

Getting started with Saxenda®

liraglutide injection 3mg

Important information on Saxenda® and your weight management

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

By reporting side effects you can help provide more information on the safety of this medicine.

This digital material has been developed by Novo Nordisk for patients who have already been prescribed Saxenda®.

For further information about Saxenda®, please refer to the Patient Information Leaflet



Saxenda®
liraglutide injection 3mg



Welcome to Saxenda®

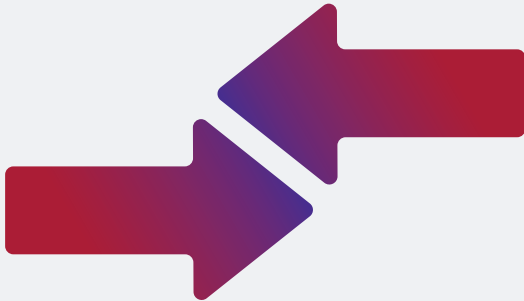
Making Saxenda® part of your treatment plan shows your commitment to improving your long-term weight management. Be proud of what you are doing and know you are capable to achieve your goals.

This booklet will provide you with useful information about Saxenda® to help you successfully begin and get the most out of your treatment.

Why is it so hard to lose weight and keep it off?

Many people believe that obesity is a choice and that people are simply 'lazy' or lack willpower. The truth is far from this.

For people living with obesity, losing weight causes changes in the levels of hormones that affect appetite. After weight loss, your body will naturally try to gain back the weight you lost by making you feel **more hungry, and by burning fewer calories**. This means, while you are working hard to lose weight with diet and exercise, your body is working against you, undermining your best efforts. No wonder it can be so hard to lose weight and keep it off!



Obesity is a chronic condition,¹ with numerous contributing factors, including your environment, genetics and hormones. When you do manage to lose weight, because of changes in hormone levels, your body tries to gain this weight back by making you feel more hungry, and by burning fewer calories.

Losing just 5% of your weight, and keeping it off, may greatly improve weight-related complications, such as diabetes and hypertension. It'll also mean that you get to enjoy everyday activities more.

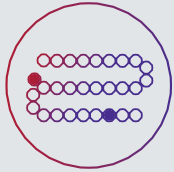
Weight loss required for therapeutic benefit

5% - 10%

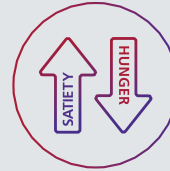
Hypertension
Dyslipidaemia
Hyperglycaemia
Osteoarthritis
Diabetes
(remission)
Sleep apnoea

Introducing Saxenda®

What is Saxenda®?



Saxenda® is 97% similar to a hormone released after eating that makes you feel full and satisfied.¹



Saxenda® triggers areas of your brain that control appetite and makes you feel fuller and less hungry, meaning you eat less. This may help you eat less food and reduce your body weight.

What are the benefits of Saxenda®?



Saxenda® may help you lose weight and keep it off in the long-term. Saxenda® is used for weight loss in addition to diet and exercise in adults aged 18 and above who have

- a BMI of 30 or greater (obese) or
- a BMI of 27 and less than 30 (overweight)

and weight-related health problems.*

* (such as diabetes, high blood pressure, abnormal levels of fats in the blood or breathing problems during sleep called 'obstructive sleep apnoea').
BMI (Body Mass Index) is a measure of your weight in relation to your height.



Saxenda® may improve weight-related health complications such as diabetes, high blood pressure, abnormal levels of fats in the blood or breathing problems during sleep called 'obstructive sleep apnoea'.¹

Your Saxenda® journey

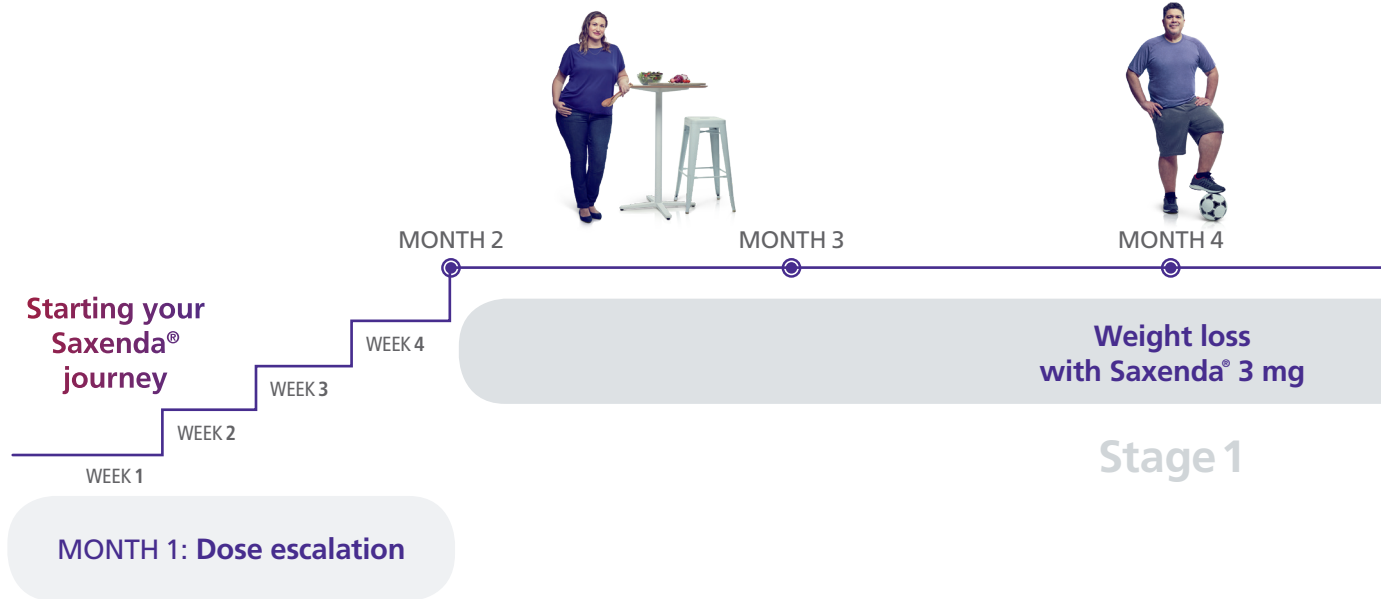
Think of Saxenda® as a two-stage weight management journey.¹

- **Stage 1** is focused on losing weight and lasts a few months
- **Stage 2** involves keeping the weight off for the long term



Progress evaluation with your Healthcare Professional (HCP) at Week 16

If 5% of body weight is not lost, your HCP may recommend for you to discontinue Saxenda® use.



1. Saxenda® Patient Information Leaflet UK.

Focus on making healthy and enjoyable lifestyle changes that will improve your overall quality of life



MONTH 5

MONTH 6 AND BEYOND

Long-term weight maintenance
with Saxenda® 3 mg

Stage 2

Your Saxenda® dosing schedule



**Always use Saxenda® exactly as your HCP has told you.
Check with your HCP if you are not sure.**

You can use Saxenda® at any time of the day, with or without food and drink.

Use Saxenda® at about the same time each day, try to find a time that works for you in your daily routine.

Your first 5 weeks of treatment will be the 'dose-escalation' phase. This means you will begin with a small dose, and gradually increase it to the full dose of 3 mg as per the instructions in your information leaflet, or from your healthcare professional.¹

During the 'dose-escalation' phase, your first pen may last longer. When you are on 3mg/day maintenance dose the pen will last for 6 days.

1. Saxenda® Patient Information Leaflet UK.

Get to know your Saxenda® pen

Saxenda® comes in a prefilled pen.



OUTER NEEDLE CAP



INNER NEEDLE CAP



NEEDLE



PAPER TAB

How to take Saxenda®

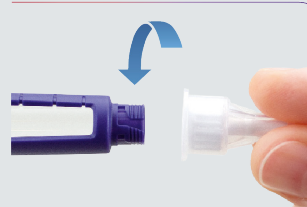
Before you take Saxenda® for the first time, your HCP will show you how to use the Saxenda® pen.

1 Check pen



- Check the name and coloured label of your pen to make sure that it contains Saxenda®
- Pull off the pen cap

2 Attach needle



- Pull off the paper tab from a new needle
- Screw the needle straight and tightly onto your pen
- Pull off both needle caps. Keep the outer needle cap for later
- The Saxenda® pen is designed to be used with needles up to a length of 8 mm and as thin as 32G, such as the NovoFine® or NovoTwist® needles

3 Check flow



- Before the first injection with each new pen, check the flow.
- Turn the dose selector until the flow check symbol lines up with the pointer
- Tap the pen gently, so any air bubbles rise to the top
- Press the dose button until 0 mg lines up with the pointer. A drop of Saxenda® should appear at the needle tip

4 Select dose



- Turn the dose selector to select the dose you need (0.6 mg, 1.2 mg, 1.8 mg, 2.4 mg, or 3.0 mg)
- If you select a wrong dose by mistake, turn the dose selector backwards or forwards to select the right dose

5 Inject dose



- Press the pen onto your skin
- Press the dose button until 0 mg lines up with the pointer
- Keep the dose button pressed down and leave the needle under the skin for at least 6 seconds. This is to ensure that the full dose has been injected

6 Remove needle



- Guide the needle into the outer needle cap
- When the needle is covered, carefully push the outer needle cap completely on
- Unscrew the needle and dispose of it carefully
- Put the pen cap back on

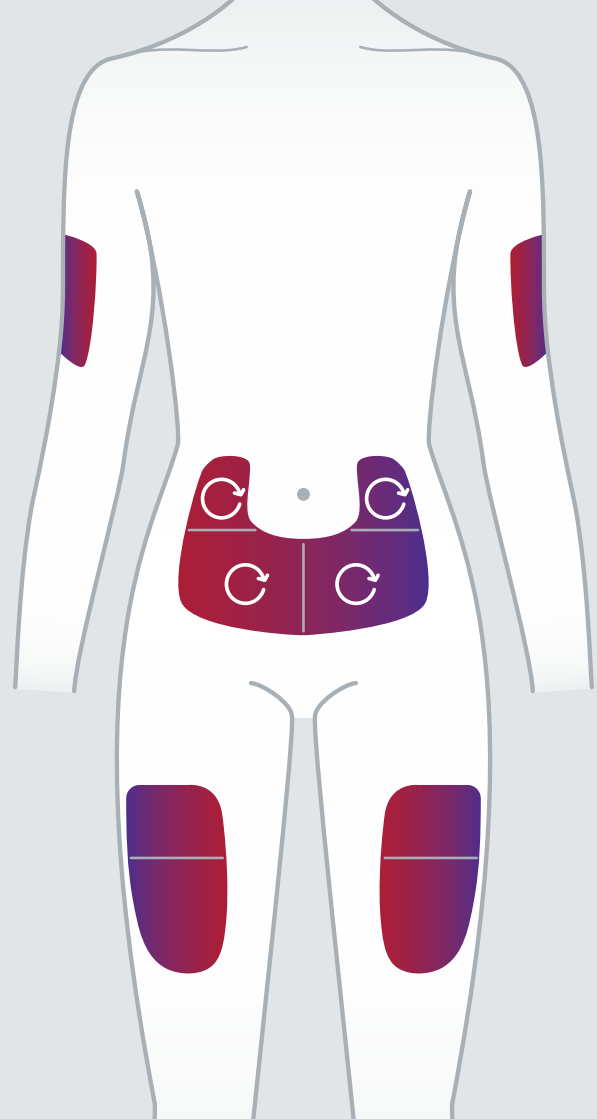
How to take and store Saxenda®

Where do I inject Saxenda®?

The main sites you can inject are the front of your thighs, the front of your stomach or your upper arms.

Do not inject into a vein or muscle and always use a new needle.

Ask your HCP which sites are recommended for you.



Travelling with Saxenda®

Keep opened pens in a cool place, such as a cool insulated bag (below 30°C).¹

When travelling by air, keep your Saxenda® pen in your hand luggage, as it may freeze in the baggage compartment.

You will need a letter from your HCP for any pens and needles you are carrying onboard.

Storing your Saxenda® pen

Before opening

- Store in a refrigerator (2°C to 8°C)
- Do not freeze Saxenda®

After first use

- Store at room temperature (below 30°C) or in a refrigerator (2°C to 8°C)
- Pens in use should be thrown away after 30 days even if they still have Saxenda® left in them
- When not using the pen, keep the pen cap on in order to protect it from light
- Do not throw away any medicines via wastewater or household waste. Ask your HCP how to throw away medicine you no longer use
- Do not use Saxenda® if the solution is not clear and colourless or almost colourless. Always check expiry date printed on the cartridge

1. Saxenda® Patient Information Leaflet UK.

Staying active

Regular activity can help you keep your weight down and may prevent further health problems. Stay motivated by choosing activities that are fun, varied, and work for you.

Tips and tricks for getting started¹ | How long, how often, how hard?



Ensure the type and intensity of your exercise is appropriate for your fitness level



Aim to do 150 minutes of moderate exercise in a week



Find the level that's right for you by adding a few minutes each week



Be comfortable – find a pace you can handle



1. <https://www.nhs.uk/live-well/exercise/get-active-your-way/>. Accessed July 2020

Healthy eating

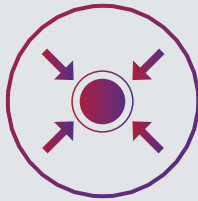
It is important that you and your HCP develop a plan that helps you stay on track to get the most out of your Saxenda® treatment. Your plan should include **healthy meals, staying active, and realistic goals.**¹

Helpful tips | These tips may help you better regulate what and how much you eat.



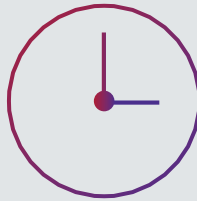
The plate method

Aim to fill your plate with $\frac{1}{2}$ vegetables, $\frac{1}{4}$ healthy carbohydrates (brown rice or whole grain pasta), and $\frac{1}{4}$ healthy proteins (lean meat, skinless poultry, or seafood)



Reduce amounts of food

(rather than cutting out your favourite foods)



Establish regular meal times

(to avoid overeating later in the day)



Small portion of healthy snacks

(like a fruit, carrots, or a small portion of nuts to eat when you have a craving)

1. NHS live well, eat well. <https://www.nhs.uk/live-well/eat-well/>. Accessed July 2020

Setting realistic goals

When it comes to setting goals, think **beyond the scale**:

- Explore possibilities for making healthier choices within the daily routine you already have. This may increase your chances of sticking with it
- Focus on small changes and goals that are realistic and important for you. Remember, it's not about the number on the scale – it's about making improvements in your life
- Find support among your family, friends, and healthcare team
- Keep track of your achievements

Sample goals:

- Choose still or carbonated water over fizzy drinks
- Stick to an exercise regimen for at least 6 months
- Take Saxenda® and all my medication every day

My goals:

Goal 1

Goal 2

Goal 3

Tips to manage common side effects^{1,2}

Like with all medications, Saxenda® may cause side effects, although not everyone will experience them. The most common side effects of Saxenda® are nausea, diarrhoea, constipation, and vomiting.

These side effects usually go away after a few days or weeks.

Here are a few things you can do if you experience nausea



TRY TO

- Eat smaller meals
- Stop eating when full
- Drink plenty of water



AVOID*

- Eating fatty or fried foods
- Eating spicy foods with strong smells
- High-fibre food
- Smoking or drinking alcohol

Other common side effects include indigestion, stomach discomfort, dry mouth, feeling weak or tired, changed sense of taste, difficulty sleeping, injection site reactions (such as bruising, pain, irritation, itching and rash), low blood sugar (hypoglycaemia). Please refer to the Patient Information Leaflet for the full list of side effects.

This is general advice on avoiding nausea. Please always check with your HCP for further advice and dose adjustment.

1. Saxenda® Patient Information Leaflet UK.

2. Reid, T. Clin Diab. 2013;41(4):148–157

What you need to know before you use Saxenda®¹

Please refer to Patient information Leaflet for the full list of side effects, warnings and precautions.

Talk to your HCP before using Saxenda®.

Do not use Saxenda®:

- if you are allergic to liraglutide or any of the other ingredients of this medicine

The use of Saxenda® is not recommended (warnings and precautions):

- if you have severe heart failure
- if you are 75 years or older
- if you have kidney disease or are on dialysis
- if you have liver problems
- if you have thyroid disease, including thyroid nodules and enlargement of the thyroid gland
- if you have or have had a disease of the pancreas
- if you have severe stomach or gut related problems

People with diabetes

If you have diabetes, do not use Saxenda® as a replacement for insulin.

Children and adolescents

Saxenda® should not be used in children and adolescents under 18 years of age. This is because the effects and safety of this medicine have not been studied in this age group.

Pregnancy and breast-feeding

Do not use Saxenda® if you are pregnant, think that you might be pregnant or are planning to have a baby. This is because it is not known if Saxenda® may affect the baby.

Do not breast-feed if you are using Saxenda®. This is because it is not known if Saxenda® passes into breast milk.

Other relevant information

It is important to avoid dehydration by drinking plenty of fluids.

If you lose substantial weight, you are at a risk of gallstones and thereby inflamed gall bladder.

If you have feelings of a racing heartbeat while at rest during Saxenda® treatment contact your HCP.

If you use more Saxenda® than you should, talk to a HCP or go to a hospital straight away. Take the medicine pack with you. You may need medical treatment.

What happens after I achieve a weight loss of 5% or more?

Long-term weight management

Some people may get frustrated when their weight plateaus and there isn't any further change on the scale – but remember that this is perfectly normal.



Success is not only about the weight you lose. It's also about keeping that weight off over time. Think of all the times in your life that you've lost weight only to regain it.



Remember, a weight loss of 5% or more¹ has many important long-term health benefits and lowers the risk of weight-related complications. Therefore, focus on making healthy and enjoyable lifestyle changes that may help improve your life.

Keep things in perspective and keep at it

There is no "quick fix" for weight management. Managing your weight can be a life-long process.

1. Wing R, et al. Diabetes Care. 2011;34:7.

Is Saxenda® working for me?

When you reach week 16 (or 12 weeks on the full dose), your HCP will assess if Saxenda® is working for you:

- If you have achieved a **weight loss of 5% or more**, it's a good indicator that your body is responding well to treatment and you should continue Saxenda®
- If you haven't achieved at least 5% weight loss, you and your HCP should stop Saxenda® and revisit your weight management plan or treatment options

Jot down your current starting weight.
Then calculate your weight for week 16 with a 5% weight loss.

CURRENT WEIGHT	WEIGHT AT WEEK 16	
Date: _____	Follow-up date: _____	
<input type="text"/>	5% WEIGHT LOSS	ACTUAL
kg	<input type="text"/>	kg

Remember, not everyone will respond to treatment

It is not a failure. If you do not reach 5% or more at Week 16, it just means your body responds differently to Saxenda®.

Do not stop taking Saxenda® without talking to your HCP.

Notes

A series of horizontal dotted lines for writing notes.



For more information please visit [Saxenda.co.uk](https://www.saxenda.co.uk) and click on 'A person who has been prescribed Saxenda® in the UK'.



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UK205X00116 Date of Preparation: September 2020

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