

# RYBELSUS®

semaglutide tablets

## FAQs



IN23RYB00107



SCAN HERE TO KNOW MORE ABOUT  
PRESCRIBING INFORMATION

For the use only of registered medical practitioner or a hospital or a laboratory

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\* The full prescribing information can be obtained at no cost from Novo Nordisk. For full prescribing information please contact +91-080-40303200 or write to us at INAgree@novonordisk.com or reach us at Novo Nordisk India Pvt Ltd, Plot no 32, 47-50, EPIP area, Whitefield, Bangalore -560066

Note: For detailed information on this product, please refer to full package insert\*.

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WAKE UP TO NEW POSSIBILITIES

# RYBELSUS<sup>®</sup>

semaglutide tablets



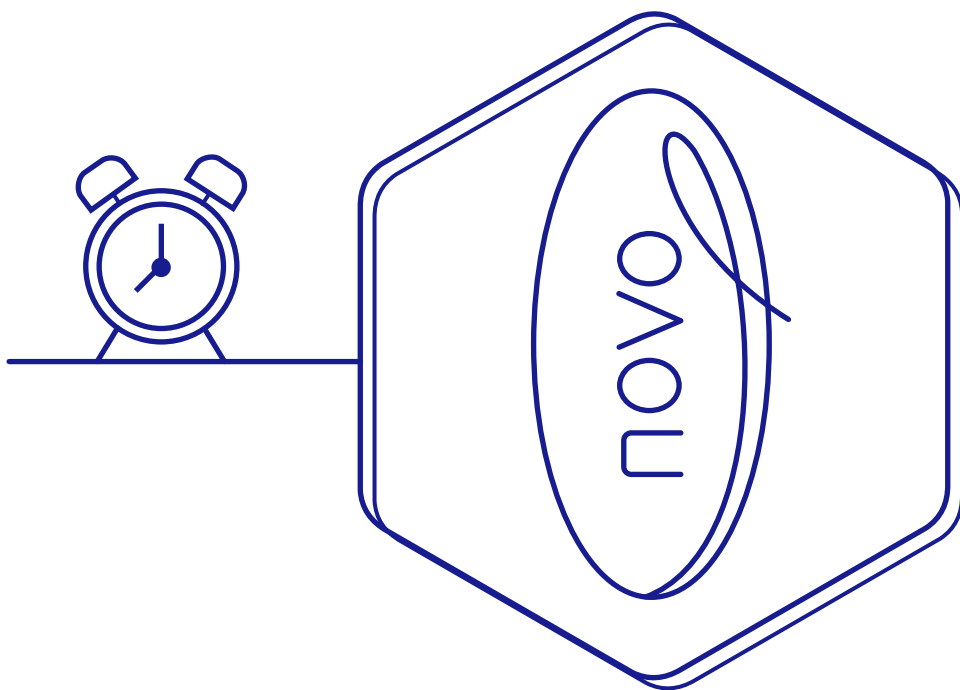
This **document** will  
**help you** know more about  
**Rybelsus<sup>®</sup>**.



Your doctor has prescribed you Rybelsus<sup>®</sup>

Wishing you all the best on your journey  
towards better health.

## What is Rybelsus®?



Rybelsus® (Semaglutide) tablets available in dosages of 3 mg, 7 mg, or 14 mg<sup>1</sup>.

GLP-1 is an endogenous peptide hormone that is secreted by the gut in response to the ingestion of food. GLP-1RA improve glycemia by increasing glucose dependent insulin secretion and decreasing glucagon secretion. GLP-1RA promote weight loss by decreasing gastric emptying to increase satiety and through their actions in the central nervous system to increase satiety and decrease appetite<sup>2</sup>.

It is a prescription medicine used along with diet and exercise to improve blood sugar (Glucose) in adults with type 2 diabetes.

### Rybelsus® - All of This in 1 Pill<sup>1</sup>



> Lowers blood sugar and HbA1C



> May help you lose weight



> Does not increase the risk of major cardiovascular (CV) events such as heart attack, stroke, or death.

1. Rybelsus® Prescribing Information

2. Holst JJ et al. Diabetes Care. 2011 May;34 Suppl 2(Suppl 2):S251-7

## How do I take Rybelsus®? Any special precautions?



Take Rybelsus® first thing in the morning on an empty stomach with a gulp of water<sup>1</sup>.



> Swallow whole tablet with water.



> After taking Rybelsus®, ensure you don't take any other beverage/ food/ medicine for half an hour.

### STARTING DOSE

**3 mg** Start with Once-daily for 30 days

### MAINTENANCE DOSE

**7 mg** Increase dose to Once-daily, for at least 30 days

**14 mg** Dose may be increased to Once daily based on individual needs

## How does Rybelsus® Work to control blood sugar levels?



Rybelsus® works differently than any other diabetes pills to lower blood sugar in all 3 of these ways<sup>1</sup>:

1

### **INCREASES INSULIN** RELEASED FROM THE PANCREAS

Stimulates your pancreas to release more insulin when your blood sugar is high



2

### **DECREASES GLUCOSE** RELEASED FROM THE LIVER

Prevents your liver from making and releasing too much sugar



3

### **SLOW FOOD LEAVING** THE STOMACH AFTER EATING



What are the common side effects of Rybelsus®, and how can they be managed?



Rybelsus® is generally well-tolerated and the most common side effects include nausea, vomiting and diarrhea<sup>1</sup>.

### Nausea<sup>2</sup>



Eat crackers, apples, mint, ginger-based drinks 30 min after GLP-1 RA



Avoid strong smells

### Vomiting<sup>2</sup>



Generous hydration

More frequent meals, in smaller amounts

### Diarrhoea<sup>2</sup>



Generous hydration (water, lemon, bicarbonate)

No sport drinks

No high fibre content foods (gradually restore them upon improvement)

Yes: chicken broth, rice, carrot, ripe, peeled fruit, baked fruit

No: dairy products, laxative, coffee, alcohol, soft drinks, very cold/hot foods, products with "ol"-ending sweeteners

### Constipation



Enough fiber in diet

Increase physical activity

Healthy, balanced diet

Generous hydration (water, sugar-free liquids)

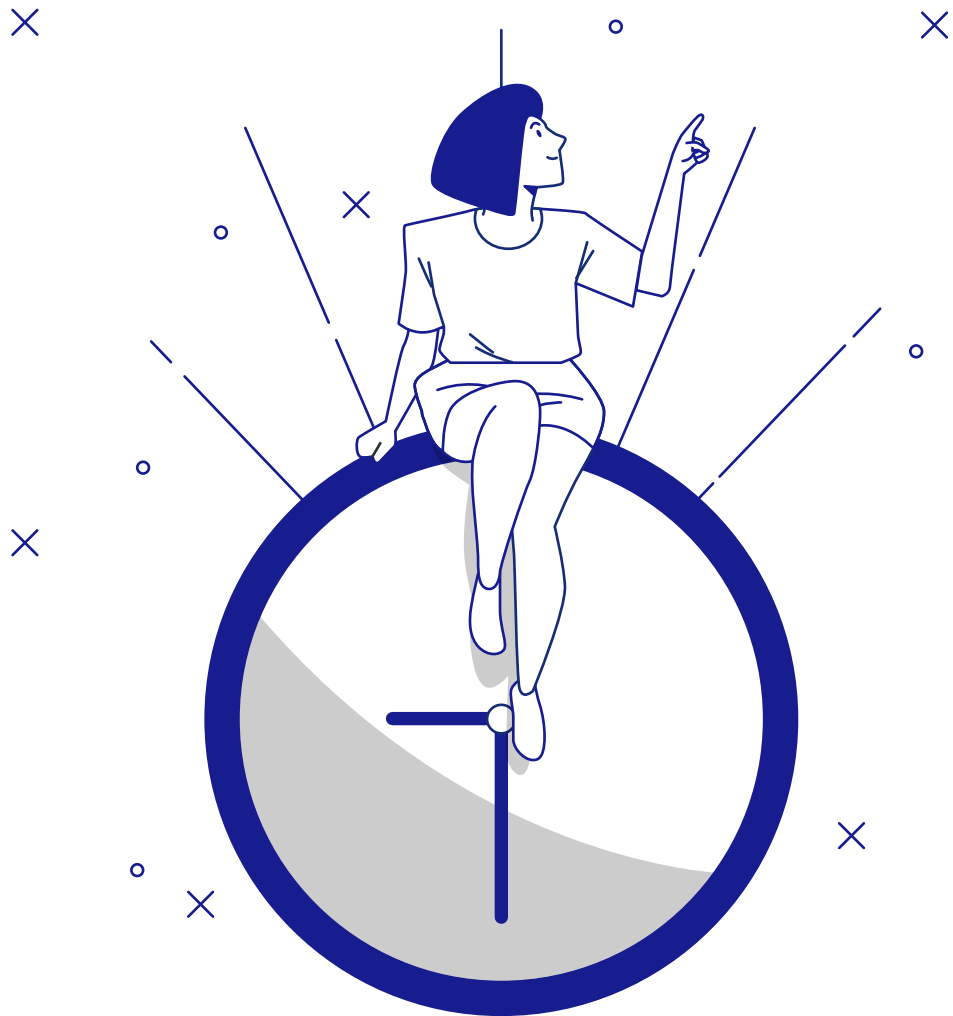
If side effects appear on increasing the dose of Rybelsus®, physicians can de-escalate the dose to previous dose for longer time

If none of the above works, talk to your doctor. The symptoms can be easily controlled by over-the-counter medications that can reduce the feeling of nausea and vomiting.

1. Rybelsus® Prescribing Information

2. Gorgojo-Martínez JJ et al. Journal of Clinical Medicine. 2023 Jan;12(1):145

## How often do I take Rybelsus®?



Take RYBELSUS® on an empty stomach when you first wake up

For optimal benefits with RYBELSUS®<sup>1</sup>



Take on an empty stomach when you first wake up.

An empty stomach means no food, drink, oral medications, vitamins, or supplements for 6-8 hours prior to dosing.



Take RYBELSUS® with a sip of plain water, no more than half a cup or mouthful of water.

Take with no more than 120 ml of water.



Wait 30 minutes before eating, drinking, or taking other oral medications.

After 30 minutes, you can eat, drink, or take other oral medications, vitamins, or supplements.

Can Rybelsus® be taken with other medications for diabetes or other conditions?

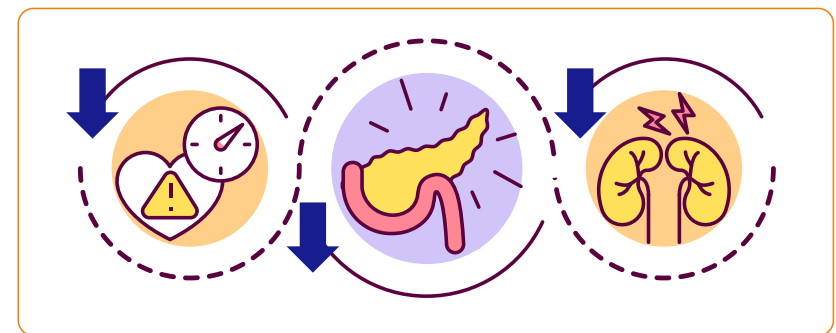
Rybelsus® is safe with other medications<sup>1</sup>.



**No significant limitations**  
on taking **most drugs** with Rybelsus®.

## How long should I take Rybelsus®?

Safety and efficacy benefits of oral semaglutide have been demonstrated in long-term studies. You can take Rybelsus® as advised by your physician.



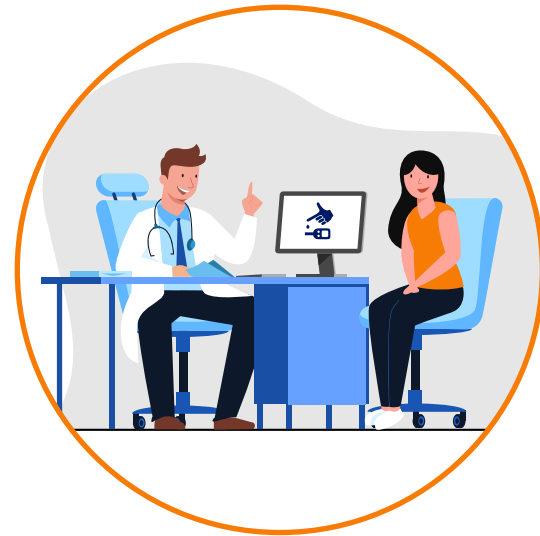
Moreover, with continued use, you may see that it also has benefits in reducing diabetes-related complications.<sup>1</sup>

1. Husain M et al. Diabetes Obes Metab. 2020 Mar;22(3):442-451.

How often do I need to check my blood sugar levels while taking Rybelsus®?



## The frequency of testing blood sugars<sup>1</sup>



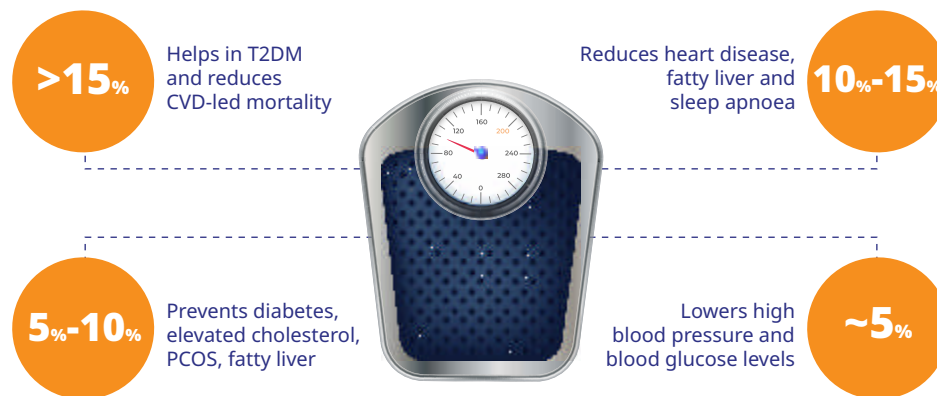
Same as the **existing guidelines**  
and usually to be followed as **recommended** by  
your **physician**.

1. ElSayed NA et al. Diabetes Care. 2023 Jan 1;46(Suppl 1):S111-S127.

## Why do I need to manage weight?



If you are a person with diabetes, overweight and obesity can worsen both the diseases. As a result, you'll be at a much greater risk of heart disease, strokes, kidney failure, etc<sup>1-5</sup>.



1. Garvey WT et al. Endocr Pract 2016;22(Suppl. 3):1-203.
2. Look AHEAD Research Group. Lancet Diabetes Endocrinol 2016;4:913-21.
3. Lean ME et al. Lancet 2018;391:541-51.
4. Benraoune et al.. Curr Opin Cardiol 2011;26:555-61.
5. Sundström J et al. Circulation 2017;135:1577-85.

Are there any foods or drinks that I should avoid while taking Rybelsus®?



There are no special dietary restrictions specially recommended for Rybelsus®<sup>1</sup>

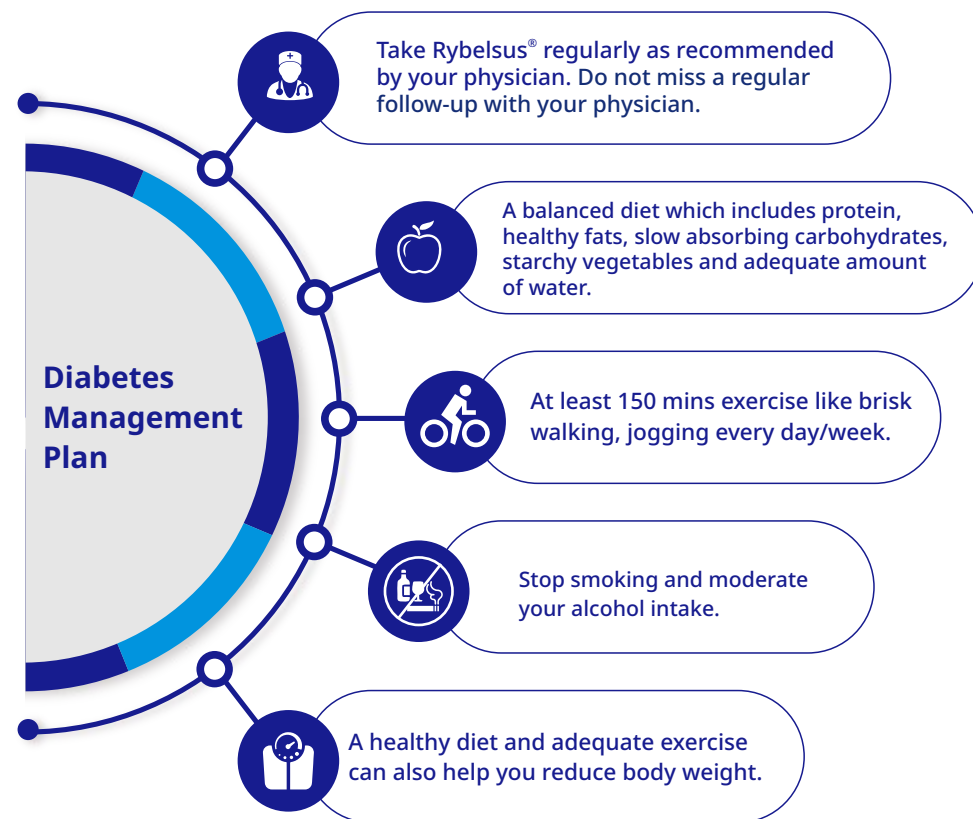


Apart from the ones that are **recommended** for control of **diabetes** by your **physician**

How can I maintain a healthy lifestyle while taking Rybelsus® to manage my diabetes?



A healthy lifestyle is an important component of a complete diabetes management plan<sup>1</sup>.



1. Davies MJ et al. Diabetes Care. 2022 Nov 1;45(11):2753-2786.