



WAKE UP AND GET OFF TO A GOOD START

A guide to start and stay on
treatment with RYBELSUS®



RYBELSUS®
semaglutide tablets



Welcome to once-daily RYBELSUS[®]

With your doctor, you've decided to start a new treatment to help manage your diabetes. RYBELSUS[®] is a pill taken once daily for adults with type 2 diabetes that, along with healthy eating and activity, could help you reach your goals.¹



How RYBELSUS[®] works

RYBELSUS[®] is a new diabetes pill that works similar 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, and helps you reduce weight.¹

Benefits of RYBELSUS[®]

RYBELSUS[®] could help you reach your treatment goals. With RYBELSUS[®], change is possible by¹:



Lowering blood sugar to help reach your HbA_{1c} goal



Improving weight loss

Make RYBELSUS® a part of your daily wake up routine

Start each day the right way:



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

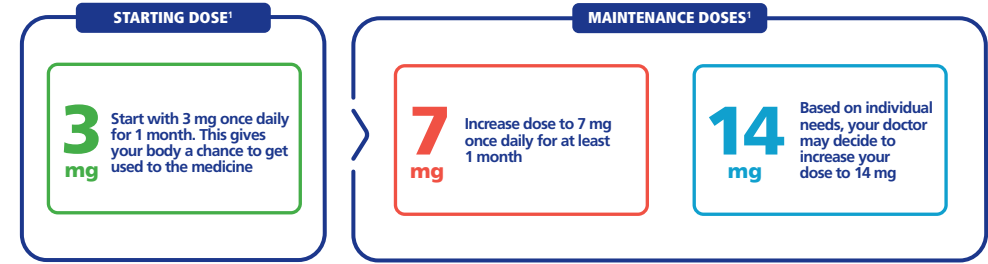
Important dosing instructions¹

- Keep pill in the blister card until you are ready to take it, in order to protect from moisture and light
- Do not split, crush, or chew the pill when taking, as RYBELSUS® should be swallowed whole

Wake. Take.

Leave your blister card and a glass of water on your bedstand before going to bed. Take your pill when you wake up on an empty stomach.

A dosing plan designed to meet your individual needs




- Packaging is conveniently colour-coded by dosage strength, to avoid dosing confusion
- Packaging for 3 mg strength is accented with green, 7 mg is accented with red, and 14 mg is accented with blue
- The 3 mg, 7 mg, and 14 mg pills are available in pack sizes of 30, 60, and 90 pills. The 3 mg pills are also available in a pack size of 10 pills¹

Stay informed about possible side effects

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

RYBELSUS® may cause side effects, although not everybody gets them. The most common side effects observed in clinical trials were nausea, diarrhoea, and vomiting, with 15%, 10%, and 7% of patients, respectively, reporting one or more incidences. Most events were mild to moderate in severity and of short duration.¹

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



Try to

- Eat smaller portions, perhaps with healthy snacks in between
- Eat slowly
- Stay hydrated. When nausea appears, drinking cold water can help
- Listen to your body. Stop eating at the first sign of fullness

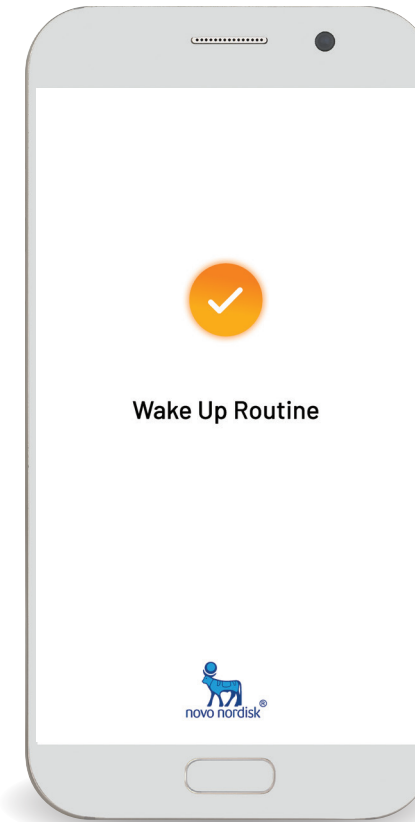


Avoid

- 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

- Talk with your doctor or nurse if you experience any side effects, as they may be able to offer advice on how to manage them
- For a more detailed list of possible side effects, please refer to the Package Leaflet accompanying your medication

Digital guidance and support



Introducing the Wake Up Routine app

Designed to help you create your own wake up routine and manage your treatment with RYBELSUS®.

Track Progress


Track each dose and see your progress.

Get Reminders

With a daily reminder, you'll stay on track.


Find Information


Get answers to questions you may have about RYBELSUS®.



Your Wake Up Routine App


Scan this QR code to download the Wake Up Routine app





RYBELSUS® Website

Scan this QR code to visit our site for more morning routine tips, product information, and customer support



Stay in charge, stay active

Staying active is a key part of managing diabetes²⁻⁴

Regular activity can help:

- Prevent additional health problems
- Keep your weight down
- Naturally regulate blood sugar
- Give you more energy

Even little things can make a big difference³

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 you³:

- 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.²



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.¹



Why is it important to take my pill 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.¹



Can I take the pill with anything other than water?

No. The effectiveness of RYBELSUS® has not been studied with any other type of drink.¹



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®.¹



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.¹

FAQs



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

No. It is important to take RYBELSUS® on an empty stomach, but you do not need to take it at the same time every day.¹



Can I experience hypoglycaemia?

Though unlikely, low blood sugar (hypoglycaemia) can occur with RYBELSUS®, particularly if you are taking any blood sugar-lowering medications, like insulin and/or sulfonylureas.¹

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.¹

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



Will it interfere with my current medications?

Talk to your doctor or nurse about your other medications to see if they are okay to take with RYBELSUS®.



Wake up with confidence

Start each day knowing you're one step closer to your goals

Visit the RYBELSUS® website for additional support



Scan the QR code to access morning routine tips, product information, and customer support.

References: 1. RYBELSUS® [summary of product characteristics]. Bagsværd, Denmark: Novo Nordisk A/S; April 2020. 2. Piepoli MF, Hoes AW, Agewall S, et al. 2016 European guidelines on cardiovascular disease prevention in clinical practice. *European Heart Journal*. 2016;37:2315–2381. 3. Davies MJ, D'Alessio DA, Fradkin J, et al. Management of hyperglycaemia in type 2 diabetes, 2018. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). *Diabetologia*. 2018;61:2461–2498. 4. American Diabetes Association. *Diabetes A to Z: What You Need to Know About Diabetes—Simply Put*. 7th ed. Alexandria, VA: American Diabetes Association; 2016.

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



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