

Rybelsus, Made Simple

semaglutide tablets • Once-daily treatment for type 2 diabetes

EMPTY STOMACH. PLAIN WATER ONLY. WAIT AT LEAST 30 MINUTES.

Rybelsus is oral semaglutide for adults with type 2 diabetes. The tablet is absorbed poorly unless the morning routine is followed exactly. Take it before food, beverages, and other oral medicines, and do not substitute it milligram-for-milligram with another semaglutide product.

1. Take it first thing

Take one tablet on an empty stomach in the morning.

2. Use up to 4 ounces of water

Plain water only. Coffee, juice, milk, and flavored water can change absorption.

3. Wait at least 30 minutes

Do not eat, drink, or take another oral medicine until at least 30 minutes have passed.

4. Swallow it whole

Do not split, crush, chew, or dissolve the tablet.

5. Skip a missed dose

If you miss it, skip it and take the next dose the following day. Do not double.

6. Know serious symptoms

Report severe stomach pain, dehydration, eye changes, gallbladder symptoms, or allergy signs.

The exact morning routine

1. Wake up and take Rybelsus before any food, beverage, or other oral medicine.
2. Swallow the tablet whole with no more than 4 ounces of plain water.
3. Wait at least 30 minutes.
4. Then eat, drink, and take your other oral medicines.

Do not switch between Rybelsus and another semaglutide product without a prescriber's transition plan.

CALL PROMPTLY

- Persistent nausea, vomiting, diarrhea, or constipation
- Unable to keep fluids down or reduced urination
- New or worsening vision changes
- Upper-right abdominal pain, fever, or yellow skin
- Neck lump, trouble swallowing, or persistent hoarseness

GET URGENT HELP

- Severe persistent abdominal pain, sometimes toward the back
- Face, tongue, or throat swelling or trouble breathing
- Fainting, severe dehydration, or confusion
- Severe low blood sugar that cannot be treated safely

HOW FAIRVIEW HELPS

- Build a morning schedule around other medicines
- Check insulin or sulfonylurea low-sugar risk
- Review eye, kidney, and gallbladder concerns
- Prevent refill gaps and verify product changes

My Rybelsus Morning Guide

Simplified refrigerator guide

MY PERSONAL PLAN

My tablet strength

My wake-up time

Rybelsus time

Earliest food/medicine time

Other morning medicines

Next A1C or eye appointment

THE RULE I MUST REMEMBER

Take on an empty stomach with up to 4 ounces of plain water. Wait at least 30 minutes before food, drinks, or other oral medicines.

Missed dose: skip it and take the next dose the following day.

CALL MY PRESCRIBER OR FAIRVIEW FOR

- Severe or persistent stomach effects
- New vision changes
- Low blood sugar symptoms if I use insulin or a sulfonylurea
- Questions about changing to or from another semaglutide product

GET URGENT HELP FOR

- Severe abdominal pain
- Trouble breathing or facial/throat swelling
- Fainting or severe dehydration
- Severe low blood sugar that cannot be treated safely

FAIRVIEW PHARMACY
500 Katie Avenue, Hattiesburg, MS 39401
601-544-4871

KEEP THIS GUIDE WITH MY MEDICATIONS
Bring it to appointments and update it when my dose, schedule, or other medicines change.