

A Practical Guide to Your Ozempic® (semaglutide) Treatment

Introduction: This guide is designed to help you successfully manage your Type 2 Diabetes with Ozempic®. This once-weekly medication works by helping your body regulate blood sugar and can also assist with weight loss. This plan focuses on mastering the routine, managing side effects, and integrating the medication into a healthy lifestyle.

Part 1: Getting Started Right

- ☐ Master Your Injection:
 - Get a demonstration from your nurse or pharmacist.
 - Rotate your injection site every week between your abdomen, thigh, and upper arm. This prevents skin irritation and ensures good absorption.
 - Mark your injection day on a calendar to stay consistent.
 - ☐ Understand Your Dose:
 - You will likely start on a lower dose and may increase it after 4 weeks based on your doctor's instructions. Do not change your dose without medical guidance.
 - ☐ Continue Blood Sugar Monitoring:
 - Follow your doctor's instructions for checking your blood sugar. Ozempic® is a powerful tool, but monitoring is still essential for managing your diabetes effectively.
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Part 2: Proactive Side Effect Management

- For Nausea (Most Common):
 - Eat small, bland meals. Avoid greasy, spicy, and overly sweet foods.
 - Sip water or clear broths throughout the day.
 - Get fresh air. Don't lie down immediately after eating.
 - For Constipation:
 - Drink plenty of water (aim for at least 64 oz / 2 liters daily).
 - Gradually increase fiber in your diet with vegetables, beans, and whole grains.
 - Go for a daily walk to help stimulate your digestive system.
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Part 3: Your Integrated Health Plan

- ☐ Focus on a Heart-Healthy Diet: Ozempic® reduces cardiovascular risk, and your diet should support that goal. Focus on lean proteins, vegetables, fruits, and whole grains.

- ☐ Incorporate Regular Movement: Aim for at least 30 minutes of moderate activity, like brisk walking, most days of the week.
 - ☐ Schedule Your Follow-Ups: Plan for regular check-ins with your doctor (usually every 3-6 months) to review your progress, check your HbA1c, and discuss how the treatment is working for you.
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! IMPORTANT: When to Call Your Doctor Immediately !

Contact your healthcare provider right away if you experience any of the following:

- Severe, persistent pain in your stomach/abdomen that may spread to your back (a potential sign of pancreatitis).
 - Symptoms of low blood sugar (hypoglycemia): Dizziness, shakiness, sweating, confusion, headache, or rapid heartbeat.
 - Changes in your vision.
 - Signs of a thyroid tumor, such as a lump or swelling in your neck, hoarseness, or trouble swallowing.
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Disclaimer: This guide is for informational purposes and is not a substitute for professional medical advice. Always follow the specific instructions provided by your qualified healthcare provider.