



## Your guide to starting Saxenda®

Join the SaxendaCare® Patient Support Program\* today for **FREE!**  
Find out how inside.



Saxenda® Drug Identification Number (DIN): 02437899

\* The SaxendaCare® Patient Support Program is intended for adult patients only.



Pr **Saxenda**®  
liraglutide injection

# SaxendaCare® Patient Support Program

Join SaxendaCare®\*—a **FREE** patient support program focused on helping patients along their treatment journey with Saxenda®.

Over the course of the program, you will receive access to:



One-on-one coaching and information from a program educator via telephone or video call



Resources to help you get started with your Saxenda® treatment



Scientifically validated behavioural strategies used by weight management experts to help you develop the skills to make the right lifestyle changes (it's not about willpower!)



Enrol in the SaxendaCare® program at **Saxenda.ca**† today!

To enrol, you will need the Saxenda® Drug Identification Number (DIN): **02437899**

\* The SaxendaCare® Patient Support Program is intended for adult patients only.  
† Saxenda.ca is a webpage available to the general public. Please be advised that accessing patient support tools and resources requires you to validate that you are a Saxenda® adult patient.

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Remember, this brochure is a general guide to Saxenda® and not intended as a substitute for the Patient Medication Information leaflet that came with your prescription. Please consult your doctor if you have any additional questions.

# Getting started

With your prescription, you and your doctor have decided to make Saxenda® part of your weight-management plan. This brochure 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 working towards your weight-management goals. Managing your weight can be challenging, but with the support of your healthcare team, you can maximize the impact of your treatment plan. It's important to follow a healthy eating plan, increase your physical activity, and maintain a positive attitude during this journey.

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



# How Saxenda® works

Saxenda® helps adults who have obesity or are overweight and have weight-related medical problems lose weight and keep the weight off.

Saxenda® should be used with:



A REDUCED-CALORIE DIET

and



INCREASED PHYSICAL ACTIVITY

## Monitoring other parameters

In addition to monitoring your weight, your doctor may ask you to monitor other parameters that they feel are relevant to you.

These may include:



BLOOD PRESSURE



BLOOD SUGAR



BLOOD LIPIDS

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

# Important considerations when taking Saxenda®

Like all medicines, Saxenda® can cause side effects.

## The most common side effects (may affect more than 1 in 10 people) include:

- Feeling sick (nausea), being sick (vomiting), diarrhea, constipation, headache—these usually go away after a few days or weeks
- Lower appetite

## Other common side effects (may affect up to 1 in 10 people) include:

Problems affecting the stomach and intestines\*; feeling weak or tired; changed sense of taste; dizziness; gallstones; reactions at the injection site; low blood sugar (hypoglycemia); increase of pancreatic enzymes; difficulty sleeping.

There is a possible risk of thyroid tumours, including cancer, shown with the use of Saxenda® in animal studies during drug testing. It is not known if Saxenda® will cause thyroid tumours or a rare type of thyroid cancer in people. You should discuss any safety concerns you have about the use of Saxenda® with your doctor.

For more information, talk to your doctor or refer to the Patient Medication Information that comes with your Saxenda® package.

## Tips for managing side effects such as nausea, vomiting, and diarrhea

To help with the most common side effects, consider the following tips:



Drink plenty of water



Eat soft, well-cooked foods



Avoid carbonated, fizzy, or alcoholic beverages



Thoroughly chew your food



Avoid high-fat and high-fibre foods and beverages



Do some gentle physical activity after meals



Avoid big meals (e.g., switch from three large meals to six small meals per day)



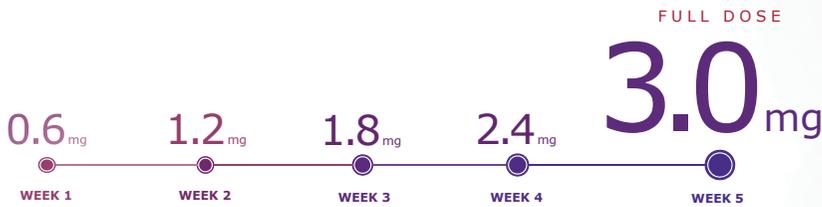
Avoid lying down for two hours after a meal

\* For example, indigestion (dyspepsia), inflamed lining of the stomach (gastritis), stomach discomfort, upper stomach pain, heartburn, feeling bloating, wind (flatulence), belching, dry mouth.

# Dosing schedule

Once your doctor has started you on a diet and exercise program, you should familiarize yourself with how to properly use Saxenda®. It is important to stay on this program while you are taking Saxenda®.

Below is a dosing schedule to guide you from the starting dosage of 0.6 mg to the full dosage of 3.0 mg.



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

When you first start using Saxenda®, the starting dose is 0.6 mg once a day. After using Saxenda® for 1 week, your dose should be increased once per week until you reach the 3.0 mg dose. After you reach the 3.0 mg dose, do not change your dose unless your doctor tells you to.

Remember, you should take Saxenda® once a day, at any time, with or without food. To help 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 one time each day at any time, regardless of when you eat meals. 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**

**Storage of your pen.** Keep your unused pen(s) in the refrigerator (at 2 to 8 °C). The pen you currently use can be kept at room temperature (up to 30 °C) or in a refrigerator for up to 30 days.

**Do not share your pen or needles with anyone else.** Sharing may result in giving or getting an infection. To help prevent blocked needles, contamination, infection, leakage, and inaccurate dosing, always use a new needle for each injection.

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



# How to use your Saxenda® pen

Please refer to the Saxenda® Patient Medication Information for complete dosing instructions.

## 1 check pen



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

## 2 attach 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 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 until the dose counter returns to 0. Make sure a drop appears at the needle tip.

## 4 select dose

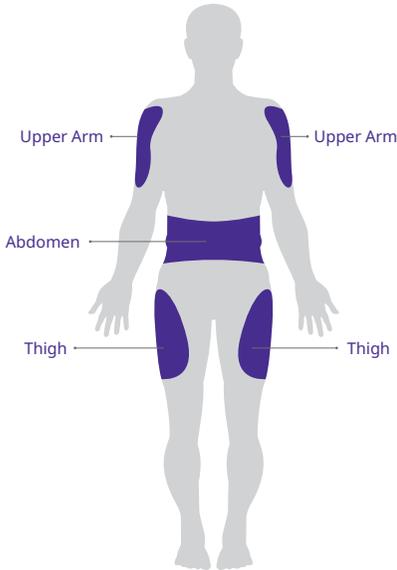


Turn the dose selector to select the dose needed to inject.

## 5 inject 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 abdomen, the front of your thighs or your upper arms. Change the place within the area where you inject each day to reduce the risk of developing lumps under the skin.

## 6 remove needle



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

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

It is important for you and your doctor 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 within a realistic time frame. In addition to setting goals, it is important to eat healthy and stay active for your overall wellness.

Regardless of what you choose, you should try to:

- 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 doctor.





# 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:  $\frac{1}{2}$  for vegetables and fruits,  $\frac{1}{4}$  for whole grains, and  $\frac{1}{4}$  for proteins
- Think of reducing amounts, rather than cutting out your favourite 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. To help you stay motivated, choose activities that are fun and varied or try joining others in a group class.

You do not have to complete your activity all at once. You could start slowly by exercising for 10 minutes at a time, gradually adding more time until you reach 2½ hours of physical activity each week.

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
- Going for a brisk walk during lunch
- Walking all or part of the way to work or school
- Taking up a new sport
- Organizing activity clubs in your community

# Behavioural factors and emotional health

Behavioural factors, such as sleep and stress, are an important part of your weight management plan.

- Improving sleep habits can have a positive effect on your eating habits, and can give you more energy to help you follow your activity plan
- Stress has an impact on your quality of life (e.g., mood, concentration, and productivity); it can also make you crave sugary, fatty, and salty foods. Improving your stress level can positively impact your weight management efforts

Emotional health is also a factor in better managing your weight, so it is important to get the emotional support you need. This can help you address some of the issues that you may encounter during your weight management journey, such as low self-esteem and emotional eating.

- Your healthcare team and support groups are good resources you can use to tackle these issues
- Your friends and family are also good sources of positivity during your treatment plan





# Additional resources are available!

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