



Your guide to starting Saxenda®

Saxenda® is approved by EMA (European Medicines Agency)
for weight management*



Saxenda®
liraglutide injection

*Please see patient information leaflet for complete information.
This material may only be distributed by HCPs to patients to whom they
have prescribed Saxenda®—ONLY AFTER PRESCRIPTION.

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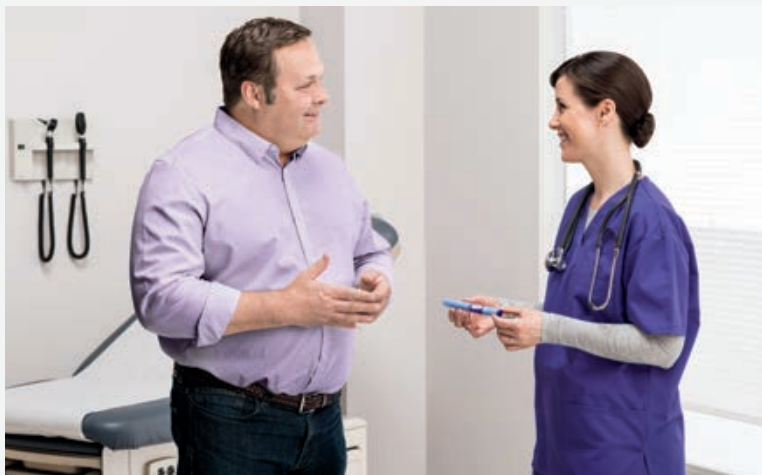
Note: This Material is NOT intended as a substitute for the Patient Information Leaflet. Please refer to the package leaflet for comprehensive information regarding what you should know when starting Saxenda® and consult your doctor if you have any additional questions.

Getting started

With your prescription, your physician and you have decided to make Saxenda® part of your weight-loss plan. This booklet contains useful information to help you get started with your treatment.

First and foremost, it's important to remember that Saxenda® is just one part of your weight-loss efforts. To maximize the impact of your treatment, you are encouraged to follow a healthy eating plan and increase your physical activity.

It's also important to continue working closely with your health care professional to set realistic and attainable goals. The last section of this brochure can help you do just that.



Why losing and maintaining weight loss can be difficult

Many people who have tried to lose weight end up regaining it later on. If this is something you have experienced in the past you may wonder why it is so hard to maintain weight loss.

Did you know losing weight causes changes that make you feel hungry and less satisfied after eating? Also, your body goes into an energy saving mode and burns fewer calories. This can slowly lead to the lost weight being regained.

How Saxenda® works

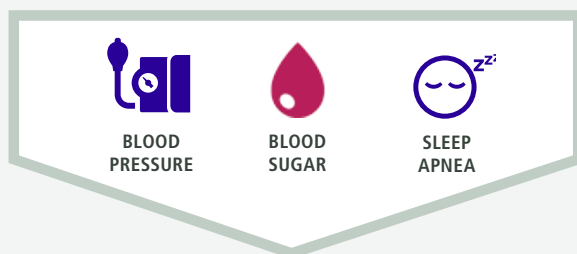
Saxenda® can help reduce weight by enhancing the way your body regulates appetite.

Your body produces a number of appetite regulators. One of these is called GLP-1. Saxenda® works like GLP-1 by binding to and activating GLP-1 receptors, to decrease feelings of hunger while increasing feelings of fullness, so you are eating less.



Impact on health conditions

Many people who have extra weight are also at risk for other weight-related health issues such as high blood pressure, high blood sugar, and sleep apnea. It is important that you and your doctor monitor these conditions over time.



Tell your doctor if you are taking medication for diabetes as your doctor may adjust your diabetes medication to prevent you from getting low blood sugar.

What are the most common side effects of Saxenda®?

As with all medication, Saxenda® may cause side effects, although not everyone will get them. The most common side effects of Saxenda® are nausea, diarrhea, constipation, and vomiting. These usually go away after a few days or weeks.

For a complete list of side effects, please see the patient information leaflet that comes with your Saxenda® packet. If you have any questions regarding side effects, please speak to your doctor.

What are some of the things I can do if I have nausea?

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

- Eat smaller meals
- Stop eating when you are full
- Avoid the food and smells that make you feel worse

Keep in mind that in most cases, nausea goes away after a few days or weeks.

Dosing schedule

Your new prescription of Saxenda® contains enough medication for 43 days. Below is a simple dosing schedule to guide you from the starting dosage of 0.6 mg to the full dosage of 3.0 mg.

Week 1	Week 2	Week 3	Week 4	Week 5* (Full Dose)
0.6 mg Once Daily	1.2 mg Once Daily	1.8 mg Once Daily	2.4 mg Once Daily	3.0 mg Once Daily

*Remember to refill your prescription at the pharmacy to ensure you stay on your treatment schedule.

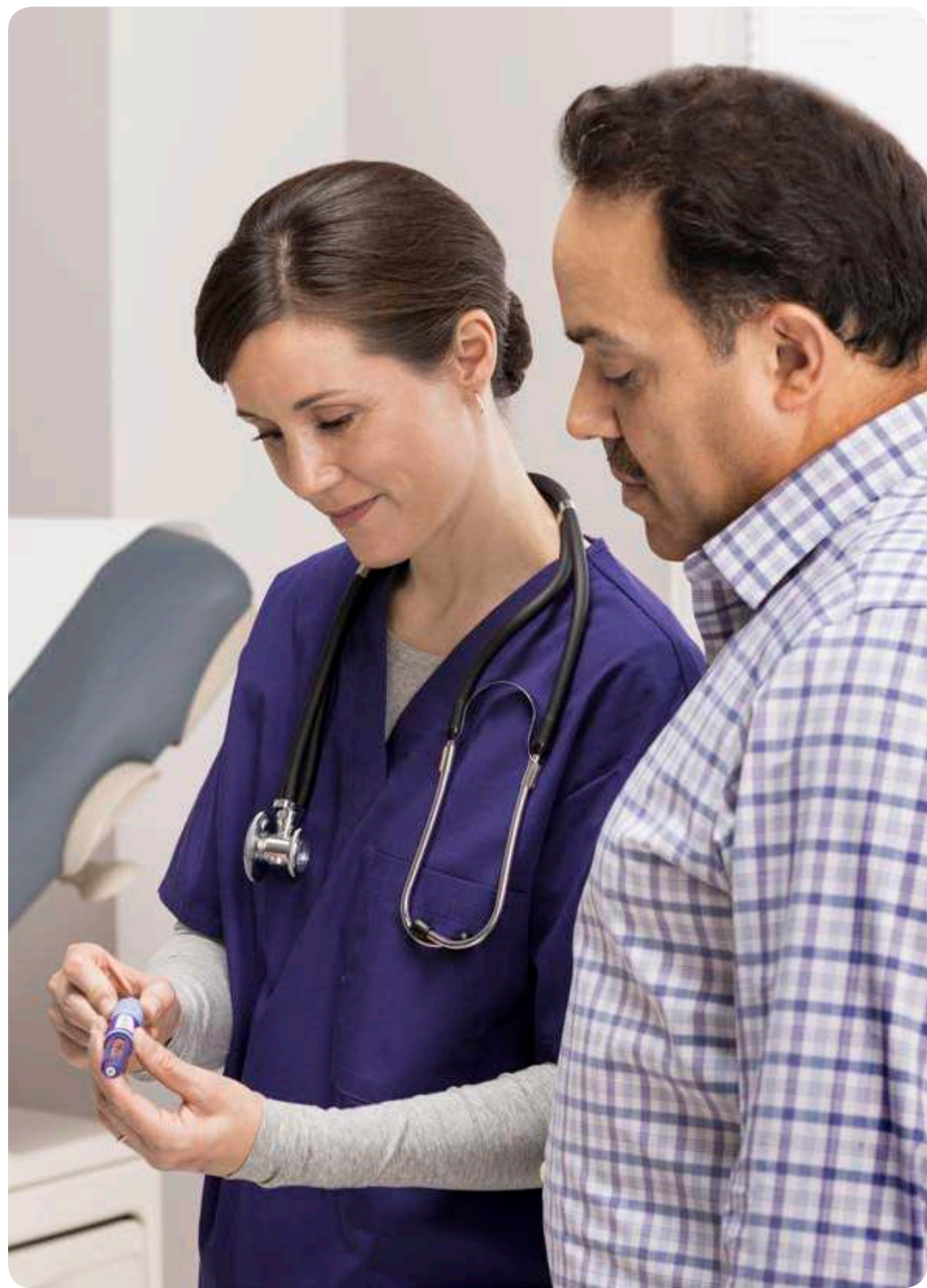
The dosing schedule is designed to minimize the feelings of nausea you may experience when you first begin treatment with Saxenda®.

As you progress towards a higher dosage, your body will adjust to the medication and nausea should decrease. Your doctor may adjust your dosing schedule if you cannot tolerate the symptoms.

When you reach 3.0 mg, you will stay on this dosage for the duration of your treatment with Saxenda®.

So you remember when to increase your dosage, write down the day of the week that you started treatment in the space below.

I started treatment on a _____ .
(day of the week)

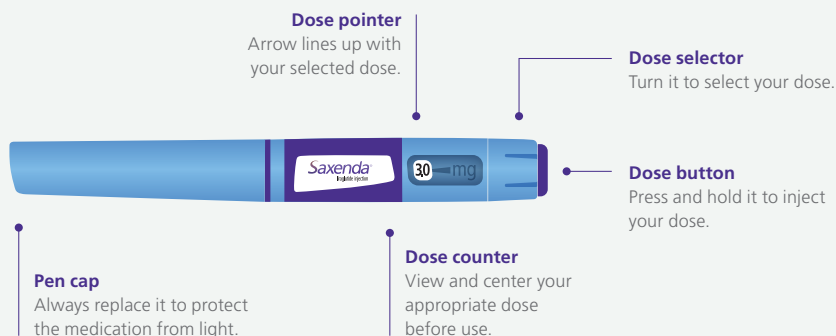




Introduction to your Saxenda® pen

Saxenda® comes in a pen and is injected once daily at any time, regardless of when you eat meals. It is recommended that you take Saxenda® at the same time every day. Find the time of day that works best for you and make it part of your daily routine.

Before you use the pen for the first time, your doctor or nurse will show you how; but should you need a reminder, please reference the following instructions.



Outer needle cap



Inner needle cap



Needle



Paper tab

Keep your unused pen(s) in the refrigerator. The pen you currently use can be kept at room temperature (up to 30°C) for up to 30 days.

For more information, please see full instructions for use that came with your pen.

Do not share your pen or needles with anyone else. You may give or get an infection as a result of sharing.

Always use a new needle for each injection. This will prevent contamination, infection, leakage, and blocked needles from leading to the wrong dose.

Prepare your pen

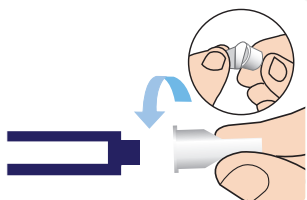
1



Check the Saxenda® pen

Check the pen label to make sure it is your Saxenda® pen. Then pull off the pen cap and check that the Saxenda® in your pen is clear and colorless.

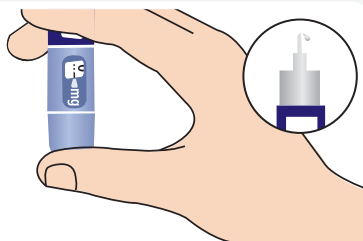
2



Attach a new needle

Take a new needle and pull off the paper tab. Push the needle straight onto the pen and turn until it is tight. Pull off both needle caps.

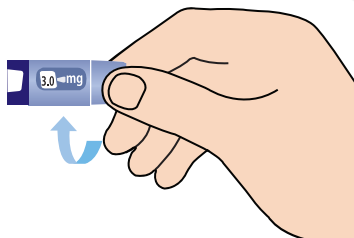
3



Check the Saxenda® flow

Before the first injection with each new pen, check the flow. Turn the dose selector to select the flow check symbol (●●). Hold the pen with the needle pointing up. Press and hold the dose button. Make sure a drop appears at the needle tip.

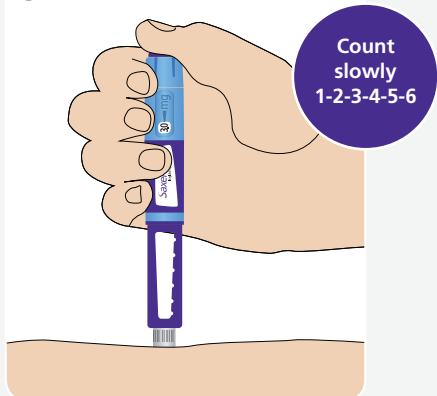
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Select the dose

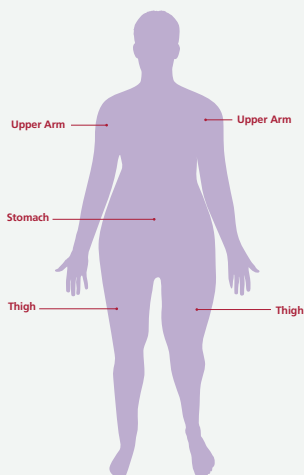
Turn the dose selector to select the dose needed to inject.

5



Inject the dose

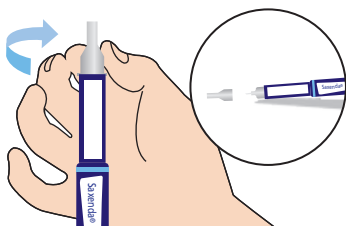
Insert the needle into the skin. Press and hold the dose button until the dose counter returns to 0. Leave the needle in the skin, and count slowly to 6. Then remove the needle from the skin.



Injection areas

The best places to inject are the front of your stomach, the front of your thighs or your upper arms.

6



Remove the needle

After the injection, carefully slip the needle into the outer needle cap. Once the needle is covered, unscrew the needle and dispose carefully. Then put the pen cap back on.

Working with your health care professional

When it comes to losing weight, small steps can make an impact

It is important for you and your health care professional to develop a plan that helps ensure that you stay on track to get the most out of your Saxenda® treatment. Together you should set attainable goals for your weight and health within a realistic time frame.

In addition to setting goals, your plan should include eating healthy and staying active. Regardless of what you choose, you should always:

- Pick activities that you are willing to do
- Make them part of your daily routine
- Set attainable goals
- Track your health and compare it to future changes
- Take it one day at a time

The following pages contain some tips and advice for getting started on your personal plan. On the back of this brochure, you will find space to write down your plan together with your physician.



Eating healthy

Making smarter decisions about what to eat can help you reach and stay at a healthy weight. Healthy eating means that you:

- Use a portioned plate: 1/2 for vegetables and fruits, 1/4 for whole grains, and 1/4 for proteins
- Reduce amounts, rather than cutting out your favorite foods
- Establish regular meal times to avoid overeating later in the day
- Set aside small portions of snacks to eat when you have a craving

Increased activity

An active lifestyle is an important part of managing your weight and health. Regular activity can help you keep your weight down and may prevent further health problems. To help you stay motivated, choose activities that are fun and varied or try joining others in a group class.

Walking is one way to be more active. You could start slowly by walking for 5 to 10 minutes, gradually adding more time until you reach 30 minutes.

Other activities include:

- Using the stairs whenever you can
- Getting off one or two stops sooner, and walking the rest of the way if you take the train or bus to work
- Parking your car further away from the entrance, if you drive to work
- Stretching or yoga
- Swimming or taking a water aerobics class
- Doing yard work or gardening
- Riding a bicycle outdoors or stationary bicycle indoors



Assessing your weight-loss progress with your physician

It will be important for you and your doctor to evaluate how Saxenda® is working for you. After you have been prescribed Saxenda®, your doctor should establish what your weight-loss goal should be after completing a minimum of 16 weeks (4 weeks of dose escalation and 12 weeks on the 3.0 mg dose) on Saxenda®. If you've lost 5% or more, that's a good indicator that you are responding well to treatment and should continue. If you have not lost 5%, you and your doctor should look into alternative treatment methods.

Your doctor and you can use the space below to write your goals and follow-up on weight-related conditions relevant to you.

WEIGHT LOSS GOALS

CURRENT WEIGHT (DATE: _____)	WEIGHT AT 16 WEEKS (FOLLOW-UP DATE: _____)	WEIGHT AT 1 YEAR (FOLLOW-UP DATE: _____)
	GOAL (5%) ACTUAL	GOAL ACTUAL
<div>Kg</div>	<div>Kg</div> <div>Kg</div>	<div>Kg</div> <div>Kg</div>

Other important health measures to track			
	Current	16 Weeks	1 Year
Blood pressure (SBP/DBP mmHg)			
Fasting blood glucose (mmol/L)			
HbA _{1c}			
Other			

Healthy eating and physical activity should be part of any weight management plan. Use the space below to write your goals.

Healthy eating I will _____

Physical activity I will _____

Once you have decided on your weight-loss plan, it's time to put it into action. Committing to this plan will be an important part of your weight-loss efforts.