase your dose to 1 mg once a week. Do not change your dose unless directed by your doctor.

Where 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.

How do I use my pre-filled Ozempic® pen? Talk to your doctor, nurse or pharmacist about how to inject Ozempic® correctly.



STEP 1 Get ready

Check the name and coloured label of your pen to make sure you are taking the correct dose. The red label indicates a **0.25 or 0.5 mg** dose; the blue label indicates a **1 mg** dose.

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

Attach a **new** needle. Disposable needles are included in the pack.

The needle is covered by two caps. You must remove both caps. If you forget to remove both caps, you will not inject any solution.



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.

If no drop appears after up to 6 tries, change the needle and repeat step 2.

If a drop still doesn't appear, dispose of the pen and use a new one.



STEP 3 Select your dose

Turn the dose selector right past '0' 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 while keeping the dose button pressed.**



STEP 5 Remove the needle

Carefully remove the needle from your skin and release the dose button.

Carefully –

- Put the outer needle cap completely back on.
- Unscrew the needle and dispose of it.
- Put the pen cap back on.

Let us show you how! Scan this QR code with your smartphone camera or visit Ozempic.ca† to watch a step-by-step video on how to use your Ozempic® pen.

Refer to DINs shown on back.





0.25/0.5 mg
Ozempic® in FlexTouch®
 (DIN 02540258)



1 mg
Ozempic® in FlexTouch®
 (DIN 02471469)

What if I forget to take my Ozempic® dose?

First, ask yourself how long it's been since you were supposed to inject your dose.

If it's been 5 days or less

since you were supposed to use Ozempic®, use it as soon as you remember. Then inject your next dose as usual on your scheduled day.

If it's been more than 5 days

since you were supposed to use Ozempic®, skip the missed dose. Then inject your next dose as usual on your scheduled day.

Important note:

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

Possible risk of thyroid tumours, including cancer

- While taking Ozempic®, tell your doctor if you get a lump or swelling in your neck, hoarseness, trouble swallowing or shortness of breath. These may be symptoms of thyroid cancer.
- Do not use Ozempic® 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 should discuss any safety concerns you have about the use of Ozempic® with your doctor.

Tips for managing side effects

Like all medicines, Ozempic® can cause side effects, although not everybody gets them. The most common side effects of Ozempic® are gastrointestinal in nature (nausea and diarrhea) and usually go away over time. If you experience these, the following tips may help:

- ✓ Eat smaller, more frequent meals
- ✓ Avoid high-fat and high-fibre foods and beverages
- ✓ Eat soft, well-cooked foods
- ✓ Thoroughly chew your food
- ✓ Avoid carbonated, fizzy or alcoholic beverages
- ✓ Drink plenty of water
- ✓ Do some gentle physical activity after meals, like walking
- ✓ Avoid lying down for 2 hours after a meal

Refer to your Patient Information Leaflet for other possible side effects. Talk with your healthcare professional if you experience any side effects as they may be able to offer advice on how to manage them.



OZEMPICCare®
 Patient Support Program

1-833-667-3475

Looking for more resources?
 The OzempicCare® patient support program is here to help. Scan this QR code with your smartphone camera or visit **Ozempic.ca***!



Need help getting started with Ozempic®?
Chat with a Certified Diabetes Educator at Ozempic.ca*

One-on-one device training (telephone or video call) + **Educational resources**

The Ozempic® drug identification number (DIN) is used to access most online patient resources. The DIN can be found on your Ozempic® pen.

The purpose of this tool 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.
 * Ozempic.ca is open to the general public.



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OZEMPIC®
 semaglutide injection