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# GETTING STARTED WITH Wegovy<sup>®</sup> ▼

## (semaglutide injection)

Information about Wegovy<sup>®</sup> and weight management for adolescent patients.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. **Reporting of side effects:** 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 <https://yellowcard.mhra.gov.uk>. Adverse events should also be reported to Novo Nordisk Limited (Telephone Novo Nordisk Customer Care Centre 0800 023 2573). Calls may be monitored for training purposes.

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

Please refer to the **Patient Information Leaflet** found in the product carton for

- further information on Wegovy<sup>®</sup>
- further information on how to use Wegovy<sup>®</sup>
- a full list of side effects, warnings and precautions.

Information on possible side effects for Wegovy<sup>®</sup> can be found on pages 16-20 of this material. Information on Warnings and precautions for Wegovy<sup>®</sup> can be found on pages 22-23 of this material.



This material has been produced and funded by Novo Nordisk for adolescent patients aged 12 years and above in the United Kingdom who have already been prescribed Wegovy<sup>®</sup>. This material is not a substitute for clinical advice provided by your healthcare professional nor is it a substitute for the Patient Information Leaflet, which you are advised to read in full. Please contact your healthcare professional if you have any questions about your treatment and for clinical advice. For further information about Wegovy<sup>®</sup>, please refer to the Patient Information Leaflet [HERE](#).

# Welcome to Wegovy®

This is where you will find information and tips to getting started with Wegovy®. There are also plans included that can help you stay on track. Your plan should include eating a balanced diet, being active and setting goals that you can achieve. For further information you can also visit [wegovy.co.uk](http://wegovy.co.uk).

It's a team effort. Type in who's on your team here.

My name:

.....

Healthcare professional name:

.....

Parent/carer name:

.....

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LET'S TALK ABOUT...

# Life and excess weight

Maybe you've heard that losing weight and keeping it off is about what you eat and how much you exercise? Or perhaps that it's all about having strong willpower?

But actually, excess weight is complicated. There are lots of different causes. Your surroundings, your family history, how you feel and even lack of sleep can all be parts of the reason. If you feel bad about struggling with your weight, do not.

If you want to lose weight, keep it off and improve your health, you may have to do a number of different things. Even if you have found it hard in the past, the important thing is to remember that you can still make changes to your health.

Your healthcare professional has prescribed you Wegovy® as part of your weight management plan.

Wegovy® is a treatment that can help people with managing their weight, and should be used together with diet and physical activity.



It's not just about excess weight, it's also about how it makes you feel.



# How does Wegovy® work?

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

## Your body

Sends signals (appetite hormones) to the brain to tell you that you are hungry.



## What is Wegovy® used for in adolescents (aged 12 years and above)?

### Weight Management

Wegovy® is used together with diet and physical activity for weight management in adolescents ages 12 years and above, who have:

- Obesity and
- Body weight >60 kg

As an adolescent patient, you should only continue using Wegovy® if you have lost at least 5% of your Body Mass Index (BMI) after 12 weeks on the 2.4 mg once-weekly dose or maximum tolerated dose (see section 3 of the patient information leaflet). Consult your doctor before you continue.



## Wegovy®

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 hormone receptors in the brain that control your appetite, causing you to feel fuller and less hungry and experience less craving for food.

# Introducing your Wegovy® FlexTouch® pen

Wegovy® is a once-weekly injectable treatment that comes in a pre-filled pen.

Each Wegovy® pack contains:

- 1 pre-filled Wegovy® FlexTouch® pen which contains 4 of your prescribed doses of Wegovy®, to be used once a week for 4 weeks
- 4 disposable needles
- The Patient Information Leaflet

You can inject Wegovy® once-weekly at any time of the day, with or without meals.

You should use Wegovy® once a week and if possible, on the same day each week. If you need to, you can change the day of your weekly injection as long as it has been at least 3 days since your last injection. After selecting a new dosing day, continue with once a week dosing.

**Always use Wegovy® exactly as your doctor has told you. Check with your doctor, pharmacist or nurse if you are not sure.**



Always use Wegovy® exactly as your healthcare professional has told you. Check with your healthcare professional if you are not sure.

**PEN CAP:** Always put the cap back on to protect the medication from light

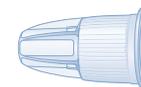
**DOSE POINTER:** Arrow lines up with your selected dose

**DOSE SELECTOR:** Turn it to select your dose



**DOSE COUNTER:** View and centre your appropriate dose before use

**DOSE BUTTON:** Press and hold down to inject your dose



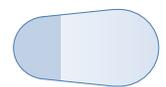
OUTER NEEDLE CAP



INNER NEEDLE CAP



NEEDLE



PAPER TAB

This image is of the 2.4 mg FlexTouch® pen and is a representation only. It does not reflect the actual size of the pen.

Always use this medicine exactly as your doctor has told you. Check with your doctor, pharmacist or nurse if you are not sure.

# Why does dosing matter?

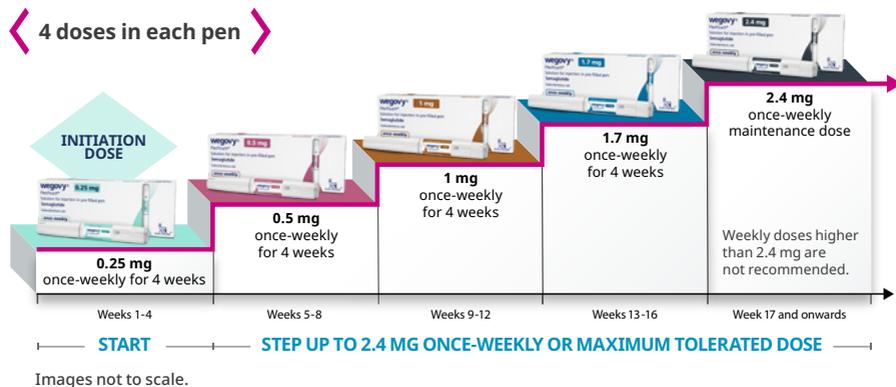
You will start Wegovy® at a low dose which will be gradually increased over 16 weeks, to help reduce the likelihood of side effects, such as feeling sick (nausea), being sick (vomiting), diarrhoea, constipation, and stomach pain. These are called gastrointestinal side effects.

When you first start using Wegovy®, the starting dose is 0.25 mg once-weekly. Your healthcare professional will instruct you to slowly increase your dose every 4 weeks until 2.4 mg once-weekly (maintenance dose) is reached or once you reach the maximum tolerated dose. **Weekly doses more than 2.4 mg are not recommended.**

If you have side effects during this time, your healthcare professional may delay increasing your dose or lower to the previous dose until your symptoms are better.

It's important to follow the dosing schedule as recommended by your healthcare professional and discuss any side effects you may experience with them. Check with your healthcare professional if you are not sure.

You should only continue using Wegovy® if you have lost at least 5% of your Body Mass Index (BMI) after 12 weeks on the 2.4 mg once-weekly dose or maximum tolerated dose. Consult your doctor before you continue.



## If you use more Wegovy® than you should

Talk to your doctor straight away. You may get side effects such as feeling sick (nausea).

## If you stop using Wegovy®

Do not stop using Wegovy® without talking to your doctor.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.



## Try to get into a routine for using Wegovy® once a week

For example, pick a specific day and time, like on a Sunday before you go to bed.



**For full information**  
on how to use your Wegovy® pen,  
refer to the Patient Information Leaflet [HERE](#).

# Here's how to inject Wegovy®

A pre-filled pen that you can administer yourself. Before you use the Wegovy® FlexTouch® pen for the first time, ask your doctor or nurse how to use it.

Wegovy® is given as an injection under the skin (subcutaneous injection). Do not inject it into a vein or muscle.

1.



2.



3.



4.



5.



6.



## 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, never use a bent or damaged needle. 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 upper arms, upper legs or tummy (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, you may hear or feel a click when the dose counter returns to 0. Remove the needle from your skin. If blood appears at the injection site, press lightly on the area to stop bleeding.

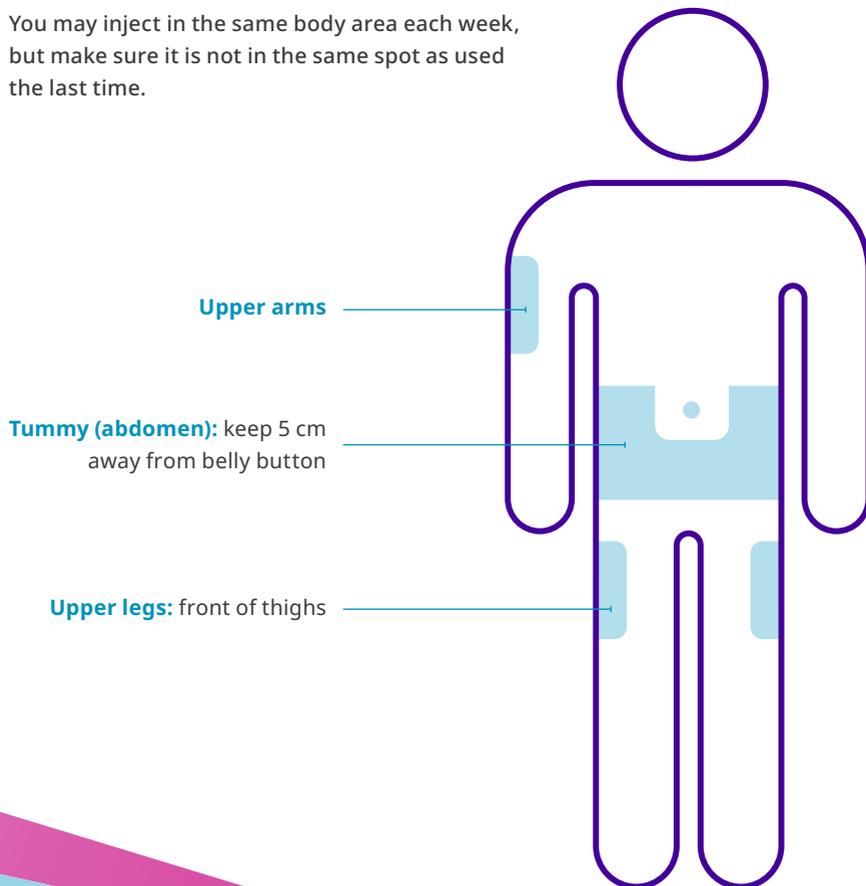
## 6. After injection

Lead the needle tip into the outer needle cap on a flat surface without touching the needle. Never try to put the inner cap back on the needle as you may stick yourself with the needle. 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 sight and reach of children under the age of 12. Sharps bins must not be disposed of in household waste. Discuss with your healthcare professional the procedure for disposing of sharps bins in your area. Put the pen cap on the pen after each use to protect Wegovy® from light.

## Where do I inject Wegovy®?

Wegovy® is given as an injection under the skin (subcutaneous injection). Do not inject it into a vein or muscle. Before you use the pen for the first time, ask your doctor or nurse on where to inject. The best places to give the injection are the upper arms, upper legs or the front of your tummy (abdomen).

You may inject in the same body area each week, but make sure it is not in the same spot as used the last time.



## Missed doses, storage and disposal

### WHAT TO DO IF YOU MISS A DOSE

- Do not take a double dose to make up for a missed one
- If you do miss a dose, follow the 5-day rule:
  - **If it is 5 days or less since you should have used Wegovy®:** Use it as soon as you remember, then inject your next dose as usual on your scheduled day
  - **More than 5 days since you should have used Wegovy®:** Skip the missed dose and inject as usual on your next scheduled day

### HOW TO STORE WEGOVIY®

- Do not freeze Wegovy® and do not use if it has been frozen
- Keep the pen cap on when the pen is not in use in order to protect it from light
- Keep this medicine out of the sight and reach of children (under 12 years of age)
- Do not use this medicine after the expiry date

**Before opening:** Keep the pen refrigerated (2° to 8°C). Keep the pen away from the cooling element.

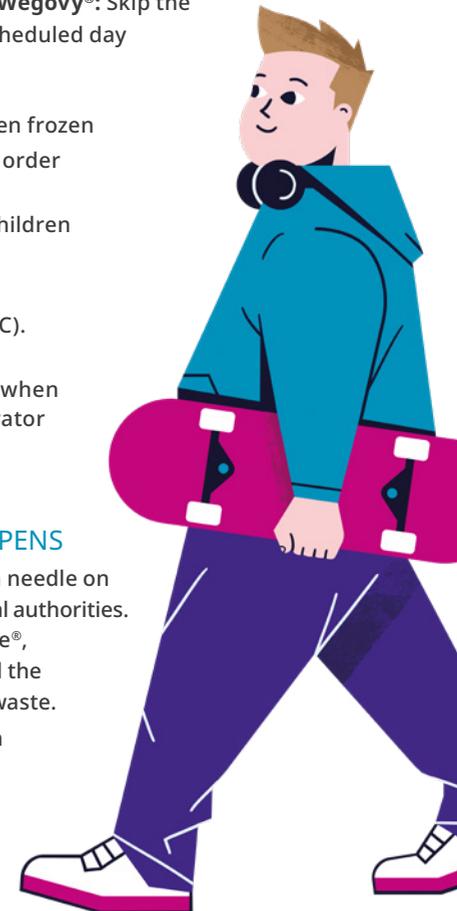
**During use:** You can store the pen for up to 6 weeks when stored at a temperature below 30°C or in a refrigerator (2°C to 8°C) away from the cooling element.

**Never store your pen with the needle attached.**

### HOW TO DISPOSE OF YOUR NEEDLES AND PENS

When the pen is empty, dispose of the pen without a needle on as instructed by your doctor, pharmacist, nurse or local authorities. You can now also recycle your pen through PenCycle®, see page 50 for further information. The pen cap and the empty carton can be disposed of in your household waste.

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 sight and reach of children under the age of 12. Sharps bins must not be disposed of in household waste. Discuss with your healthcare professional the procedure for disposing of sharps bins in your area.



# What about side effects?

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

As with all medicines, Wegovy® may cause side effects, although not everyone will experience them.



## Side effects

VERY COMMON: MAY AFFECT MORE THAN 1 IN 10 PEOPLE

- Headache
- Feeling sick (nausea)
- Being sick (vomiting)
- Diarrhoea
- Constipation
- Stomach pain
- Feeling weak or tired

These usually go away over time.

COMMON: MAY AFFECT UP TO 1 IN 10 PEOPLE

- Feeling dizzy
- Upset stomach or indigestion
- Burping
- Gas (flatulence)
- Bloating of the stomach
- Inflamed stomach ('gastritis') – the signs include stomach ache, feeling sick (nausea) or being sick (vomiting)
- Reflux or heartburn – also called 'gastro-oesophageal reflux disease'
- Gallstones
- Hair loss
- Injection site reactions
- Change in the way food or drink tastes
- Change in skin sensation
- Low blood sugar (hypoglycaemia) in patients with diabetes
- Complications of diabetic eye disease (diabetic retinopathy)

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# Serious side effects

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

## Serious side effects

### COMMON: MAY AFFECT UP TO 1 IN 10 PEOPLE

- **Complications of diabetic eye disease (retinopathy).**  
If you have diabetes you should inform your doctor if you experience eye problems, such as changes in vision, during treatment with this medicine.

### UNCOMMON: MAY AFFECT UP TO 1 IN 100 PEOPLE

- **Inflamed pancreas (acute pancreatitis)** which could cause severe pain in the stomach and back which does not go away. This is a serious, potentially life-threatening condition. You should see a doctor **immediately** if you experience such symptoms.



Stop using this medicine and seek urgent medical help if you experience: Severe, persistent pain in the stomach area (abdomen), with or without nausea and vomiting. This could be a sign of acute pancreatitis, which is serious and potentially life-threatening.

- **Kidney or bladder stones.** Signs may include back or lower abdomen pain, difficulty in passing urine (urination) or change in colour of your urine.

### RARE: MAY AFFECT UP TO 1 IN 1,000 PEOPLE

- **Severe allergic reactions (anaphylactic reactions, angioedema).**  
You should seek immediate medical help and inform your doctor straight away if you get symptoms such as breathing problems, swelling of face, lips, tongue, and/or throat with difficulty swallowing, wheezing, fast heartbeat, pale and cold skin, feeling dizzy or weak.
- **Hip fractures.**

### VERY RARE: MAY AFFECT UP TO 1 IN 10,000 PEOPLE

- **Non-arteritic anterior ischaemic optic neuropathy (NAION)** is a medical condition of the eye, which may cause loss of vision without any pain. You should urgently contact your doctor if you notice sudden or gradually worsening eyesight.

### NOT KNOWN: FREQUENCY CANNOT BE ESTIMATED FROM THE AVAILABLE DATA

- **Bowel obstruction.** A severe form of constipation with additional symptoms such as stomach ache, bloating, vomiting, etc.

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# Managing side effects

Pages 20 and 21 contain general advice on managing some of the most common side effects. Always check with your healthcare professional for further advice.

**Here are a few things you can try if you get mild gastrointestinal symptoms like nausea (feeling sick).**



Do not eat when you're full or not hungry.



Reduce your meal size.



Skip spicy and high-fat foods.



Drink fewer carbonated drinks.



Drink more water and eat more high-fibre food.



## NAUSEA AND VOMITING

**If you feel sick, here are a few things you can do to help:**

- Try to eat slower
- Eat smaller meals
- Stop eating as soon as you're full
- Take sips of a cold drink
- Avoid fatty and fried foods



## CONSTIPATION AND DIARRHOEA

**If you experience constipation or diarrhoea, try to:**

- Drink plenty of fluids and stay well hydrated
- Eat more fibre to help with constipation. Wholemeal bread, beans and nuts can all help
- Avoid fruit juice and fizzy drinks – they can make diarrhoea worse



## HEADACHES

**If you get headaches, here's some helpful advice:**

- Drink plenty of water
- Eat regular meals
- Do not sleep more than you usually would. Too much sleep can make headaches worse
- Do not strain your eyes. Too much screen time can lead to headaches
- Try to relax, stress can make headaches worse

# Wegovy<sup>®</sup> safety information

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

**Do not use Wegovy<sup>®</sup> if you are allergic to semaglutide or any of the other ingredients of this medicine** (the active substance is semaglutide. The other ingredients are disodium phosphate dihydrate, propylene glycol, phenol, sodium hydroxide/hydrochloric acid (for pH adjustment), water for injection).

## Warnings and precautions

Talk to your doctor, pharmacist or nurse before using Wegovy<sup>®</sup> or during treatment if you have:

- **Effects on the digestive system**

During treatment with Wegovy<sup>®</sup>, you may feel sick (nausea) or be sick (vomiting), or have diarrhoea. These side effects can cause dehydration (loss of fluids). It is important that you drink enough fluids to prevent dehydration. This is especially important if you have kidney problems. Talk to your doctor if you have any questions or concerns.

- **Diabetes**

Wegovy<sup>®</sup> must not be used as a substitute for insulin.

- **Inflammation of the pancreas**

If you have ever had pancreatitis (inflammation of the pancreas) which may cause severe pain in the stomach and back which does not go away. You should see a doctor immediately if you experience such symptoms.

- **Low blood sugar (hypoglycaemia)**

Wegovy<sup>®</sup> can cause low blood sugar. 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.

In patients with type 2 diabetes, taking a sulfonylurea or an insulin with Wegovy<sup>®</sup> might increase the risk of getting low blood sugar levels (hypoglycaemia).

Your doctor will tell you how to treat low blood sugar and what to do if you notice these warning signs. Your doctor may ask you to test your blood sugar levels. This will help your doctor decide if the dose of the sulfonylurea or insulin needs to be changed to reduce the risk of low blood sugar.

- **Diabetic eye disease (retinopathy)**

Fast improvements in blood sugar control may lead to a temporary worsening of diabetic eye disease. If you have diabetic eye disease and experience eye problems while taking Wegovy<sup>®</sup>, talk to your doctor.

- **Sudden changes to your eyesight**

If you notice a sudden loss of vision or rapidly worsening eyesight during treatment with semaglutide, urgently contact your doctor. This may be caused by a very rare side effect called

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

non-arteritic anterior ischaemic optic neuropathy (NAION). Your doctor will refer you for an eye examination by an ophthalmologist and you may have to stop treatment with Wegovy<sup>®</sup>.

- **Surgery requiring anaesthesia**

If you know that you are due to have surgery where you will be under anaesthesia (sleeping), please tell your doctor that you are taking Wegovy<sup>®</sup> prior to your surgical procedure.

Wegovy<sup>®</sup> can slow the emptying of your stomach, increasing the risk of stomach contents (e.g. food and drink) entering into your airways and lungs during surgery or procedures whilst you are under general anaesthesia or deep sedation. Your doctor will need to assess whether any modifications to the pre-procedure instruction and anaesthetic technique may be required.

- **Children below 12 years of age**

Wegovy<sup>®</sup> is not recommended in children below 12 years of age.

- **Other medicines and Wegovy<sup>®</sup>**

Tell your doctor, pharmacist or nurse if you are using, have recently used or might use any other medicines. In particular, tell your doctor, pharmacist or nurse if you are using medicines containing the following:

- Warfarin or other similar medicines taken by mouth to reduce blood clotting (oral anti-coagulants). When you start treatment with e.g. warfarin or similar medicines, frequent blood testing to determine the ability of your blood to clot may be required.

### Pregnancy and breast-feeding

This medicine should not be used during pregnancy, as it is not known if it may affect your unborn child.

Therefore, it is recommended to use contraception while using this medicine. If you wish to become pregnant, you should stop using this medicine at least two months in advance. If you become or are pregnant, think you may be pregnant or are planning to have a baby when using this medicine, talk to your doctor straight away, as your treatment will need to be stopped.

You should not use this medicine if you are breast-feeding, as it is unknown if it passes into breast milk.

- **Driving and using machines**

Wegovy<sup>®</sup> is unlikely to affect your ability to drive and use machines. Some patients may feel dizzy when taking Wegovy<sup>®</sup> mainly during the first 3 months of treatment (see section 4 of the Patient Information Leaflet). If you feel dizzy you should not drive or operate machines until you feel better. If you need any further information, talk to your doctor, pharmacist or nurse.

- **For diabetics using this medicine in combination with a sulfonylurea or insulin, low blood sugar (hypoglycaemia) may occur which may reduce your ability to concentrate. Do not mix Wegovy<sup>®</sup> up with other medicines that you inject (e.g. insulins). Do not use Wegovy in combination with other medicines that contain GLP-1 receptor agonists e.g. Liraglutide. Do not drive or use machines if you get any signs of low blood sugar. Talk to your doctor for further information.**

- **Sodium content**

This medicine contains less than 1 mmol sodium (23 mg) per dose, i.e. essentially 'sodium-free'.

# What about food and eating?

## Tips, tricks and hacks

Trying to just 'eat less' isn't easy. Here are some tips that you might find helpful.



### Don't try to quit foods

Instead of trying to completely quit foods that are high in fat, sugar and salt, try to limit how much you have of them.



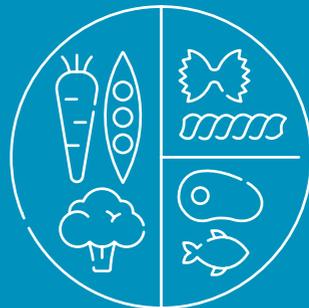
### Stick to regular mealtimes

Try not to eat too late in the day.



### Have some little healthy snacks

Plan to keep healthy food to hand in case you still need a snack – like fruit, carrots or a small portion of nuts.



## Try the healthy weight plate

Try to fill your plate like this:

**1/2 with non-starchy vegetables**  
broccoli, cauliflower, mushrooms.

**1/4 with healthy carbohydrates**  
brown rice or whole grain pasta.

**1/4 with healthy proteins**  
lean meat, skinless poultry,  
seafood, tofu, lentils, or beans.



## How much you eat matters

If your portions are too big, it may be difficult to manage your weight. Eating too much may also slow down your weight loss, or even stop it.



### HEALTHY HABITS – aim to have most of the time

- Grilled and baked, instead of fried foods
- Colourful fruits and vegetables
- When oil is needed choose unsaturated oils like rapeseed, sunflower and vegetable oil
- Foods with omega-3 oils. Two portions of fish a week (one of which from oily fish) and plain nuts are good choices
- Think five-a-day when it comes to fruit and veg. More than five is even better. They are a great source of fibre, vitamins, and minerals
- Drink plenty of water. Sometimes when you think you're hungry, you're actually thirsty, so a glass of water could be all you need
- Try and stick to regular mealtimes. You can burn calories at a faster rate if you do



### LESS-HEALTHY HABITS – try to have less often

- Saturated and trans fats found in foods such as fatty meats, and processed foods like cheese and bacon
- Salt and foods containing sodium, like salty snacks, ready-made soups and deli meats
- Ultra-processed foods like ice cream, crisps and sausages. They can have more sugar, salt, and fat in them than you think
- Large portions and adult size plates. Start smaller and have more if you're still hungry. It's fine to leave food when you're full

# Healthier food swaps

Food swaps can be an easy way to cut down on sugar, salt and fat and eat healthier. Even just one or two swaps can really make a difference. Just choose the swaps that are easiest for you.

Below, you will find some tips on swaps that you might like to try.

## BREAKFAST SWAPS

At breakfast time, swapping those sugary cereals is a great place to start. Give these swaps a try.

### Swap from

- Chocolate cereal
- Frosted flakes
- Honey crunch cereal
- Croissants
- Cereal bars



### Swap to

- Wheat biscuit cereal
- Shredded wholegrain cereal
- No-added-sugar-muesli
- Porridge
- Wholemeal toast
- Plain natural yoghurt topped with chopped fruit

## LUNCH SWAPS

If you have a lunchbox, simple swaps are easy, just pop in some healthier things. If you make lunch, watch out for tinned soups and ready-made sandwiches, they can hide a lot of salt.

### Swap from

- Split pot yoghurts and pudding pots
- Cake bars and cereal bars
- Muffins and chocolate
- High calorie crisps
- Juice pouches and fizzy drinks
- Ham and cheese sandwiches



### Swap to

- Lower sugar fromage frais or plain natural yoghurt
- Fresh or tinned fruit (in juice, not syrup)
- Plain popcorn, plain rice cakes or raisins
- No-added-sugar squash, or water with berries and chopped fruit
- Homemade soup
- Hard-boiled egg
- Lean chicken

## EVENING MEAL SWAPS

We all look forward to our evening meal. It's usually the main meal of the day, so what you have matters. Salt and bad (saturated) fats can really add up, because there can be a surprising amount of both in ordinary teatime foods. Time for some healthy swaps.

### Swap from

- Sausages
- Pizza
- Fried chicken
- Takeaways



### Swap to

- Bolognese made with low-fat mince
- Meat flavoured with different herbs, spices and seasoning, like paprika, oregano or lemon juice
- Reduced-salt and reduced-sugar versions of sauces

## SNACK SWAPS

Snacks are sneaky. They feel small, but they can be packed with sugar and get in the way of your weight loss journey. Finding healthier snacks you really like means you have things you can eat when you're hungry or craving something between meals. It's swap time.

### Swap from

- Biscuits
- Chocolate
- Cake bars
- Chocolate pudding pots
- Doughnuts
- Muffins
- Crisps
- Salted peanuts
- Split-pot and higher sugar yoghurts



### Swap to

- Fresh or tinned fruit (in juice, not syrup) or fruit salad
- Crackers topped with cream cheese
- A piece of wholegrain toast with low fat spread
- Plain popcorn or rice cakes
- Unsalted mixed nuts
- Chopped veg with hummus
- Plain or Greek yoghurt topped with fruit

## DRINK SWAPS

Did you know that as much as a quarter of the sugar in your diet may come from sugary drinks? Here are some smart swaps you can make. If you really want a juice drink, have it at a mealtime, so it's not so bad for your teeth.

### Swap from

- Cola and other fizzy drinks
- Juice drinks
- High sugar milkshakes
- Whole milk



### Swap to

- Water
- No-added-sugar-drinks
- Skimmed or semi-skimmed milk



# Your food ideas

You'll find it easier to make healthy choices if you find foods you enjoy.

Use these editable pages to type in healthy food ideas. You can return to these pages when you need inspiration on your Wegovy® journey.



Foods I would like to try for breakfast...

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Foods I would like to try for lunch...

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Foods I would like to try for my evening meal...

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Foods I would like to try for snacks...

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# Tips on Getting Active

Getting active can help with your weight loss, especially if you do it regularly. It can make you feel better too, and help prevent health problems.

## SOME GET-ACTIVE KICKSTARTERS



Aim for an average of an hour's moderate activity a day. It doesn't have to be all at once. You could do 10 minutes of exercise six times a day, if you like.



Take it easy to start with, to avoid strains. Find a pace you're comfortable with. Go from there.



Get into an exercise habit, like walking or biking to school instead of getting a lift.



Find the activities you like most – maybe some you can do with family and friends.



Try group exercise and team sports. They're not just good for you, they're a good way to meet new people too.



Get outdoors. It encourages you to get moving and it's good for your mental health too.



Make the most of bedtime to get plenty of sleep. That's really important.

## SOME GET-ACTIVE IDEAS



Walk to school or college, or take the dog for a walk.



Activities, including skipping, jumping, running or jogging and playing catch.



Get into a sport. Join a team sport, like football, netball, hockey or cricket.



Join your local swimming pool.



Dance to your favourite music.



Get a bike, skateboard, or roller blades.



Try yoga, pilates or a contact sport like boxing, karate, or judo.



# Your activity plan

You'll find your plan easier to stick to if you make sure it's about you.

Building your activities around what you like is better than forcing yourself to do things you do not enjoy (although it's always good to try something new).

Fill in this plan with ideas that'll make you feel good about being active.

<b>Activity:</b>	<b>My biggest barrier:</b>	<b>My plan B:</b>
<b>When:</b>		
<b>My support:</b>	<b>My plan to overcome:</b>	

<b>Activity:</b>	<b>My biggest barrier:</b>	<b>My plan B:</b>
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## Fill this plan in

With ideas that'll make you feel good about being active.

<b>Activity:</b>	<b>My biggest barrier:</b>	<b>My plan B:</b>
<b>When:</b>		
<b>My support:</b>	<b>My plan to overcome:</b>	

<b>Activity:</b>	<b>My biggest barrier:</b>	<b>My plan B:</b>
<b>When:</b>		
<b>My support:</b>	<b>My plan to overcome:</b>	

# Planning and support

## MAKE A PLAN

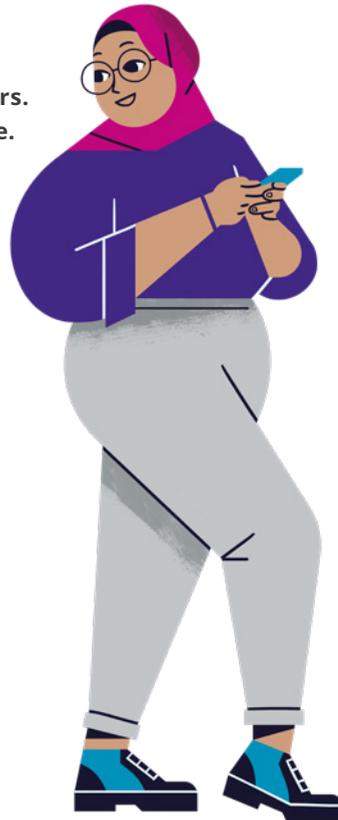
**Losing weight can be easier if you have a plan and make it part of your daily routine.**

Talk to your healthcare professional, family and friends to develop yours. It could be about finding healthy meals you like, having regular walks or setting goals you can aim for.

## DO NOT DO IT ALONE

**We know losing weight and keeping it off isn't easy, and some days may be harder than others. But you shouldn't feel like you're doing it alone.**

The support of your family and friends can make a big difference. They can encourage you, and help you resist those cravings. Your healthcare professional team will be there to help too. It's good to talk. Tell people what you want to achieve.



**Having support is important.** Use this page to help you make the most of yours.

**COMPLETE THESE STATEMENTS, SO YOU KNOW WHAT TO DO WHEN YOU NEED A LITTLE HELP**



**When I need more information about my medication, I will**

e.g. speak to my healthcare professional ...

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**When I feel worried, I will**

e.g. plan something nice to look forward to with my friends/family ...

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**When I need advice on how to stay positive, I will**

e.g. video call a friend ...

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# What to do on difficult days

Some days may feel harder than others. Do not let a difficult day get you down. Remind yourself how far you've come and feel good about all the small wins you've had.

Here are some things you can do to keep you going:



## Make change a habit

Have fruit for breakfast. Start walking instead of getting a lift in the car. Choose healthier options for your lunch box. It all puts you on the right path.



## Get people on your side

Family and friends can be your biggest supporters. Make sure they know you want their help.



## Know you'll have ups and downs

Some days will be harder than others. Be ready for social situations where you might be tempted to lapse. Do not blame yourself, just stick with it.



## Keep checking your goals

It's good to have goals. But it's also fine to change them. Set some easy ones that you know you can reach.



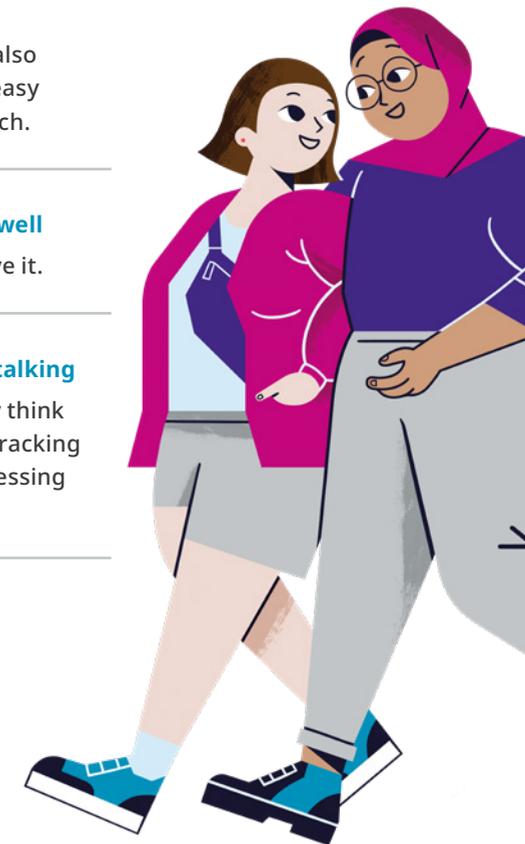
## Treat yourself when it's going well

Celebrate your wins. You deserve it.



## Track your progress and keep talking

Ask friends and family how they think you're doing. Think about how tracking can help you see if you're progressing or falling back into old habits.













If you have been prescribed Wegovy® using a pre-filled pen you can now recycle your pens with PenCycle®.

## What is PenCycle®?

We have developed a **bespoke process** that lets us recycle our pre-filled pens after use. **Pre-filled Novo Nordisk** pens contain medicine and are with pen users wherever they go. Because of this, they are made from high-quality, long-lasting materials that are too good to waste. By finding new ways to reuse them, we can help put an end to the unsustainable use of Earth's natural resources.

To find out more simply go to [www.pen-cycle.co.uk](http://www.pen-cycle.co.uk)

### How can I PenCycle®?

**PenCycling** could not be simpler and is **completely free of charge**.

To get started, collect a **PenCycle® return box** from your nearest participating pharmacy, or order some online on our website (where you can also find a full list of participating pharmacies) and then follow the instructions by going to <https://www.pen-cycle.co.uk/disclaimer-patients.html?disclaim=https://www.pen-cycle.co.uk/patients/diabetes-or-weight-management-patients/how-can-i-pencycle>

### Where can I PenCycle®?

You can drop off your full return box at any participating pharmacy or return them to Novo Nordisk by post as every return box has a FREEPOST Royal Mail address printed on the back. Pharmacies in certain parts of the UK are not able to accept return boxes due to current regulations.

For more information go to <https://www.pen-cycle.co.uk/patients/diabetes-or-weight-management-patients/where-can-i-pencycle.html>



You return it  
We recycle it



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UK25SEMO00620 | Date of preparation: January 2026

