

## Frequently Asked Questions



### Do I need to take my daily RYBELSUS® pill at the same time every day?

No. You can take RYBELSUS® at any time during the day, so you don't have to get up at the same time every morning to take your daily RYBELSUS®.

However, it is extremely important that you take RYBELSUS® on an empty stomach (minimum 6 hours of fasting) with a sip of water (no more than 120 ml) and then wait for at least 30 minutes before eating, drinking or taking any other oral medication.



### Will it interfere with my current medications?

Ask your doctor if it is alright to take your other medications with RYBELSUS®.



### Can I experience low blood sugar (hypoglycaemia)?

Though unlikely, low blood sugar can occur with RYBELSUS®, particularly if you are also taking blood sugar-lowering medications like insulin and/or sulfonylureas. If you take insulin, you may need to adjust your insulin dose. This should be done in accordance with your doctor's instructions.

Signs and symptoms of low blood sugar may include: cold sweat, headache, fast heartbeat, feeling sick and/or hungry, dizziness, feeling sleepy and/or weak, restlessness, and shaking.

If you think you are experiencing low blood sugar while taking RYBELSUS®, contact your doctor.

## Treatment guidance in other languages

For treatment guidance in other languages, please scan the QR codes below with your smartphone camera.



Arabic



Bosnian



Farsi



Somali



Turkish



Urdu

MY TREATMENT GUIDE

# GETTING STARTED WITH YOUR RYBELSUS® WAKE-UP ROUTINE

## 1 PILL ONCE DAILY FOR TREATMENT OF ADULTS WITH TYPE 2 DIABETES

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ONLY TO BE HANDED OUT VIA YOUR DOCTOR OR NURSE

**RYBELSUS®**  
semaglutide tablets



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**RYBELSUS®**  
semaglutide tablets



Read the package leaflet accompanying your medication for more information, or talk to your doctor or nurse about managing your type 2 diabetes or taking your daily RYBELSUS®.

**RYBELSUS®**  
semaglutide tablets

# RYBELSUS®

## 1 pill once daily

In consultation with your doctor you've decided to start a new treatment to help manage your type 2 diabetes.

RYBELSUS® is a pill for treating adults with type 2-diabetes.

You take your RYBELSUS® once daily and, combined with healthy eating and exercise, it may help you achieve your treatment goals.

RYBELSUS® is a GLP-1-RA (glucagon-like peptide 1 receptor agonist) similar to a natural hormone released by your body after eating.



Read the package leaflet accompanying your medication for more information, or talk to your doctor or nurse about managing your type 2 diabetes or taking your daily RYBELSUS®.

## RYBELSUS®

### 1 pill once daily

#### Benefits of RYBELSUS®

RYBELSUS® can help you achieve your treatment goals by:



**Lowering your blood sugar**



**Improving weight loss**

#### RYBELSUS® pills



3 mg



7 mg



14 mg

**RYBELSUS®**  
semaglutide tablets

## Make RYBELSUS® part of your wake-up routine

### Start each day the right way



Take on an empty stomach (minimum 6 hours of fasting) any time of the day – we recommend taking it as soon as you wake up

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 instructions

- Do not remove the pill from the blister card until you are ready to take it – RYBELSUS® is sensitive to moisture and light
- Do not split, crush or chew the pill – RYBELSUS® should be swallowed whole

### A healthy wake-up routine:

#### Wake up and take your RYBELSUS®

Leave the blister card and a glass of water on your nightstand before going to bed. Take your RYBELSUS® with a sip of water when you wake up – and on an empty stomach.

Read the package leaflet accompanying your medication for more information, or talk to your doctor or nurse about managing your type 2 diabetes or taking your daily RYBELSUS®.

## Dosing of RYBELSUS®

### STARTING DOSE

**3 mg**

Start with 3 mg once daily for 1 month to allow your body to get used to the medicine.

### MAINTENANCE DOSE

**7 mg**

Increase the dose to 7 mg once daily for at least 1 month.

**14 mg**

Based on individual needs, your doctor may decide to increase your dose to 14 mg.



- The packaging is conveniently colour-coded by dosage strength to help you find the correct strength
- The packaging for 3 mg is **green**, 7 mg is **red** and 14 mg is **blue**
- Each package contains 3 blister cards with 10 pills each – enough for 30 days of treatment

## Possible side effects

Like all medicines, RYBELSUS® may cause side effects, although not everybody experiences them

The most common side effects are:

- Nausea
- Diarrhoea

The reactions are usually mild or moderate and diminish over time.

### Tips for managing side effects

Talk to your doctor or nurse if you experience any side effects. They may be able to offer advice on how to manage them.

For a full list of side effects, please see the package leaflet accompanying your RYBELSUS®.

Read the package leaflet accompanying your medication for more information, or talk to your doctor or nurse about managing your type 2 diabetes or taking your daily RYBELSUS®.

If you experience nausea, here are some things that may help:

**Try to**

- Eat smaller portions and eat slowly
- Drink plenty of water. When you feel nauseous, drinking cold water can help
- Listen to your body. Stop eating when you start to feel full

**Avoid**

- Fried and fatty foods
- Overly sweet or spicy foods
- Eating large amounts of fibrous foods in a single meal. Distribute them throughout the day

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## Frequently Asked Questions



### How should I store RYBELSUS®?

RYBELSUS® must be stored at room temperature (max. 30°C). Avoid removing the pill from the blister card until you are ready to take your RYBELSUS®. RYBELSUS® is sensitive to moisture and light.



### Why is it important to take RYBELSUS® on an empty stomach?

Taking RYBELSUS® on an empty stomach (minimum 6 hours of fasting) is important because any kind of food, beverages or oral medications may prevent RYBELSUS® from entering your bloodstream and taking effect.



### Can I take RYBELSUS® with anything else besides water?

No. The effectiveness of RYBELSUS® has not been studied with any other type of drink, such as coffee, juice, or tea.



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

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



### I forgot to take my daily RYBELSUS® pill. What should I do?

If you forget your daily RYBELSUS® pill, simply skip the pill that day. Then take your next daily RYBELSUS® as usual. Never double dose.

Read the package leaflet accompanying your medication for more information, or talk to your doctor or nurse about managing your type 2 diabetes or taking your daily RYBELSUS®.