

PLANNING FOR YOUR RYBELSUS® WAKE UP ROUTINE

Your health. Your morning. Your first 30 minutes.

For RYBELSUS® to work as intended, 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.



Wake. Take.

Leave your pill pack and a glass of water nearby before going to bed. Take your pill when you wake up, with a sip of water and an empty stomach.



Wait 30

Use your 30-minute wait to follow your normal routine and get ready for the day.



Continue with your day

Once 30 minutes is over, you can eat, drink, and take any other medication.

START EACH DAY THE RIGHT WAY

HABIT TRACKER

It takes some time to establish a new habit.

Keeping track of your progress can help you stay motivated.

DAY 1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	DAY 30

Try to check off if you took RYBELSUS® every day the right way.

Remember—if you miss a day, keep at it. Just pick up where you left off, and take your normal dose the next morning. Do not take a double dose.¹

Reference: 1. RYBELSUS® [summary of product characteristics]. Bagsværd, Denmark: Novo Nordisk A/S; April 2020.

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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RYBELSUS®
semaglutide tablets