

Getting started with Saxenda®

Information to help you on your personal journey
to weight management



Welcome to Saxenda®

Congratulations on taking a positive step towards improving your health.

Together, you and your doctor have made an important decision to make Saxenda® part of your weight management plan. In addition to what your doctor has discussed with you, this booklet provides useful information about Saxenda® to help you have a successful start and get the most out of your treatment.

This booklet is not intended as a substitute for the Consumer Medicine Information leaflet. Please refer to the Instructions for Use that comes with your Saxenda® pack.

This booklet does not take the place of talking to your doctor or pharmacist about your medical condition or your treatment.



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Why it is difficult to lose weight and keep it off

Obesity is a chronic disease – like high blood pressure, or arthritis – with many contributing factors, including the environment, your genes, and your hormones.

Losing weight is more complex than eating less and moving more. For people living with obesity, losing weight causes changes in the levels of hormones that affect appetite.

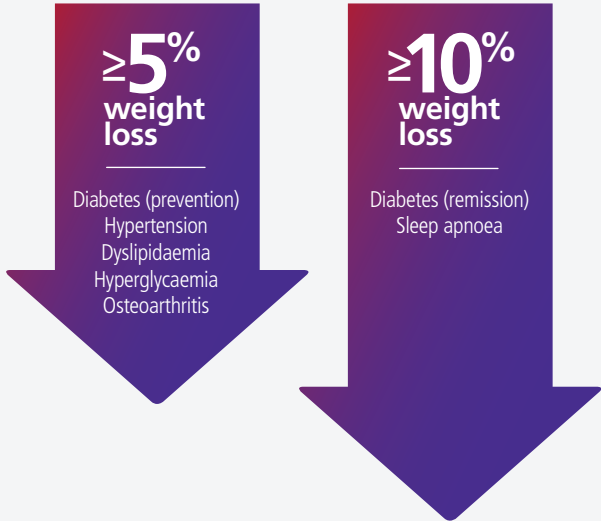


After weight loss, your body will try to gain back the weight you lost by making you feel more hungry, and by burning fewer calories.

While you are working hard to lose weight with diet and exercise, your body is working against you, undermining your best efforts. No wonder it can be so hard to lose weight and keep it off!

Weight loss can have a positive impact on your overall health

Weight loss required for therapeutic benefit



Losing 5% or more of your weight, and keeping it off, may greatly improve weight-related complications and your enjoyment of everyday activities.

How Saxenda® may help you lose weight and keep it off

Saxenda® is a prescription medication that is 97% similar to a natural hormone that is released in the body after eating, making you feel full and satisfied.



Saxenda®, like the natural hormone, triggers areas in your brain that control appetite, making you feel more satisfied and less hungry.

The result? You eat less, which in most cases can lead to long-term weight loss

How Saxenda® may help you lose weight and keep it off

Weight loss of about 5–10% of your starting body weight may be achieved with Saxenda® when used as part of a weight management program, as discussed with your doctor.

Saxenda® will then help you to maintain this new lower body weight and help to prevent weight being regained.

Saxenda® is intended to be used in addition to a reduced calorie diet and increased physical activity.

Losing 5% or more of your weight, and keeping it off, may greatly improve weight-related complications and your enjoyment of everyday activities.



Your weight loss journey is not a sprint

Think of Saxenda® as a 2-stage weight-management journey: losing weight, and then keeping it off in the long term.



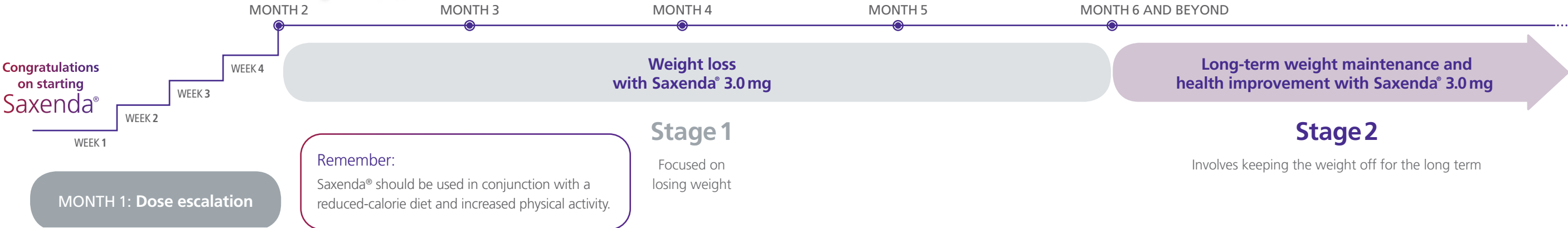
Progress evaluation
with your doctor at week 16



Focus on making
healthy and enjoyable lifestyle
changes that will improve your
overall quality of life and assist
you in achieving your weight
management goals



It is important that you and your doctor set realistic and attainable weight-loss goals together, and focus on more than just your weight.



How to start and dose escalate Saxenda®

Saxenda® 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.

Your first 5 weeks of Saxenda® treatment

- Your doctor will start you on a low dose of 0.6 mg/day
- Each week you will increase your dose by 0.6 mg/day
- The maximum recommended daily dose of Saxenda® is 3.0 mg/day; you will stay on this dose for the duration of your treatment
- Always follow your doctor's instructions

The gradual dose increase per week is designed to help you tolerate some of the common side effects you may experience when you first begin treatment with Saxenda®.

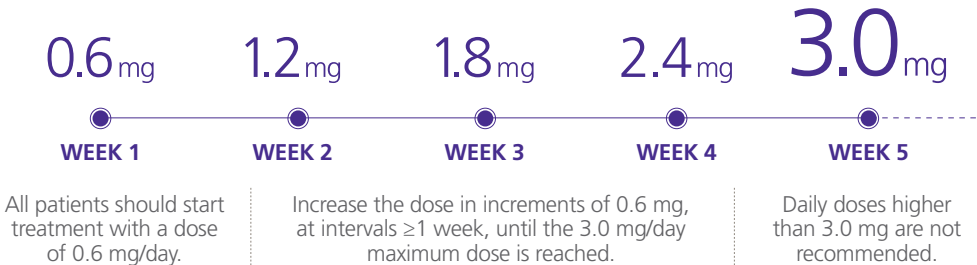
Write it down

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

I started treatment on a

(Day of the week)

Dose escalation schedule



Common side effects and tips to manage them

Like with all medications, Saxenda® may cause side effects, although not everyone will experience them. Nausea (feeling sick) is most common when first starting Saxenda® but decreases over time in most people as their body gets used to the medicine.

However, in some cases, use of Saxenda® may cause more persistent nausea, vomiting, and diarrhoea leading to loss of fluids (dehydration). Drink plenty of fluids to avoid dehydration. Call your doctor right away if you have nausea, vomiting or diarrhoea that does not go away, or if you cannot drink liquids by mouth.

Here are a few things you can do if you experience nausea



TRY TO

- Eat smaller meals
- Stop eating when full
- Drink plenty of water
- Change the time of day Saxenda® is taken



AVOID

- Eating fatty or fried foods
- Eating spicy foods with strong smells
- High-fibre food
- Smoking or drinking alcohol

- Review the Consumer Medicine Information that comes with your Saxenda® pack for a list of potential side effects.
- Tell your doctor if you are pregnant or considering pregnancy. Saxenda® should not be used during pregnancy.
- Tell your doctor about any effects you experience, even if you think they may not be related to Saxenda®.
- Do not stop using Saxenda® unless your doctor tells you to.



If you have any questions regarding side effects, please speak to your doctor. You may report side effects of Saxenda® to the CARM at [nzphvc.otago.ac.nz/reporting](https://www.nzphvc.otago.ac.nz/reporting) or to **NovoCare® Customer Care Center (0800 733 737)** or at www.novonordisk.co.nz

Get to know your Saxenda® pen

Saxenda® comes in a pre-filled pen



For more information, please see full instructions for use in the Consumer Medicine Information provided 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 NovoFine® needle for each injection. This will prevent contamination, infection, leakage, and blocked needles, leading to the wrong dose.

Injecting and storing Saxenda®



Injecting Saxenda®

Patients should inject Saxenda® subcutaneously into the abdomen, front of the thighs, or upper arm

Saxenda® should not be injected into a vein or a muscle



Storing your Saxenda® pen.

The pen you are **currently using** can be kept at room temperature (up to 30° C) for up to 30 days.



Unused pens should be kept in the refrigerator between 2° C and 8° C (not in the freezer or too near the cooling element).



Travelling with Saxenda®

Keep opened pens in a cool place, such as a cool insulated bag (below 30°C). When travelling by air, keep your Saxenda® pen in your hand luggage, as it may freeze in the baggage compartment.

You will need a letter from your doctor or nurse for any pens and needles you are carrying onboard.

- Discard a Saxenda® pen after 30 days in use, even if there is still some medicine left in it.
- The medicine in Saxenda® must not be frozen, or exposed to heat or direct sunlight.
- When you are not using the pen, keep the pen cap on in order to protect it from light.
- Do not use Saxenda® after the expiry date printed on the pen label and carton. The expiry date refers to the last day of that month.
- Do not use Saxenda® if the solution is not clear and colourless.
- Keep it where children cannot reach it.
- Dispose of used needles safely into a yellow plastic sharps container.

Preparing and administering Saxenda®

Before you take Saxenda® for the first time, your doctor or nurse will show you how to use the Saxenda® pen.

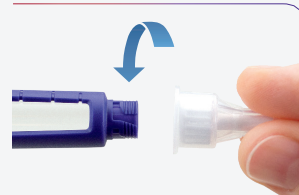
If they have not, please refer to the instructions on these pages (also located in your Consumer Medicine Information (CMI)) or watch the video in the About Saxenda® section located at www.saxendacare.com.au

1 check pen



- Check the name and coloured label of your pen, to make sure that it contains Saxenda®.
- Pull off the pen cap and check that the Saxenda® in your pen is clear and colourless.

2 attach needle



- Saxenda® pre-filled pen is designed to be used with NovoFine® needles, up to a length of 8 mm.
- Take a new needle and pull off the paper tab.
- Screw the needle straight and tightly onto your pen.
- Pull off the outer cap and keep it for later.
- Pull off the inner cap and throw it away.

3 check flow



- Before first injection with each new pen, check the flow.
- Turn the dose selector until the flow check symbol (••) lines up with the pointer.
 - Tap the pen gently, so any air bubbles rise to the top.
 - Press the dose button until 0 mg lines up with the pointer. A drop of Saxenda® should appear at the needle tip.

4 select dose



- Turn the dose selector to select the dose needed to inject.
- If you select a wrong dose by mistake, turn the dose selector forwards or backwards to select the correct dose.

5 inject dose



- Press the pen onto your skin
- Press and hold the dose button until the dose counter returns to 0.
- Keep the dose button pressed down with the needle in your skin and count slowly to 6.
- Remove the needle from the skin.

6 remove needle



- Guide the needle into the outer cap.
- When the needle is covered carefully push the outer needle cap completely on.
- Unscrew the needle and dispose carefully.
- Put the pen cap back on.

Measuring success with Saxenda®

It is important that you and your doctor set realistic and attainable weight-loss goals together, and focus on more than just your weight loss progress.

When you reach week 16 (or 12 weeks on the full 3.0 mg dose), your doctor will assess if Saxenda® is working for you.

- If you have reached a weight loss of $\geq 5\%$, it's a good indicator that you are responding well to treatment and should continue.
- If you have not reached a weight loss of $\geq 5\%$, you and your doctor should evaluate your progress and weight loss plan.

Not down your starting weight. Calculate your weight for week 16 with a 5% weight loss.

CURRENT WEIGHT

Date: _____

kg

WEIGHT AT 16 WEEKS

Follow-up date: _____

5% WEIGHT LOSS

ACTUAL

kgkg

Do not stop taking Saxenda® without talking to your doctor.



Remember, not everyone will respond to treatment. It is not a failure if you do not reach 5% or more at week 16, it just means your body responds differently to Saxenda®.

Calculate your 5% weight loss

Starting weight (kg)	5% weight loss (kg)
65	3.25
70	3.50
75	3.75
80	4.00
85	4.25
90	4.50
95	4.75
100	5.00
105	5.25
110	5.50
115	5.75
120	6.00
125	6.25
130	6.50
135	6.75
140	7.00
145	7.25
150	7.50
155	7.75
160	8.00
165	8.25
170	8.50
175	8.75
180	9.00

Starting weight (kg)	5% weight loss (kg)
185	9.25
190	9.50
195	9.75
200	10.00
205	10.25
210	10.50
215	10.75
220	11.00
225	11.25
230	11.50
235	11.75
240	12.00
245	12.25
250	12.50
255	12.75
260	13.00
265	13.25
270	13.50
275	13.75
280	14.00
285	14.25
290	14.50
295	14.75
300	15.00

A lifestyle program is important for success

Healthy eating

Saxenda® is just one part of your weight-loss efforts.
To maximise the impact of your treatment, you should follow a healthy eating plan.

Tips to help you regulate what you eat



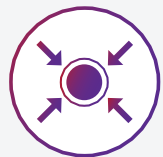
The plate method

Aim to fill your plate with $\frac{1}{2}$ vegetables,
 $\frac{1}{4}$ healthy carbohydrates, and $\frac{1}{4}$ lean protein



Establish regular meal times

to avoid overeating later in the day



Reduce amounts of food

rather than cutting out your favourite foods



Small portions of healthy snacks

e.g. fruit, carrots, nuts, to eat when you
have a craving

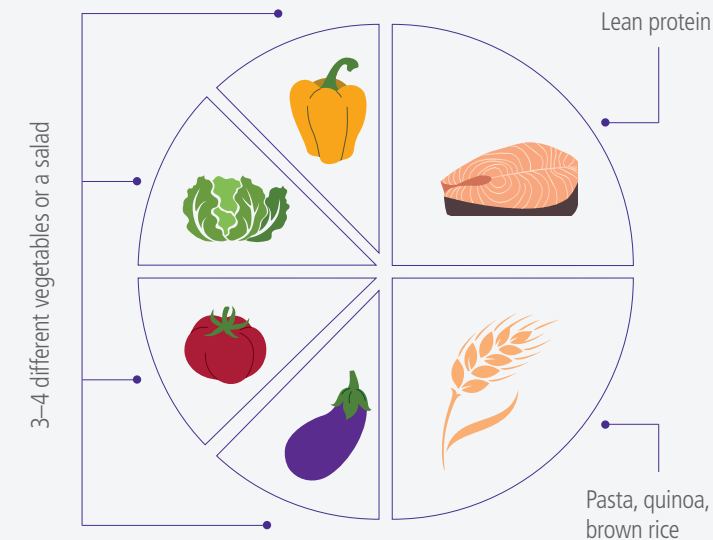
Remember to drink plenty of water. For variety, you can add a squeeze of lemon or lime juice to your water
or drink unsweetened teas, coffee or other non-sugary drinks.

A lifestyle program is important for success



Prepare a healthy plate

Max 20cm at widest point



Adapted from Australian Guide to Healthy Eating
(available at www.eatforhealth.gov.au)

Please check with your doctor to ensure that this “plate method” is appropriate for you especially
if you have other health conditions.

A lifestyle program is important for success

Staying active

An active lifestyle can help you keep your weight down and provides other benefits for your overall health. Physical activity can include walking, bike riding, swimming, yoga, stretching and using stairs rather than taking the lift.

Tips for getting started



Start off slowly to avoid injury



If you want, break up activities into smaller sessions—what about 10 minutes, 3 times each day?



Stand up while talking on the phone



Find the level that's right for you by adding a few minutes each week



Be comfortable – find a pace you can handle



Walk or cycle instead of driving for short trips



Try to be active at least 5 days a week for 30 minutes



Stop exercising and seek medical help if you don't feel well or are in pain during exercise



Start slowly by doing 5–10 minutes of activity each day.

A lifestyle program is important for success

Setting realistic goals

When it comes to setting goals think **beyond the scale**.



Set a **healthy eating goal**

I will _____



Set a **self-care goal**

I will _____



Set a **physical activity goal**

I will _____



Set a **long-term weight-loss goal**

I will _____

Tips to help achieve your goals

- Explore possibilities for making healthier choices within the daily routine you already have. This may increase your chances of sticking with it
- Focus on small changes and goals that are realistic and important for you. Remember, it's not about the number on the scale – it's about making improvements in your life
- Find support among your family, friends, and healthcare team
- Keep track of your achievements

Sample goals

- I will choose water over soft drinks
- I will stick to an exercise regimen for at least 6 months
- I will take my Saxenda® every day



SaxendaCare® is here for you whenever you need it

SaxendaCare®

SaxendaCare® is a FREE patient support program that is designed to help you work towards your weight management goals at each step of your journey and get the most out of your treatment with Saxenda®.



Free NovoFine® needles



SaxendaCare® website



Weekly emails to support you along the way



Phone support via SaxendaCare® line 0800 689 921

SaxendaCare® is subject to change without notice.

Join SaxendaCare®

You can join SaxendaCare® in the following ways:



Ask your doctor or Saxenda® Network Pharmacist to enrol you.

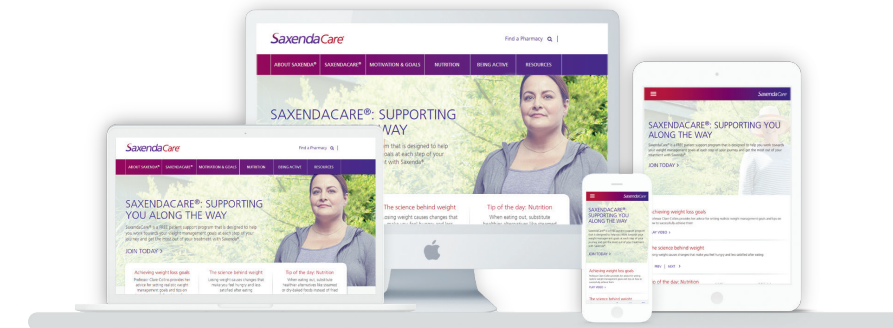


Visit www.saxendacare.co.nz and enrol using your email address

Keep your Saxenda® pack handy and use **the last 6 digits on the bar code** to access the website



Call SaxendaCare® line: **0800 689 921**



Further questions about Saxenda®?

Always remember to speak to your healthcare professional if you have any questions or concerns regarding your treatment.



Read the Saxenda® Consumer Medicine Information available at www.novonordisk.co.nz or in your pack of Saxenda®



Call the SaxendaCare® line on **0800 689 921**



Visit **www.saxendacare.co.nz**

Saxenda® is a prescription medicine that is unfunded - a prescription charge and doctor's fees will apply.

Saxenda® is indicated as an adjunct to a reduced-calorie diet and increased physical activity for weight management in adult patients with an initial Body Mass Index of ≥ 30 kg/m² (obese) or ≥ 27 kg/m² to < 30 kg/m² (overweight) in the presence of at least one weight related comorbidity, such as dysglycaemia (pre-diabetes and type 2 diabetes mellitus), hypertension, dyslipidaemia or obstructive sleep apnoea. Saxenda® contains liraglutide (rys) 6 mg/mL. Saxenda® has risks and benefits. Ask your doctor if Saxenda® is right for you. Use strictly as directed. If you experience side effects, see your doctor, pharmacist or healthcare professional. Please refer to the Saxenda® Consumer Medicines Information in your Saxenda® pack or access this online at www.novonordisk.co.nz before taking your medication.



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Saxenda®
liraglutide (rys)