

YOUR TREATMENT GUIDE

Starting your treatment
with RYBELSUS®



Please see the Patient Medication Information leaflet for more information or contact your healthcare professional with any questions you may have about type 2 diabetes or your RYBELSUS® treatment.

Welcome to RYBELSUS®

With your healthcare professional, you've decided to start a new treatment to help manage your diabetes. RYBELSUS® is a type 2 diabetes medicine that can help you lower your blood sugar.

RYBELSUS® contains the active substance semaglutide. It is used to lower blood sugar (glucose) in adults with type 2 diabetes.

RYBELSUS® is used on its own if your blood sugar level is not properly controlled by diet and exercise alone and you cannot use metformin, or in combination with one or more other medicines for diabetes when they are not enough to control your blood sugar levels.¹

How RYBELSUS® works¹



RYBELSUS® belongs to a class of medicines called GLP-1 (glucagon-like peptide-1) receptor agonists. RYBELSUS® helps your body make more insulin when your blood sugar is high.



How to take your RYBELSUS®

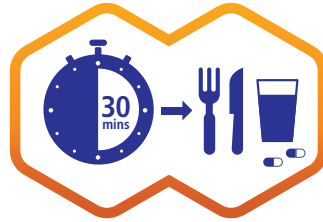
Take RYBELSUS® once a day upon waking¹



Take on an empty stomach upon waking



Swallow tablet whole with a sip of water (up to 120 mL)



Wait at least 30 minutes before eating, drinking, or taking any other oral medication



Important dosing instructions¹

- **Do not** split, crush, or chew RYBELSUS®
- **Do not** remove the pill from the blister pack until you are ready to take it, as RYBELSUS® is sensitive to moisture and light. Removing it too soon can prevent it from working as planned
- **Do not** stop RYBELSUS® without talking to your healthcare professional. If you stop taking it, your blood sugar levels may increase
- If you forget to take a dose, just take one tablet the morning after

Your RYBELSUS® dosing schedule

PACKAGING IS COLOUR-CODED BY DOSAGE STRENGTH



Each package contains 3 blister cards with 10 pills each, enough for 30 days of treatment.

STARTING DOSE



The starting dose is 3 mg once a day for 30 days

MAINTENANCE DOSES



After 30 days of 3 mg once a day, your healthcare professional will increase your dose to 7 mg once a day for at least 30 days and then maintain your dose



Your healthcare professional may decide to increase your maintenance dose to 14 mg once a day if your blood sugar is not controlled with the 7 mg dose after 30 days

If you have any further questions on the use of RYBELSUS®, ask your healthcare professional.

Possible side effects

RYBELSUS® may cause side effects, although not everybody gets them¹

Very common side effects (may affect more than 1 in 10 people) include:

- Nausea (feeling sick)
 - Diarrhea
- } These usually go away over time
- Low blood sugar (hypoglycemia) when RYBELSUS® is used with insulin or sulfonylureas

The warning signs of low blood sugar may come on suddenly. They can include cold sweat, cool and pale skin, headache, fast heartbeat, feeling sick (nausea) or very hungry, changes in vision, feeling sleepy or weak, feeling nervous, anxious, or confused, difficulty concentrating, or shaking.

Your healthcare professional will tell you how to treat low blood sugar and what to do if you notice these warning signs.

Low blood sugar is more likely to happen if you also take a sulfonylurea or insulin. Your healthcare professional may reduce your dose of these medicines before you start using RYBELSUS®.



For the full list of possible side effects, please see the Patient Medication Information leaflet found in the box. If you experience any side effects, speak with your healthcare professional.

Tips for managing side effects

Talk with your healthcare professional if you experience any side effects. They may be able to offer advice on how to manage them.

Nausea is a very common side effect of RYBELSUS®—here are some tips to help manage it²



Try to

- Eat smaller portions, perhaps with healthy snacks in between
- Eat slowly
- Stay hydrated
- Listen to your body—stop eating at the first sign of fullness



Avoid

- Fried, fatty, or spicy foods
- Eating a large portion of high-fibre food in one sitting; distribute these foods throughout the day
- Drinking caffeinated beverages such as pop or coffee

Active living

Staying active is an important part of managing diabetes³

Regular activity can help:

- Prevent additional health problems
- Maintain or lose weight
- Naturally regulate blood sugar and give you more energy

Even little things can make a big difference³

As one way to get more active, Diabetes Canada recommends gradually increasing the number of steps you take each day. Here are some activities that can help you reach your health goals:



Take the stairs instead of using an elevator or escalator



Walk your dog around the neighbourhood



Walk to places in town within a short distance



Mow the lawn or garden



Stretch or practice yoga

Healthy eating

Good habits to practice every day

Healthy eating habits should be an important part of everyone's life. They are especially important for people with diabetes, since what you eat plays a big part in managing your blood sugar levels.

Good eating choices can help you:^{4,5}

- Maintain your blood sugar levels
- Reach or remain a healthy weight
- Delay or prevent diabetes complications

Keep in mind that it is important to eat a variety of foods. Think of choosing foods that are nourishing, tasty, and easy to fit into your lifestyle:



Vegetables



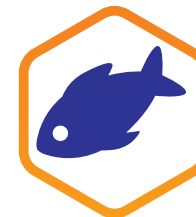
Fruits



Whole grains



Poultry



Fish

Ask your healthcare professional for more advice on eating habits that can help you with your health goals.

FAQs



What is the best way to store RYBELSUS®?¹

- Store RYBELSUS® at room temperature (15°C to 30°C)
- To protect pills from moisture and light, store RYBELSUS® in the original blister card until ready to take. Removing it too soon can prevent it from working as planned



What should I do if I forget to take a dose?¹

If you forget to take a dose, just take one tablet the morning after.



Can I take other pills or tablets with my RYBELSUS®?¹

When taking RYBELSUS®, wait at least 30 minutes before you take other oral medications.




Will RYBELSUS® interfere with my current medications?¹

Talk to your healthcare professional about your other medications to see if they are okay to take with RYBELSUS®, particularly sulfonylureas, insulin, levothyroxine, or drugs that may increase your heart rate (e.g., drugs for hypertension, heart failure, HIV, ADHD, appetite/weight loss, or asthma, or decongestants).

Notes

Use this section to record information from your healthcare professional and/or take any other notes you might find useful.





If you have any further questions on the use of RYBELSUS[®], ask your healthcare professional.

References: 1. RYBELSUS[®] (semaglutide tablets) Product Monograph. Novo Nordisk Canada Inc., 2020. 2. Stanford Health Care. Chronic nausea treatments. Available at: <https://stanfordhealthcare.org/medical-conditions/digestion-and-metabolic-health/chronic-nausea/treatments.html>. Retrieved January 28, 2020. 3. Diabetes Canada. Benefits of physical activity. Available at: <https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/benefits-of-physical-activity.pdf?ext=.pdf>. Retrieved January 24, 2020. 4. Diabetes Canada. Just the basics: Tips for healthy eating. 2018. Available at: <https://www.diabetes.ca/diabetescanadawebsite/media/managing-my-diabetes/tools%20and%20resources/just-the-basics.pdf?ext=.pdf>. Retrieved January 24, 2020. 5. Diabetes Canada. Basic meal planning. Available at: <https://www.diabetes.ca/managing-my-diabetes/tools---resources/basic-meal-planning>. Retrieved January 24, 2020.

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