

# slimmmr

Welcome to future of weight loss...

Wegovy  
Patient Information Booklet

Hello! Thank you for choosing Slimmr to help you on your weight loss journey. We're sure you're very excited about getting started and this booklet is designed to explain what you need to do and to answer the questions you might have.

Please do read the leaflet carefully and make sure you understand it before using the medication. Don't worry if you lose this booklet – it's on the Slimmr website ([getslimmr.co.uk](http://getslimmr.co.uk)) and we'll also email you a copy too, just in case.

Best wishes  
Dr. Max

## **What is included in your first delivery:**

- 1 pen of Wegovy with 4 needles.
- Your Wegovy pen is packed inside a wool-pouch along with an ice-pack. This is to keep it cool while it's being delivered. The wool can be composted or used for pet beds. The ice-packs can be cut open and drained before recycling the plastic.
- Your Wegovy will also contain a Patient Information Leaflet (PIL) which you should read in full prior to use.
- 1 sharps bin. This is provided so you can dispose of your used needles safely. You should not throw your used needles in your household rubbish bin. When it's full, you can take the sharps bin to your local pharmacy who will dispose of it for you.
- This introductory leaflet, which is to help you get started.

## **How do I store Wegovy?**

If you haven't used your pen yet:

- Keep your Wegovy pen refrigerated between 2°C and 8°C.
- Keep your pen away from the refrigerator's cooling element to ensure it doesn't get too cold!
- Do not freeze Wegovy and do not use it if it has been frozen.

Once you have used the pen:

- You can keep it at room temperature (up to 30°C).
- If you can, you should continue keeping it refrigerated between 2°C and 8°C.
- Keep the pen cap on when the pen is not in use.
- Do not expose the pen to direct sunlight.

You should not store their pen at room temperature for more than 6 weeks.

## When do I administer Wegovy?

- You should inject Wegovy on the same day each week.
- You can inject at any time of the day.
- It may be helpful to develop a fixed routine to ensure you always take it on time, e.g. taking Wegovy weekly on Sunday just before bedtime.
- You don't have to inject Wegovy around meal times.

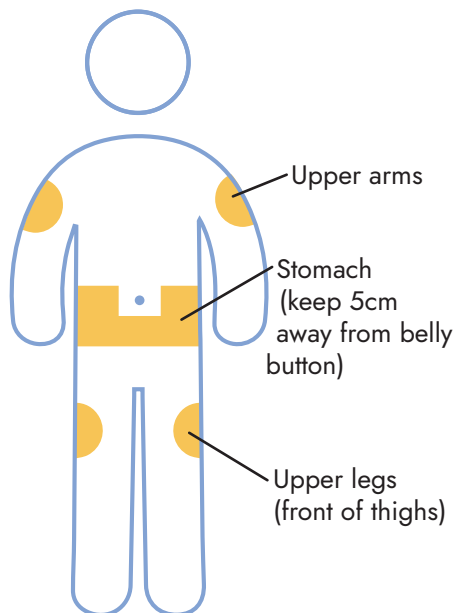
Note: The pen is for use by one person only. Needles should not be re-used or shared, as this may lead to contamination, infection, and inaccurate dosing.

## Where do I inject Wegovy?

We get asked this question a lot. There's a few places that you can inject, it's up to you where you choose. Areas you can inject are:


- Upper arms
- Tummy/abdomen (3-5cm away from your belly button)
- Upper legs (front of thighs)

We tend to find the tummy region is easiest. Pinch the area between your thumb and fingers then with the other hand, inject at a 90 degree angle into the area you're holding. It is recommended you rotate the injection site by at least 3cm every time to avoid injecting into the same area repeatedly. For example, if injecting into your upper arm, the first injection site may be regarded as 12 o'clock. Next time, shift the injection site down and to the right, as if it is 3 o'clock, and the subsequent injection would be at 6 o'clock, and so on. If you're injecting into your tummy, do one side one week and switch to the other side the next.



## How do I inject Wegovy?

The idea of injecting yourself can be a little daunting at first. Don't worry, it's straightforward and the needle is very small. To make it easier, we've written a step by step guide:

- 1. GET STARTED** - Check the name and dose of the pen to make sure it contains the prescribed dose of Wegovy. Pull off the pen cap. Check that the Wegovy in the pen is clear and colourless. If Wegovy looks cloudy or coloured, do not use the pen.
- 2. ATTACH A NEEDLE** - Always use a new needle for each injection. Check the paper tab and outer needle cap for damages. If you see any damage, dispose of it and use a new needle. Tear off the paper tab. Push the needle straight onto the pen. Turn until it is on tight. The needle is covered by two caps. Pull off the outer needle cap and keep it for later. Pull off the inner needle cap and dispose of it.
- 3. CHECK THE FLOW WITH EACH NEW PEN** - Only check the Wegovy flow before your first injection with each new pen. Turn the dose selector until the flow check symbol (  ) lines up with the dose pointer symbol. Hold the pen with the needle pointing up. Press and hold in the dose button until the dose counter returns to -0-. A drop of Wegovy should appear at the needle tip. This drop indicates that the pen is ready for use. If a drop does not appear, check the flow again. This should only be done twice. If there is still no drop, change the needle and check the flow once more. Do not use the pen if a drop of Wegovy still does not appear.
- 4. SET THE DOSE** - Turn the dose selector until the dose counter stops, and it shows the prescribed dose. When the prescribed dose lines up with the dose pointer, the dose has been selected. Do not set the dose by counting the number of clicks you hear.
- 5. CHOOSE AN INJECTION SITE AND INJECT WEGOVY** - Choose to inject in your upper arm, upper leg or stomach (abdomen), keeping 5 cm away from your belly button. Insert the needle into your skin. Make sure the dose counter is visible. Press and hold down the dose button until the dose counter shows -0-. Keep pressing the dose button with the needle in your skin and slowly count to 6. The -0- must line up with the dose pointer. Remove the needle from your skin.

**6. AFTER INJECTION** - Lead the needle tip into the outer needle cap. Once the needle is covered, carefully push the outer needle cap completely on. Unscrew the needle. Always dispose of the needle immediately after each injection using a sharps bin. Never store your pen with the needle attached. Keep your sharps bin in a safe place so it's not a risk to other people and is out of the sight and reach of children. Sharps bins must not be disposed of in household waste. When the sharps bin is full, you can take it to your local pharmacy who will dispose of it for you. Put the pen cap on the pen after each use to protect Wegovy from light.

If after reading this you're still not sure what to do, then don't worry, there's a step-by-step video on the Slimmr website. Alternatively, you can call the pharmacy at any time between 10am and 5pm, Monday to Friday on 03330 34 24 38 and select option 3 to get to the prescribing team.

Note: There are 4, once-weekly doses in each pen, so each pen should last you 4 weeks. Each box of Wegovy will contain 4 needles (1 for each week).

### **How do I dispose of my used needles and empty Wegovy pen?**

- You should remove the used needle immediately after you've done the injection and place it in the sharps bin provided.
- When you have used up a pen, you can dispose of it using the PenCycle return scheme (if you requested, we will have sent you a PenCycle box with your first order which can hold up to 12 pens) or return it to a pharmacy who can arrange for it to be disposed of safely. Don't throw pens in the bin as they just end up in landfill.

### **How early will I start losing weight, and what weight loss can I expect?**

- Lots of people will start to see weight loss within the first 1 month of medication but everyone is different and for other people, it might take longer.
- Studies have shown that, on average, people achieve a 15% weight loss over 68 weeks. Nearly half of people achieve more than 15% weight loss.
- The longer you remain on Wegovy, the better the weight loss. If you stop taking Wegovy, you may start to feel your hunger return.

- If your BMI drops below 27, you can still continue on Wegovy for weight maintenance, if your prescriber agrees it is in your best interest.

*Please note that these results are for when Wegovy is used in addition to a healthy, balanced diet and exercise. Remember that Slimmr has a number of add-on support packages that can help with some of the challenges you might face in making changes to your lifestyle, including a psychoeducational group, individual psychotherapy and group and individual dietician support. These can be found on the Slimmr website under the 'Add-on support' section. Wegovy is intended to be used in addition to a reduced calorie diet and increased physical activity. If you do not choose any add-ons, there are low-calorie recipes on the website which are updated regularly. We will also be emailing you exercise tips and advice around emotional and psychological support. We would also encourage you to download the NHS weight loss plan found at: <https://www.nhs.uk/better-health/lose-weight/>*

<sup>1</sup> <https://www.novomedlink.com/obesity/products/treatments/wegovy/efficacy-safety/clinical-trial-1-results.html>

### **What if I don't lose weight?**

- If you are unable to lose at least 5% of your initial body weight after 6 months on the treatment, your prescriber will work with you to understand why and together with you decide if it is in your best interest to continue treatment.

### **What if I miss a dose?**

- If a single dose is missed, administer it as soon as you remember, as long as that is within 5 days of when you were supposed to take it. Take the next dose on the regularly scheduled day.
- If a single dose is missed and more than 5 days have passed, skip the missed dose. Take the next dose on the regularly scheduled day.
- If you miss 2 or more doses, you should let us know at your next check-in on our website. A member of the prescribing team will contact you, as you may need to restart from the initiation dose.

### **How does Wegovy work?**

- Wegovy is a once-weekly injection. The active ingredient is the medicine semaglutide.

- Wegovy relieves hunger and cravings by targeting key areas of the brain that regulate appetite and calorie intake. This means you feel less hungry and feel fuller faster.
- You may also find that you do not enjoy high-fat and sweet foods as much. This helps reduce your calorie intake further.
- Your prescriber will start you on a low initiation dose of 0.25mg, increasing it every 4 weeks until you reach the maintenance dose of 2.4mg. This is called the 'titration regime' and describes the gradual increase of the dose over the months that you take Wegovy until you reach the maintenance dose.



### *Titration Regime*

- It is important to follow this titration regime to reduce the impact and likelihood of side effects such as vomiting, diarrhoea, constipation, nausea, and abdominal (stomach) pain. The titration can be slowed down if the side effects are troublesome, to allow your body more time to adjust to the medicine.

### **How do I deal with side effects?**

- The most common side effect is mild to moderate nausea, which usually improves over time.

#### **Tips to help with nausea:**

- Reduce the size of your meals
- Stop eating when you feel full and are not hungry (i.e. less snacking)
- Avoid spicy or high-fat foods
- Drink fewer carbonated or alcoholic beverages
- Drink more water and eat high-fibre foods



These side effects usually reduce in frequency over time and are mainly seen during the dose titration period.

### **Common ( $\geq 1/100$ to $< 1/10$ )**

- Hypoglycaemia (low blood sugar) in patients with type 2 diabetes\*
- Dizziness\*\*
- Diabetic retinopathy in patients with type 2 diabetes
- Gastritis
- Gastroesophageal reflux
- Dyspepsia
- Eructation
- Flatulence
- Bloating
- Abdominal distension
- Cholelithiasis
- Hair loss
- Injection site reaction

### **Very common (more than one in 10 people will experience these)**

- Headaches
- Vomiting
- Diarrhoea
- Constipation
- Nausea
- Abdominal pain
- Fatigue
- Weakness
- As your body gets used to Wegovy, you will find that the side effects lessen. However, this can take some time.

- Use of GLP-1 receptor agonists (this is the name for the type of medication that semaglutide is) may be associated with gastrointestinal (stomach and bowel) reactions, such as vomiting and diarrhoea that can cause dehydration. It is important that you avoid dehydration by drinking plenty of fluids.

\*When in combination with other diabetes medications, caution must be used when driving and using heavy machinery. Risk of hypoglycaemia is increased at doses of 2.4mg with a sulfonylurea.

\*\*Dizziness is particularly common during dose titration; caution must be exercised especially when driving or operating machinery if this occurs. 7

**Uncommon  
( $\geq 1/1,000$  to  $< 1/100$ )**

- Increased heart rate
- Acute pancreatitis
- Increased amylase
- Increased lipase

**Rare ( $\geq 1/10,000$  to  $< 1/1,000$ )**

- Anaphylaxis
- Angioedema

**Immediate medical help should be sought.**

In the event of breathing problems, swelling of the lips, tongue, face, throat, difficulty swallowing, wheezing, fast heartbeat, pale and cold skin, sudden weakness or dizziness, medical help must be sought immediately by calling 999.

**Who to contact for support?**

- If you're experiencing side effects or have other questions about Wegovy, then you can visit the FAQs on our website. You can report side effects via our contact form and request a call from a prescriber. You can also speak to your GP who may be able to help.

- If you are concerned that there is a problem with your medication, for example, if the pen is not functioning or the fluid is cloudy, please contact [careclinics@pharmalogic.co.uk](mailto:careclinics@pharmalogic.co.uk)

- If you find that your side effects are not improving, then when it comes to increasing your dose, it's important let us know on the check-in form. This is also an opportunity to let us know about any other side effects you may be having, big or small. Together with your prescriber, you may decide that it is better for you to stay on the same dose for another month or reduce the dose or stop the medication completely.

Alternatively, you can call the pharmacy at any time between 10am and 5pm, Monday to Friday on 03330 34 24 38 and select option 3 to get to the prescribing team.

**What happens when I need my next pen?**

Each pen lasts for 4 weeks. Two weeks before your pen runs out, we will email you with a link to a form to complete in order to get your next pen.

This form will ask how things have gone for you on your current dose, any side effects and will ask you to check your weight. It will also ask you if you are happy to increase the dose, as per the titration regime. This will then be reviewed by one of our prescribers and they will then prescribe your next pen. If they have any questions they will contact you directly.

### **Who shouldn't use Wegovy?**

- Those allergic to semaglutide or any other ingredients in Wegovy.
- Those who are pregnant, might be pregnant, or are planning to become pregnant.- If you are a woman of childbearing age, it is recommended that you use a contraceptive to reduce the risk of an unintended pregnancy.
- Use of Wegovy should be discontinued at least 2 months prior to attempting to become pregnant.
- If you become pregnant whilst taking Wegovy, you should stop taking Wegovy immediately and let your GP know.- Those who are breastfeeding.
- Children and adolescents under 18 years of age.

### **If you have Type II diabetes**

You should be aware of the heightened risk of hypoglycemia whilst on GLP-1 medication and the importance of monitoring your diabetes more closely by:

- Conducting 3 monthly HbA1c checks.
- Seeing your GP at key weight-loss milestones to ensure the diabetes treatment remains optimised.
- Reporting any experiences of hypoglycemia to your GP and our prescribers as soon as possible.
- Reporting any changes to your diabetes severity, diabetic complications and diabetes treatment to our prescribers as soon as possible. Please contact [careclinics@pharmalogic.co.uk](mailto:careclinics@pharmalogic.co.uk)
- Receiving hypoglycaemia and hyperglycaemia awareness education to be aware of signs and symptoms and understanding of how to correct symptoms.

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