

Wegovy Injection, Made Simple

semaglutide • Weekly long-term treatment for weight management and cardiovascular risk reduction

LONG-TERM WEEKLY TREATMENT. ESCALATE SLOWLY. PROTECT NUTRITION AND MUSCLE.

Wegovy injection is used with reduced-calorie nutrition and increased physical activity for long-term weight management. In eligible adults with cardiovascular disease and overweight or obesity, it may also reduce major cardiovascular events. The weekly dose increases gradually to reduce gastrointestinal side effects.

1 Use it once weekly

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

2 Escalate slowly

Do not move to the next strength until the prescribed schedule allows.

3 Eat for health

Prioritize protein, fiber, hydration, and nutrient-dense foods.

4 Preserve muscle

Include resistance activity when medically appropriate.

5 Plan procedures

Tell the anesthesia team because stomach emptying may be delayed.

6 Know serious symptoms

Pancreatitis, gallbladder disease, dehydration, and allergy require prompt action.

Missed doses and restarting treatment

If the next dose is more than 2 days away, take the missed dose now.

- If the next dose is less than 2 days away, skip the missed dose.
- If 2 or more consecutive weekly doses are missed, contact the prescriber before restarting; a lower restart dose may be needed.
- Do not combine Wegovy with other semaglutide products or GLP-1 medicines.

CALL PROMPTLY

- Repeated vomiting, diarrhea, or severe constipation
- Unable to keep fluids down
- Upper abdominal pain, fever, jaundice, or clay-colored stool
- New vision changes if you have diabetes
- Sustained resting heart-rate increase or pounding heartbeat

GET URGENT HELP

- Severe abdominal pain that may spread to the back
- Face or throat swelling
- Trouble breathing or fainting
- Severe low blood sugar when used with diabetes medicines

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 Wegovy Injection Plan

My weekly day: _____

My strength: _____

My next increase date: _____

My nutrition goal: _____

My refill date: _____

My prescriber: _____

The rule to remember

Use Wegovy as long-term treatment, not a short crash-diet course. Follow the escalation schedule and contact the prescriber before restarting after 2 or more missed weeks.

MISSED DOSE

- Next dose >2 days away: take it now.
- Next dose <2 days away: skip it.
- Two or more missed weeks: call before restarting.

CALL BEFORE USING

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

CALL THE CARE TEAM

- Repeated vomiting, diarrhea, or severe constipation
- Unable to keep fluids down
- Upper abdominal pain, fever, jaundice, or clay-colored stool
- New vision changes if you have diabetes
- Sustained resting heart-rate increase or pounding heartbeat

URGENT / 911

- Severe abdominal pain that may spread to the back
- Face or throat swelling
- Trouble breathing or fainting
- Severe low blood sugar when used with diabetes medicines

Keep treatment safe and sustainable

- Maintain adequate protein and resistance activity when appropriate.
- Expect plateaus; do not change the dose because the scale slows.
- Weight regain can occur after stopping. Discuss a long-term maintenance plan before discontinuing.