



MY TREATMENT GUIDE

Starting your Ozempic[®] treatment

This brochure has been developed to provide you with information about diabetes and your medication, and to help answer any questions you may have. We recommend you read through this entire brochure before you start taking Ozempic[®] so that you can get the most out of your treatment.



Download the Ozempic® app today!

For additional resources, download the *Ozempic® app* from Google Play or the App Store.

Join the OzempicCare™ Patient Support Program online at OzempicCare.ca. The OzempicCare™ Patient Support Program and the *Ozempic® app* offer reminders and useful tips, coaching, and access to educational resources to help you stay motivated throughout your treatment journey.

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

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.

Diabetes and you

As a person living with type 2 diabetes, you probably already know a lot about it through discussions with your diabetes healthcare team, and perhaps through your own research. You've also probably talked to or educated your friends and family about diabetes, which is important since they can be part of your support system.

Did you know?

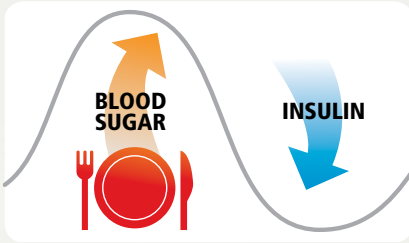


~425 million people are affected by diabetes worldwide

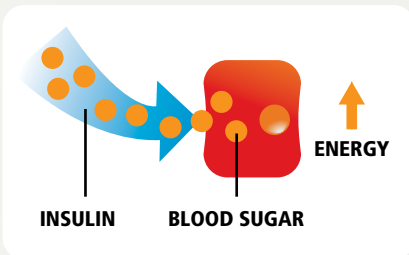


3.5 million Canadians have diabetes and this number is expected to reach **4.9 million** by 2026

Your body's relationship with sugar



After eating, your body breaks down food into sugar, which travels through the blood to the cells of your body.

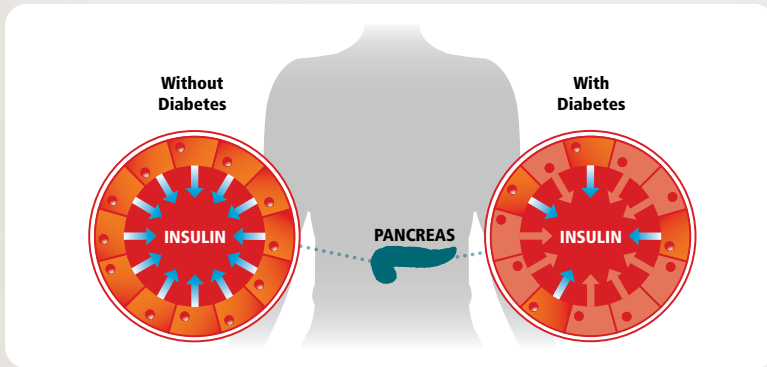


Insulin is a hormone that helps blood sugar enter your cells where it can be used for energy. For this reason, insulin is important to help control your blood sugar levels.

People with type 2 diabetes have an impairment in this process because:

- (1) The pancreas doesn't make enough insulin, or
- (2) The cells in your body become resistant to the insulin your body makes.

This results in sugar accumulating in your blood instead of being used to create energy.



Remember, if you have any further questions or concerns, your healthcare team is an excellent resource for information on managing your diabetes.

Welcome to 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® is used in combination with one or more other medicines for diabetes when they are not enough to control your blood sugar levels. These other medicines may include: oral antihyperglycemic agents (such as metformin, sulfonylurea medicines) or insulin.

Ozempic® is a GLP-1 (glucagon-like peptide-1) receptor agonist that is:



Medication for adults with type 2 diabetes



Not an insulin

Ozempic® is similar to the natural hormone, GLP-1, that is released from the body after eating.

How does Ozempic® work?



When blood sugar levels are increased, Ozempic® helps your body produce more insulin.



Your Ozempic[®] pen

To become more familiar with the Ozempic[®] pen, review the illustrations and instructions on the next page and **be sure to refer to the full instructions for use in the Patient Information Leaflet.**

Training on how to take Ozempic[®] is very important. You should not use the pen until your healthcare professional has trained you on how to use it properly.



Ozempic[®] is available in a carton of pre-filled multi-dose pens, including NovoFine[®] **Plus** needles, **the thinnest needle—**comparable to 2 human hairs.

Storing your Ozempic[®] pen

Before opening

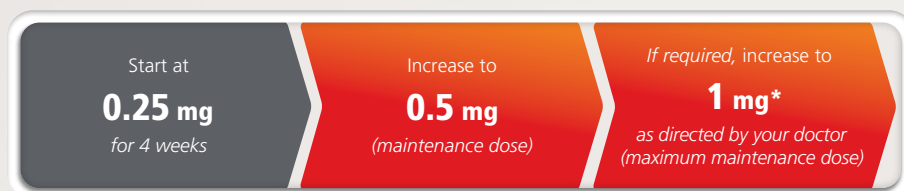
Store in a refrigerator at 2°C to 8°C, and keep it away from the cooling element. Do not freeze.

After opening

You can keep the pen for 8 weeks when stored at a temperature below 30°C or in a refrigerator (2°C to 8°C). Do not freeze.

When you are not using the pen, keep the pen cap on to protect it from light.

Starting 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.

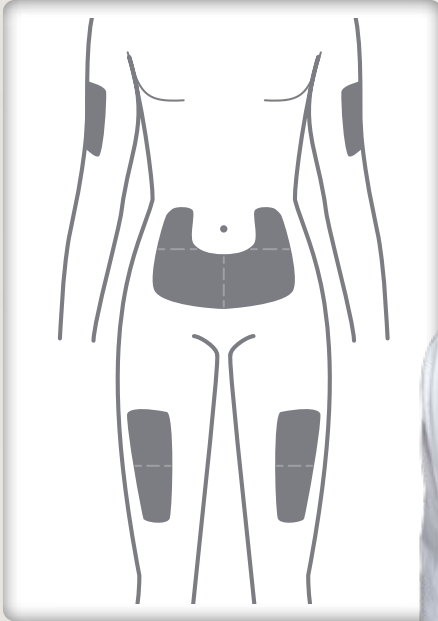
Your doctor may decide to **increase your dose to 1 mg** once a week, if your blood sugar is not controlled enough with the 0.5 mg dose.

* Ozempic® is available in a separate, pre-filled pen delivering only doses of 1 mg.

Do not change your dose unless your doctor has told you to.

How to take 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 to use your pre-filled Ozempic[®] pen

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



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[®]. Screw on a new needle and pull off **both** needle caps.



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 or 0.5 mg 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.

When to take your dose of Ozempic®

You should use Ozempic® once a week on the same day each week. You do not need to take it with meals.

Work with your healthcare team to determine the day of the week that works best for you to take your dose of Ozempic®.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7

It is recommended to note the chosen weekday (e.g., Wednesday) on your Ozempic® carton. You can also write the date on the carton every time you have injected Ozempic®.

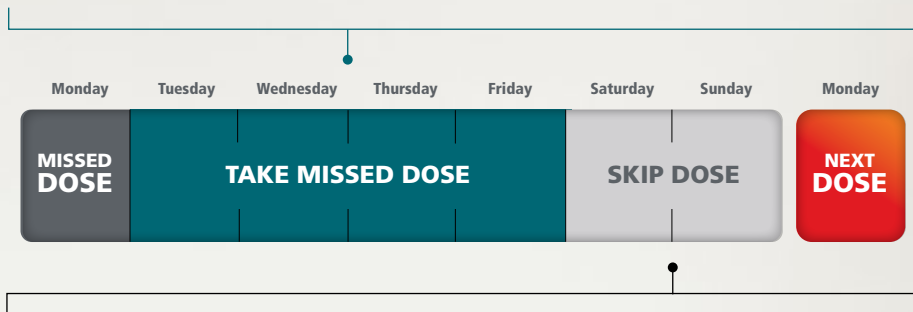
To help you remember to take your dose, consider pairing it with an activity you enjoy each week.

What to do if you miss your dose of Ozempic®

If 5 days or less

since your missed dose, take Ozempic® as soon as you remember. Take your next dose on your regularly scheduled day.

Example of a missed dose schedule



If 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.

Possible side effects

Like all medicines, Ozempic® may cause side effects, although not everybody gets them.

The most common side effects (affecting more than 1 in 10 people) are:

- Nausea (feeling sick)
 - Diarrhea
- } These usually diminish over time
- Low blood sugar (hypoglycemia) when Ozempic® is used with a sulfonylurea or insulin

The warning signs of low blood sugar may come on suddenly. They can include: cold sweat, cool pale skin, headache, fast heartbeat, feeling sick (nausea) or very hungry, changes in vision, feeling sleepy or weak, feeling nervous, anxious or confused, difficulty concentrating or shaking.

Your doctor will tell you how to treat low blood sugar and what to do if you notice these warning signs.

For the full list of possible side effects, please see the Patient Information Leaflet. If you experience any side effects, speak with your healthcare professional.



Tips for managing side effects

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

The most common side effects of Ozempic® are gastrointestinal-related (nausea and diarrhea); 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



Frequently asked questions

Q When should I take Ozempic®?

A You should take your dose of Ozempic® once a week on the same day each week. You can take it regardless of meals.

Q How should I take Ozempic®?

A Ozempic® is given as an injection under the skin. The best places to use Ozempic® are the front of your thighs, the front of your waist (abdomen) or your upper arms.

To learn more about injecting Ozempic®, review the “How to take Ozempic®” instructions on page 7 and **refer to the full instructions for use in the Patient Information Leaflet.**

Q Should I take Ozempic® with a meal?

A You can take Ozempic® regardless of meals. You should take it once a week.

Q What should I do if I've missed a dose of Ozempic®?

A If you ever miss or forget to take a dose, here is what you should do:

- If it has been 5 days or less since you missed your dose of Ozempic®, use it as soon as you can remember. Then inject your next dose as usual on your scheduled day.
- If it has been more than 5 days since you missed your dose of Ozempic®, skip the missed dose. Then take your next dose as usual on your regularly scheduled day.

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

Q What do I do if I want to switch the day I take Ozempic®?

A If necessary, you can change the day you take your weekly Ozempic® dose as long as it has been at least 2 days since your last dose. After selecting a new dosing day, continue taking it once a week.

Do not stop using Ozempic® without talking to your healthcare professional. If you stop using it, your blood sugar levels may increase.

Discussion points

If you wish, you may use the space on these pages to write down any questions you want to ask your healthcare professional about Ozempic® or your type 2 diabetes treatment.



References:

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7. The National Digestive Diseases Information Clearinghouse. *Gastroparesis*. 2012. Available at: http://www.syracusegastro.com/docs/Gastroparesis_508.pdf. Retrieved January 2018.

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