

Ozempic, Made Simple

semaglutide • Once-weekly treatment for type 2 diabetes and risk reduction

USE ONCE WEEKLY. TITRATE GRADUALLY. WATCH VISION AND STOMACH SYMPTOMS.

Ozempic is a once-weekly injection for adults with type 2 diabetes. Depending on the patient, it may also reduce certain cardiovascular and kidney risks. It is not an insulin. The dose begins low and increases gradually to improve tolerability and match the treatment goal.

1 Use it once weekly

Inject on the same day each week, at any time, with or without food.

2 Increase gradually

The 0.25 mg starting dose is for initiation. Do not advance the dose early.

3 Check blood sugar

Low blood sugar is more likely with insulin or sulfonylureas.

4 Report eye changes

Rapid glucose improvement may temporarily worsen diabetic retinopathy.

5 Plan procedures

Tell the anesthesia team because stomach emptying may be delayed.

6 Know serious symptoms

Persistent severe stomach pain, dehydration, or gallbladder symptoms need care.

Weekly dose and missed-dose rule

Missed dose: take within 5 days. After 5 days, skip it.

- Return to the regular weekly schedule after the missed-dose decision.
- The weekly day may be changed when the last dose was at least 2 days earlier.
- Never share an Ozempic pen, even if the needle has been changed.

CALL PROMPTLY

- New or worsening vision changes
- Repeated vomiting or diarrhea
- Unable to keep fluids down
- Upper abdominal pain, fever, jaundice, or clay-colored stool
- Blood sugar readings outside your clinician's plan

GET URGENT HELP

- Severe abdominal pain that may spread to the back
- Face or throat swelling
- Trouble breathing or fainting
- Severe low blood sugar or inability to swallow

HOW FAIRVIEW HELPS

- Confirm the product, strength, weekly day, and injection technique.
- Check every new prescription, OTC medicine, and supplement.
- Help prevent refill gaps and address insurance or supply barriers.

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semaglutide • Simplified refrigerator guide

My Ozempic Plan

My weekly day: _____

My strength: _____

My glucose goal: _____

My next dose review: _____

My next eye exam: _____

My prescriber: _____

The rule to remember

Inject once weekly. Follow the prescribed dose escalation. Call promptly for vision changes or severe, persistent stomach symptoms.

MISSED DOSE

- Within 5 days: take the missed dose.
- More than 5 days late: skip it.
- Resume the regular weekly schedule.

CALL BEFORE USING

- Insulin or sulfonylureas
- Other GLP-1 medicines
- Medicines affected by delayed stomach emptying
- Procedure or anesthesia instructions

CALL THE CARE TEAM

- New or worsening vision changes
- Repeated vomiting or diarrhea
- Unable to keep fluids down
- Upper abdominal pain, fever, jaundice, or clay-colored stool
- Blood sugar readings outside your clinician's plan

URGENT / 911

- Severe abdominal pain that may spread to the back
- Face or throat swelling
- Trouble breathing or fainting
- Severe low blood sugar or inability to swallow

Keep treatment safe and sustainable

- Monitor glucose as directed, especially during dose changes.
- Keep kidney, eye, and diabetes follow-up appointments.
- Do not use Ozempic solely as a substitute for a prescribed weight-management product.