

# A GUIDE TO STARTING AND STAYING ON TREATMENT WITH RYBELSUS®▼ (SEMAGLUTIDE TABLETS)

This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See [mhra.gov.uk/yellowcard](https://www.mhra.gov.uk/yellowcard) for how to report side effects.



This booklet is for patients who have been prescribed RYBELSUS®. Please always ensure that you read the patient information leaflet accompanying your medication.

**RYBELSUS®▼**  
semaglutide tablets

# Welcome to once-daily RYBELSUS®

So you are starting a treatment to help manage your diabetes. RYBELSUS® is a tablet taken once a day and it is for adults with type 2 diabetes that, along with healthy eating and activity, could help you reach your treatment goals.



## How RYBELSUS® works

RYBELSUS® is a diabetes tablet that works in a similar way to a natural hormone called GLP-1, which is released from the body after eating. It helps your body reduce your blood sugar level when it is too high.

## Benefits of RYBELSUS®

RYBELSUS® could help you reach your treatment goals. With RYBELSUS®, change is possible by lowering blood sugar to help you reach your HbA<sub>1c</sub> goal.

## Make RYBELSUS® a part of your daily wake up routine

### You must follow these dosing instructions:



- Take on an empty stomach upon waking
- Take with a sip of water (no more than 120 mL)
- Wait at least 30 minutes before eating, drinking, or taking any other oral medication
- If a dose is missed, the missing dose should be skipped and the next dose should be taken the following day



### Important dosing instructions

- Keep the tablets in their packaging until you are ready to take one, in order to protect them from moisture and light
- Do not split, crush, or chew the tablet when taking it, as RYBELSUS® should be swallowed whole
- It is not recommended to take two 7 mg tablets to get the effect of one 14 mg tablet, as this has not been studied

## Take your dose as prescribed by your doctor

**STARTING DOSE**

**3 mg**

Start with 3 mg once daily for 1 month



- RYBELSUS® is available in three doses, in three different coloured blister packs. Your doctor will decide which ones you will be prescribed
- The 3 mg, 7 mg and 14 mg tablets are available in pack sizes of 30

## Stay informed about possible side effects

### **RYBELSUS® may cause side effects, although not everybody gets them**

The most common side effects observed in clinical trials were nausea, diarrhoea and vomiting. Most events were mild to moderate in severity and of short duration.

Reduced appetite may affect up to 1 in 10 people and weight loss may also affect up to 1 in 100 people when taking RYBELSUS®.

Taking another anti-diabetic medicine with RYBELSUS® might increase the risk of getting low blood sugar (hypoglycaemia). Your doctor will decide if your current medication needs to be adjusted to reduce the risk of hypoglycaemia.

Complications of diabetic eye disease (retinopathy) may affect up to 1 in 10 people. You should inform your doctor if you experience eye problems, such as changes in vision, during treatment with this medicine.

### **If you experience nausea, here are some tips to help manage it:**

#### **Try to**

- Eat smaller portions more regularly
- Eat slowly
- Stay hydrated. When nausea appears, drinking cold water can help
- Listen to your body. Stop eating at the first sign of fullness

#### **Avoid**

- Fried or fatty foods
- Overly sweet or spicy foods
- Intake of a large amount of fibrous food in a single meal; distribute them throughout the day
- Drinking alcohol and smoking cigarettes

## Stay informed about possible side effects

- Please always ensure that you read the patient information leaflet accompanying your medication. Please refer to the PIL for full details about your medicine including what you need to know before taking RYBELSUS®, how to take RYBELSUS® and a detailed list of possible side effects
- Talk with your doctor or nurse if you experience any side effect, or if you have any questions or concerns

If you get any side effects, talk to your Healthcare professional. By reporting side effects you can help provide more information on the safety of this medicine. This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See [mhra.gov.uk/yellowcard](https://mhra.gov.uk/yellowcard) for how to report side effects.



## Stay in charge, stay active

### Staying active is a key part of managing diabetes

Regular activity can help:

- Prevent additional health problems
- Weight management
- Naturally regulate blood sugar
- Give you more energy

### Even little things can make a big difference

Here are some activities that can help you reach your health goals:



Take the stairs  
instead of using a  
lift or escalator



Walk your dog  
around the  
neighbourhood



Walk to places  
in town within  
a short distance



Mow the lawn  
or garden



Stretch or  
practise yoga

## Eating to succeed

### Good habits to reach your goals

Healthy eating habits should be an important part of everyone's life. They are especially important for people with diabetes, since what you eat plays a big part in managing your blood sugar levels.

### Good eating choices can help you:

- Maintain your blood sugar level
- Reach or maintain a healthy weight
- Delay or prevent diabetes complications

Keep in mind that it is important to eat a variety of foods. Think of choosing foods that are nourishing, tasty and easy to fit into your lifestyle.



Vegetables



Fruits



Whole grains



Poultry



Fish

Ask your doctor or nurse for more advice on eating habits that can help you with your health goals.

## FAQs



### How do I store RYBELSUS®?

Store in the original package in order to protect from light and moisture. This medicine does not require any special temperature storage conditions.



### Why is it important to take my tablet on an empty stomach?

Taking RYBELSUS® on an empty stomach is important, as any kind of food, beverages, or oral medications may prevent RYBELSUS® from entering your bloodstream and taking effect.



### Can I take the tablet with anything other than water?

No. The effectiveness of RYBELSUS® has not been studied with any other type of drink.



### Why is it important to wait at least 30 minutes before eating, drinking, or taking other oral medication?

RYBELSUS® may not work properly if you eat, drink, or take other oral medication within 30 minutes after taking RYBELSUS®.



### What should I do if I forgot to take a dose?

If you forgot to take a dose, the missed dose should be skipped. The next dose should be taken the following day. Do not take a double dose.

## FAQs



### Do I need to take my tablet at the same time every day?

It's important to get into a routine and take RYBELSUS® on an empty stomach when you wake up, but it does not need to be at the same time every day.



### Will I experience hypoglycaemia?

Low blood sugar (hypoglycaemia) can occur with RYBELSUS®, particularly if you are taking any blood sugar-lowering medications, like insulin and/or sulfonylureas.

Signs and symptoms of hypoglycaemia may include: cold sweat, headache, fast heartbeat, feeling sick and/or hungry, dizziness, feeling sleepy and/or weak, nervousness and shaking.

If you think you are experiencing hypoglycaemia while taking RYBELSUS®, contact your doctor or nurse for advice.



### Will it interfere with my current medications?

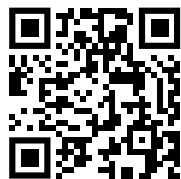
Tell your doctor, nurse or pharmacist if you are taking, have recently taken or might take any other medicine to see if they are okay to take with RYBELSUS®.





**Please see the patient information Leaflet for more information or contact your doctor or nurse with any questions about how to manage your type 2 diabetes or about taking RYBELSUS®**

**You can also contact the Novo Nordisk Customer Care Centre on 0845 6005055 (8.30am to 5.30pm weekdays and Bank Holidays)\***



**naomi**

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