



1

---

---

---

---

---

---

---

**Introduction**

- Generic name: Semaglutide
- Brand name: Wegovy
- Manufacturer: Novo Nordisk
- Pharmacologic class: Glucagon-like peptide-1 (GLP-1) RA
- Legal Classification: POM

1

2

---

---

---

---

---

---

---

**Wegovy**

3

3

---

---

---

---

---

---

---

## History of Semaglutide

Approved	Brand Name	Licensed Indication	Dose   Route   Frequency
<b>2018</b> (2017)	Ozempic	T2D	0.5mg & 1.0mg   S/C   Weekly
<b>2020</b> (2019)	Rybelsus	T2D	7mg & 14mg   PO   Daily
<b>2022</b> (2021)	Wegovy	Obesity	2.4mg   S/C   Weekly

Wegovy  
semaglutide injection 2.4 mg

4

4

## Clinical Trials

Wegovy  
semaglutide injection 2.4 mg

5

5

## Summary of STEP trials 1–3

### STEP 1



### STEP 2



### STEP 3



Wegovy  
semaglutide injection 2.4 mg

6

6

## Lead Researcher Comments

### STEP 1

Lead author of the STEP 1 trial, John Wilding, discusses the findings and what they mean for the treatment of people with obesity (1:02).



### STEP 2

John Wilding discusses the STEP 2 findings and why higher semaglutide doses might be needed for people with type 2 diabetes.



### STEP 3

Thomas Wilderup explains the outcomes behind STEP 3 trial, and why semaglutide is the "first-in-class" drug with semaglutide and tirzepatide for people with obesity.



 **semaglutide injection 2.4 mg**

7

---

---

---

---

---

---


---

## STEP 1

Semaglutide promotes substantial weight loss in people without diabetes

**References**

1. Wegovy® Plainsboro, NJ: Novo Nordisk Inc.; 2022.
2. Data on file. Novo Nordisk Inc.; Plainsboro, NJ.
3. Wilding JPH, Batterham RL, Calanna S, et al. Once-weekly semaglutide in adults with overweight or obesity. *N Engl J Med*. 2021;384(11):989-1002.

 **semaglutide injection 2.4 mg**

8

---

---

---


---


---

---

---

## STEP 1 – Professor John Wilding



 **semaglutide injection 2.4 mg**

9

---

---

---

---

---

---

---

## Step 1 – Study design

- Adult patients *without* T2D (n=1961)
- Randomised 2 : 1
- Obese or overweight with at least 1 weight related comorbidity
- -500 kcal/day deficit
- Increased physical activity (150mins per week)
- 16-week dose escalation period plus 52-week treatment period (68 weeks total)

Wegovy<sup>®</sup>  
semaglutide injection 2.4 mg

10

10

---

---

---

---

---

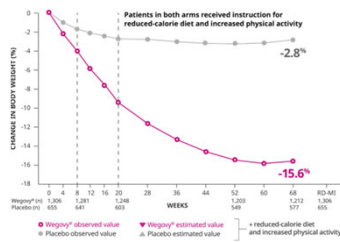
---

---

---

## STEP-1

With Wegovy<sup>®</sup> patients achieved significant weight loss that started early<sup>1,\*</sup>



Wegovy<sup>®</sup>  
semaglutide injection 2.4 mg

11

11

---

---

---

---

---

---

---

---

## STEP-1

With Wegovy<sup>®</sup>, patients achieved 5%–20% or greater weight loss<sup>1,2</sup>



Wegovy<sup>®</sup>  
semaglutide injection 2.4 mg

12

12

---

---

---

---

---

---

---

---

STEP 2

Semaglutide for weight loss in patients with type 2 diabetes

Wegovy

semaglutide injection 2.4 mg

13

13

---

---

---

---

---

---

---

STEP 2 – Ildiko Lingvay

STEP 2: A higher semaglutide dose in people with type 2 diabetes | Ildiko ...

Watch later

Share

Researcher comment

Watch on YouTube

Wegovy

semaglutide injection 2.4 mg

14

14

---

---

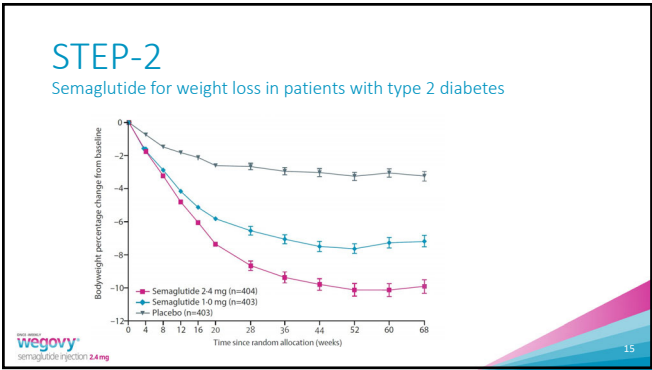
---

---

---

---

---



15

---

---

---

---

---

---


---

## STEP-2

Main Findings

- The STEP 2 trial shows that overweight or obese people with type 2 diabetes achieve greater weight loss and larger improvements in cardiometabolic risk factors when given a higher semaglutide dose than is currently approved.

*"The benefits of the higher dose of semaglutide can be clearly seen in the context of weight loss,"*



semaglutide injection 2.4 mg

16

16

---

---

---

---


---

---

---

## STEP 3

Semaglutide boosts weight loss in intensive behavioural therapy setting



semaglutide injection 2.4 mg

17

17

---

---

---


---

---


---

---

## STEP 3 - Thomas A. Wadden



Researcher comment



semaglutide injection 2.4 mg

18

18

---

---

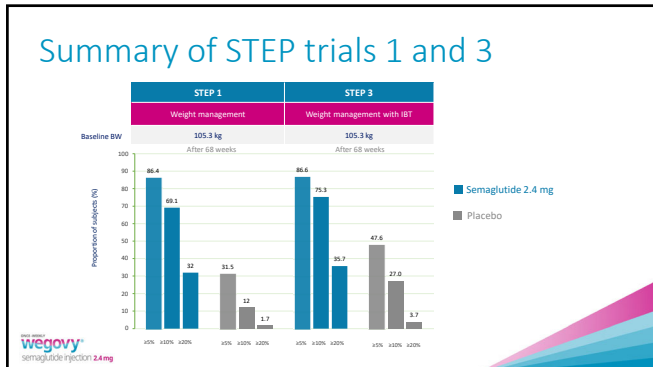
---

---

---

---

---



19

---

---

---

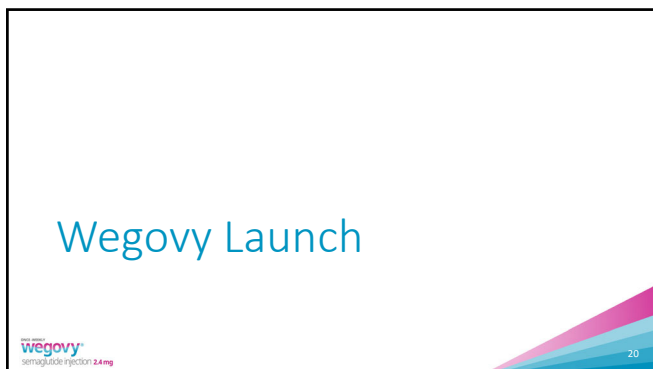
---

---

---

---

---



20

---

---

---

---

---

---

---

---

### Wegovy®

- Semaglutide was approved for the treatment of Obesity in adults in America in June 2021 and Europe in January 2022 under the brand name Wegovy®
- The UK License was extended to include adolescents >12 in April 2023
- It was finally launched in the UK on 4 September 2023

21

---

---

---

---

---

---

---

---



22

---

---

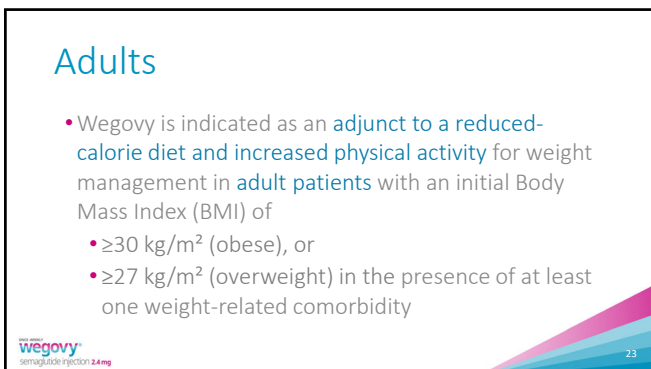
---

---

---

---

---



23

---

---

---

---

---

---

---



24

---

---

---

---

---

---

---





25

---

---

---

---

---

---

---



26

---

---

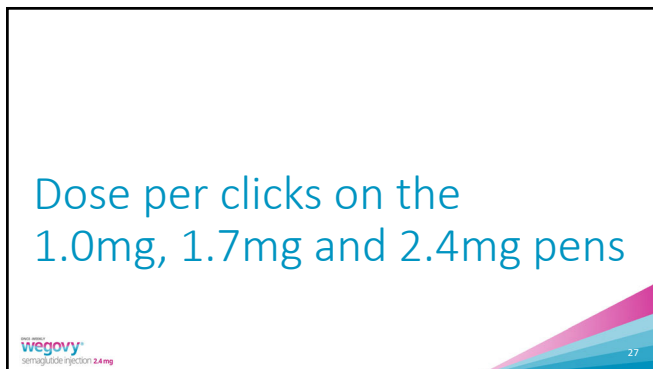
---

---

---

---

---



27

---

---

---

---

---

---

---

## Module 4(2) - Wegovy

Wegovy 1.0mg - Dose per clicks (mg)									
Clicks	Dose	Clicks	Dose	Clicks	Dose	Clicks	Dose	Clicks	Dose
1	0.01	16	0.22	31	0.42	46	0.62	61	0.82
2	0.03	17	0.23	32	0.43	47	0.64	62	0.84
3	0.04	18	0.24	33	0.45	48	0.65	63	0.85
4	0.05	19	0.25	34	0.46	49	0.66	64	0.86
5	0.07	20	0.27	35	0.47	50	0.68	65	0.88
6	0.08	21	0.28	36	0.49	51	0.69	66	0.89
7	0.09	22	0.30	37	0.50	52	0.70	67	0.91
8	0.11	23	0.31	38	0.51	53	0.72	68	0.92
9	0.12	24	0.32	39	0.53	54	0.73	69	0.93
10	0.14	25	0.34	40	0.54	55	0.74	70	0.95
11	0.15	26	0.35	41	0.55	56	0.76	71	0.96
12	0.16	27	0.36	42	0.57	57	0.77	72	0.97
13	0.18	28	0.38	43	0.58	58	0.78	73	0.99
14	0.19	29	0.39	44	0.59	59	0.80	74	1.0
15	0.20	30	0.41	45	0.61	60	0.81		
© The Virtual Stimming Clinic									

28

---

---

---

---

---

---

---

---

Wegovy 1.7mg - Dose per clicks (mg)									
Clicks	Dose	Clicks	Dose	Clicks	Dose	Clicks	Dose	Clicks	Dose
1	0.02	16	0.37	31	0.71	46	1.06	61	1.40
2	0.05	17	0.39	32	0.74	47	1.08	62	1.42
3	0.07	18	0.41	33	0.76	48	1.10	63	1.45
4	0.09	19	0.44	34	0.78	49	1.13	64	1.47
5	0.11	20	0.46	35	0.80	50	1.15	65	1.49
6	0.14	21	0.48	36	0.83	51	1.17	66	1.52
7	0.16	22	0.51	37	0.85	52	1.19	67	1.54
8	0.18	23	0.53	38	0.87	53	1.22	68	1.56
9	0.21	24	0.55	39	0.90	54	1.24	69	1.59
10	0.23	25	0.57	40	0.92	55	1.26	70	1.61
11	0.25	26	0.60	41	0.94	56	1.29	71	1.63
12	0.28	27	0.62	42	0.96	57	1.31	72	1.65
13	0.30	28	0.64	43	0.99	58	1.33	73	1.68
14	0.32	29	0.67	44	1.01	59	1.36	74	1.7
15	0.34	30	0.69	45	1.03	60	1.38		
© The National Medical Weight Loss Programme									

29

---

---

---

---

---

---

---

---

Wegovy 2.4mg - Dose per clicks (mg)									
Clicks	Dose	Clicks	Dose	Clicks	Dose	Clicks	Dose	Clicks	Dose
1	0.03	16	0.52	31	1.01	46	1.49	61	1.98
2	0.06	17	0.55	32	1.04	47	1.52	62	2.01
3	0.10	18	0.58	33	1.07	48	1.56	63	2.04
4	0.13	19	0.62	34	1.10	49	1.59	64	2.08
5	0.16	20	0.65	35	1.14	50	1.62	65	2.11
6	0.19	21	0.68	36	1.17	51	1.65	66	2.14
7	0.23	22	0.71	37	1.20	52	1.69	67	2.17
8	0.26	23	0.75	38	1.23	53	1.72	68	2.21
9	0.29	24	0.78	39	1.26	54	1.75	69	2.24
10	0.32	25	0.81	40	1.30	55	1.78	70	2.27
11	0.36	26	0.84	41	1.33	56	1.82	71	2.30
12	0.39	27	0.88	42	1.36	57	1.85	72	2.34
13	0.42	28	0.91	43	1.39	58	1.88	73	2.37
14	0.45	29	0.94	44	1.43	59	1.91	74	2.4
15	0.49	30	0.97	45	1.46	60	1.95		
© The National Medical Weight Loss Programme									

30

---

---

---

---

---

---

---

---



31

---

---

---

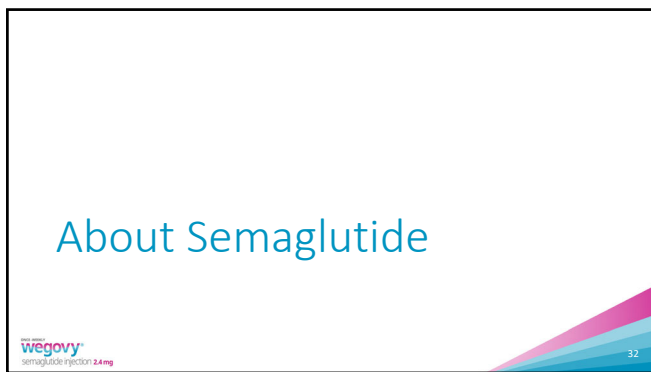
---

---

---

---

---



32

---

---

---

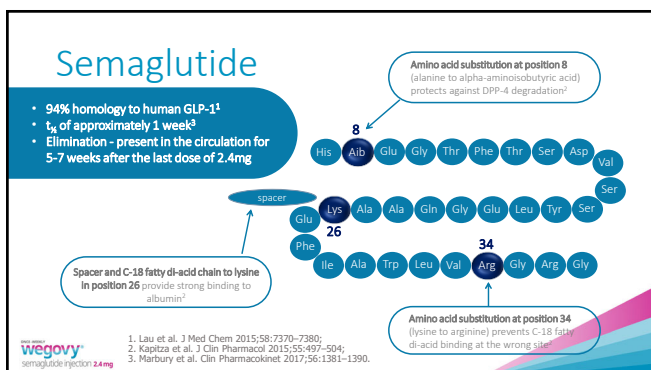
---

---

---

---

---



33

---

---

---

---

---

---

---

---



34

---

---

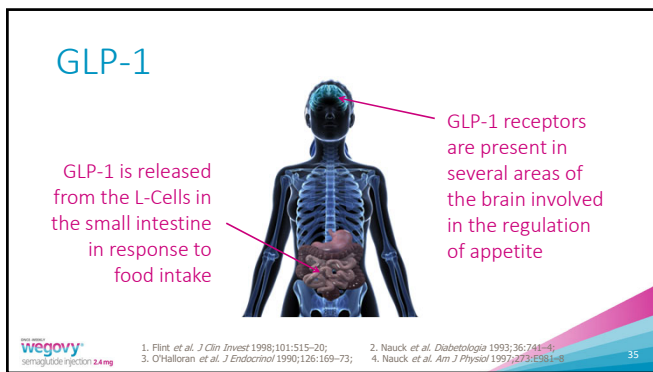
---

---

---

---

---



35

---

---

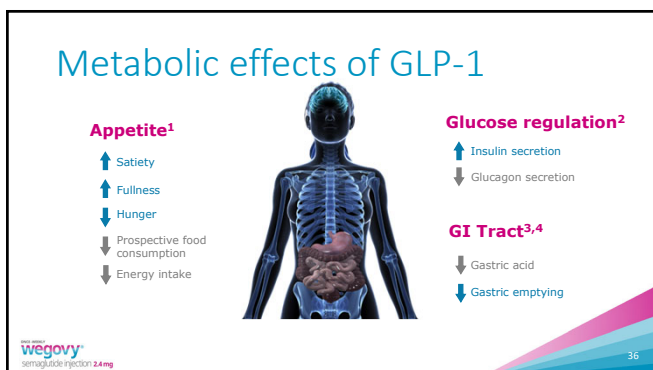
---

---

---

---

---



36

---

---

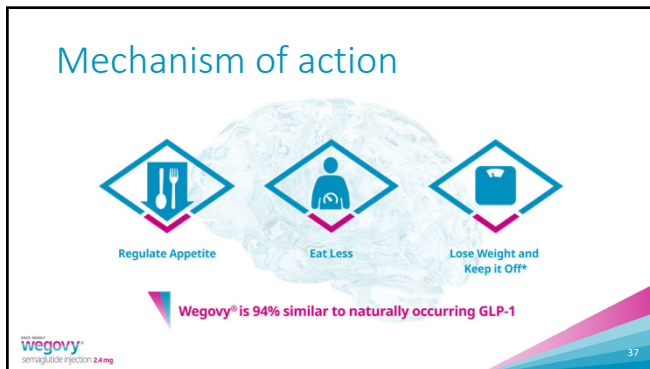
---

---

---

---

---



37

---

---

---

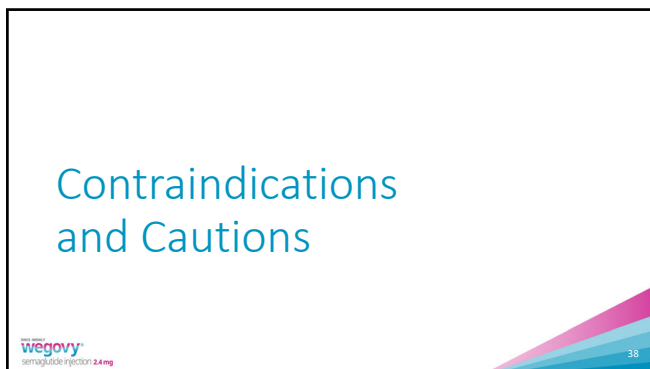
---

---

---

---

---



38

---

---

---

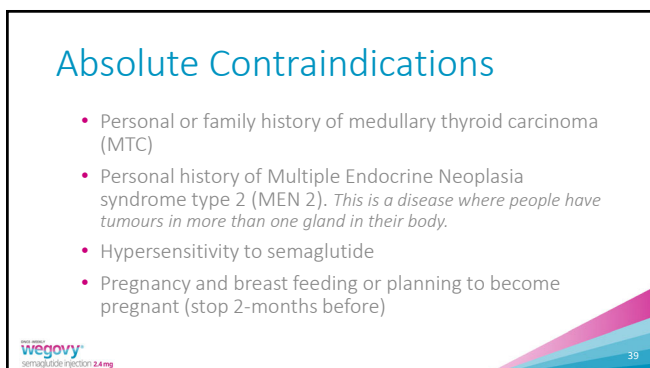
---

---

---

---

---



39

---

---

---

---

---

---

---

---

## Cautions

- Cardiac arrhythmias, heart failure, tachycardia
- Severe renal impairment with an eGFR below 15
- Existing diabetic retinopathy
- Disease of the liver
- Disease of the pancreas
- Disease of the gallbladder or gallstones

WEGOVY  
**wegovy**  
semaglutide injection 2.4 mg

40

40

---

---

---

---

---

---

---

## Cautions

- Severe gastro-intestinal issues such inflammatory bowel disease or gastroparesis
- Schizophrenia, suicidal ideation, BDD, eating disorders, LD
- Already taking other GLP-1 RA, DDP4 inhibitor or weight loss medication
- Under 18 or over 75

WEGOVY  
**wegovy**  
semaglutide injection 2.4 mg

41

41

---

---

---

---

---

---

---

## Side Effects

WEGOVY  
**wegovy**  
semaglutide injection 2.4 mg

42

42

---

---

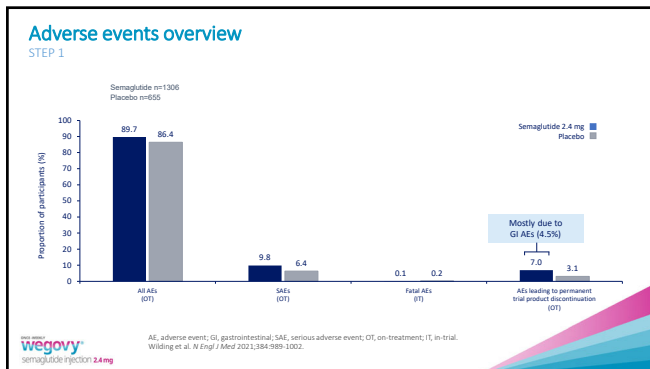
---

---

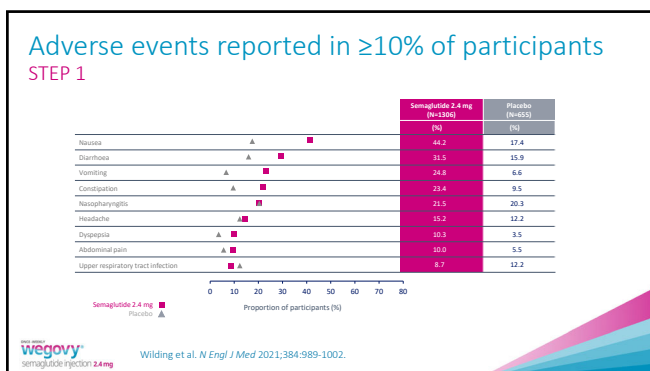
---

---

---



43



44

### Wegovy® (semaglutide 2.4 mg)

Summary of Product Characteristics (SmPC)

**Undesirable effects; adverse reactions reported**

- Very common (≥1/10):** headache\*, vomiting\*, diarrhoea\*, constipation\*, nausea\*, abdominal pain\*, fatigue\*
- Common (≥1/100 to <1/10):** hypoglycaemia in patients with T2D, dizziness\*, diabetic retinopathy in patients with T2D, hair loss, gastritis\*, gastroesophageal reflux disease\*, dyspepsia\*, eructation\*, flatulence\*, abdominal distension\*, cholelithiasis, injection site reactions
- Uncommon (≥1/1,000 to <1/100):** increased heart rate, acute pancreatitis, increased amylase, increased lipase
- Rare (≥1/10,000 to <1/1,000):** anaphylactic reaction, angioedema

\* Mainly seen in the dose-escalation period

45

### Practical tips for patients with GI side effects

The most common side effects observed in clinical trials were nausea and diarrhoea

Generally, these were mild/moderate in severity, of short duration and most frequently reported during the first few months on treatment

**Encourage patients to try:**

- ✓ Eating smaller portions
- ✓ Eating slowly
- ✓ Stay hydrated
- ✓ Stop eating at first sign of fullness

**Encourage patients to avoid:**

- ✗ Large portions
- ✗ Fried or fatty foods
- ✗ Overly sweet or spicy foods
- ✗ Drinking alcohol and smoking cigarettes

Wegovy (semaglutide) injection 2.4 mg. GL, gastrointestinal. Side-effects: Symptoms, Causes, Remedies and Treatments. WebMD. February 2019. Accessed on April 15, 2020 from <https://www.webmd.com/drugs/2/drug/2019/04/15/2020>

46

---

---

---

---

---

---

---

---

### <https://yellowcard.mhra.gov.uk/>

Wegovy (semaglutide) injection 2.4 mg

47

---

---

---

---

---

---

---

---

### Anti-emetics available in the UK

NB this list is not comprehensive

<https://bnf.nice.org.uk/2023>

Drug	Brand
Prochlorperizine	Stemetil
Cyclizine	Cyclizine
Promethazine	Avomine / Vertigon
Ondansetron	Setofilm / Zofran

Wegovy (semaglutide) injection 2.4 mg

48

---

---

---

---

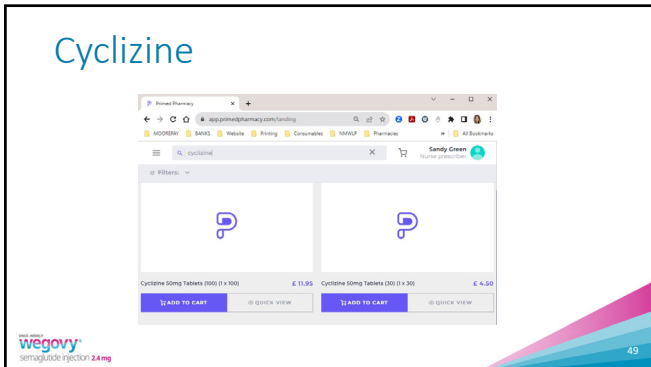
---

---

---

---





49

---

---

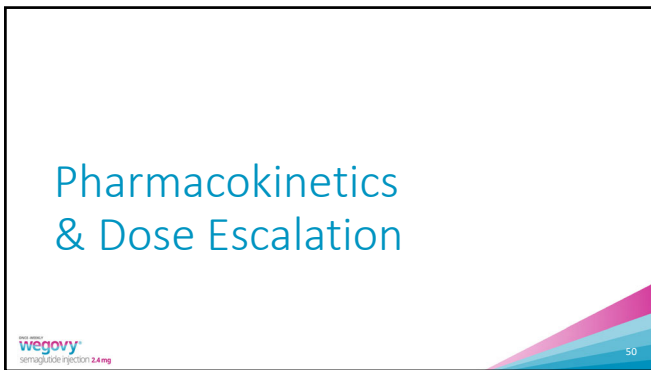
---

---

---

---

---



50

---

---

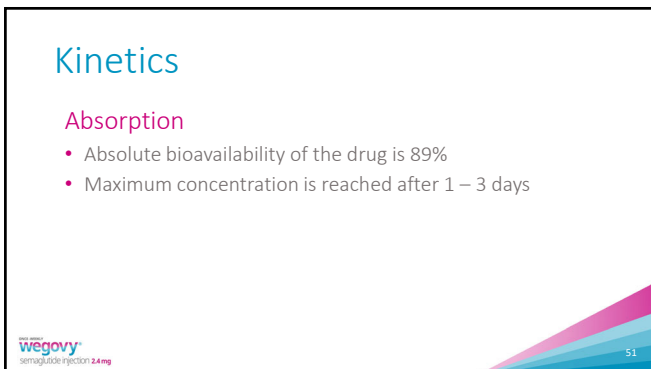
---

---

---

---

---



51

---

---

---

---

---

---

---

## Kinetics

### Elimination

- The clearance of semaglutide is approximately 0.05 l/h
- The elimination half-life is approximately one week
- Semaglutide is present in the circulation for about 5 – 7 weeks after the last dose of 2.4mg
- The primary excretion routes is via the urine and faeces.

Wegovy  
semaglutide injection 2.4 mg

52

52

---

---

---

---

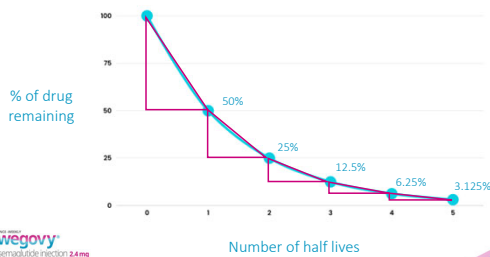
---

---

---

---

## Half Life - $t_{1/2}$



Wegovy  
semaglutide injection 2.4 mg

53

53

---

---

---

---

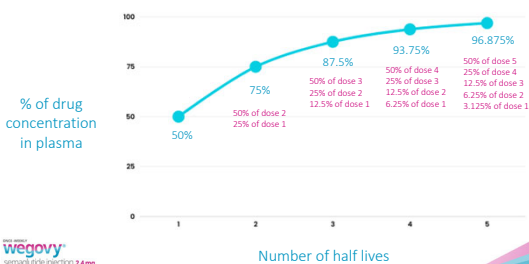
---

---

---

---

## Steady State



Wegovy  
semaglutide injection 2.4 mg

54

54

---

---

---

---

---

---

---

---



55

---

---

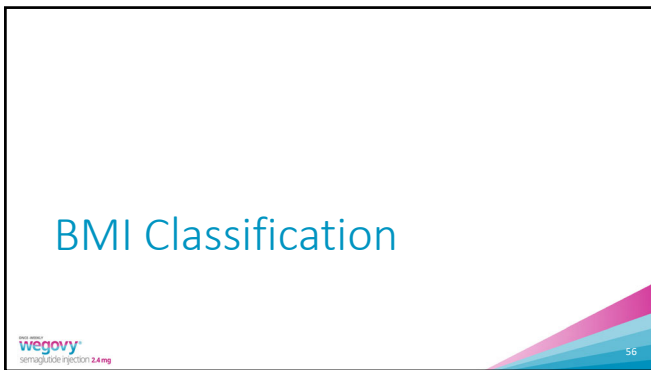
---

---

---

---

---



56

---

---

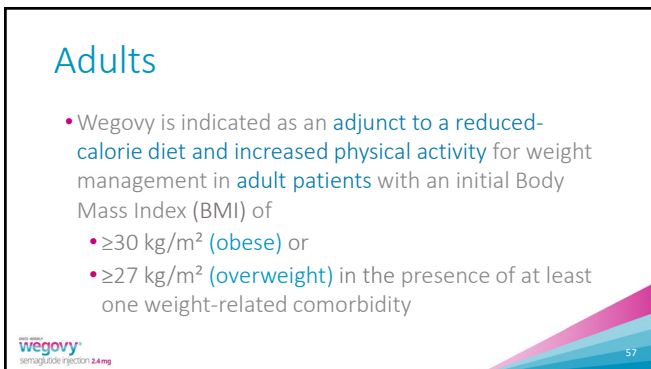
---

---

---

---

---



57

---

---

---

---

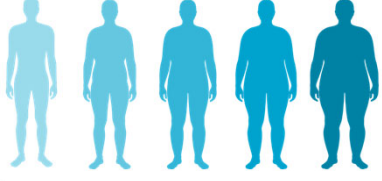
---

---

---

### Caucasian

18.5 - 24.9	25 - 29.9	30 - 34.9	35 - 39.9	40 +
Healthy Weight	Overweight	Obese Class 1	Obese Class 2	Obese Class 3



- A person with a BMI of **25 – 29.9** is considered **overweight**
- A person with a BMI of **30 or more** is considered **obese**

Wegovy semaglutide injection 2.4 mg

58

58

---

---

---

---

---

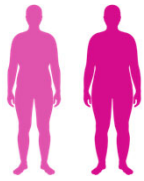
---

---

---

### Asian, African, Caribbean, Middle Eastern

23 - 27.4	27.5 +
Overweight	Obese



- For people in these ethnic groups, BMI classifications is reduced by **2.5**
- A person with a BMI of **23 - 27.4** is considered **overweight**
- A person with a BMI of **27.5 or more** is considered **obese**

Wegovy semaglutide injection 2.4 mg

59

59

---

---

---

---

---

---

---

---

### Waist Circumference

Wegovy semaglutide injection 2.4 mg

60

60

---

---

---

---


---

---

---

---

Increased waist circumference =  
Increased risk to health



**Did You Know?**

Men with a waist circumference more than 102cm (40in) are **twelve times** more likely to develop diabetes

the MMR  
**wegovy**  
semaglutide injection 2.4 mg

61

61

---

---

---

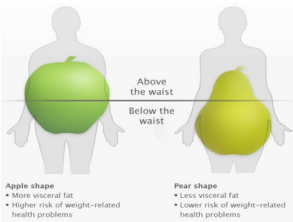
---

---

---

---

Android (apple) vs. gynoid (pear) obesity



Apple shape  
• More visceral fat  
• Higher risk of weight-related health problems

Pear shape  
• Less visceral fat  
• Lower risk of weight-related health problems

Above the waist  
Below the waist

People who carry lots of fat around the abdomen, carry a **greater risk** of cardio renal metabolic disease compared to those who carry fat around the buttocks

the MMR  
**wegovy**  
semaglutide injection 2.4 mg

A tribute to a pioneer: Jean Vague (1947)

62

62

---

---

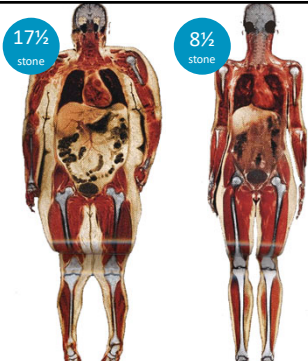
---

---

---

---

---



17% stone

8% stone

**Health impact of excess fat**

- Strained joints
- Crushed lungs
- Enlarged heart

the MMR  
**wegovy**  
semaglutide injection 2.4 mg

63

63

---

---

---

---

---

---

---

## Visceral Fat

Central fat

©1994 Mayo Foundation for Medical Education and Research By permission of Mayo Foundation

**wegovy**  
semaglutide injection 2.4 mg

64

64

---

---

---

---

---

---

---

---

## Health risk categories for BMI and WC

Men	<94cm (37in)	94cm (37in) - 102cm (40in)	> 102cm (40in)
Healthy Weight (18.5 – 24.5)	No Increased Risk	No Increased Risk	Increased Risk
Overweight (25 -29.9)	No Increased Risk	Increased Risk	High Risk
Obese Class I & II (30-39.9)	Increased Risk	High Risk	Very High Risk
Obese Class III (>40)	Very High Risk	Very High Risk	Very High Risk

**wegovy**  
semaglutide injection 2.4 mg

65

65

---

---

---

---

---

---

---

---

## Health risk categories for BMI and WC

Women	<80cm (31.5in)	80cm (31.5in) – 88cm (34.5in)	> 88cm (34.5in)
Healthy Weight (18.5 – 24.5)	No Increased Risk	No Increased Risk	Increased Risk
Overweight (25 -29.9)	No Increased Risk	Increased Risk	High Risk
Obese Class I & II (30-39.9)	Increased Risk	High Risk	Very High Risk
Obese Class III (>40)	Very High Risk	Very High Risk	Very High Risk

**wegovy**  
semaglutide injection 2.4 mg

66

66

---

---

---

---

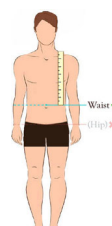
---

---

---

---

### Measuring waist circumference



- Locate the **iliac crest**
- Locate **lower rib** margin
- Find the **mid-point** between these two landmarks (which may be higher than the umbilicus)
- Tape must be **parallel** to the floor, ensure it is **snug** but **does not compress** the skin
- The measurement is taken at the **end of a normal exhalation**

the MINDS **wegovy**  
semaglutide injection 2.4 mg

(The World Health Organisation, 2008)

67

67

---

---

---

---

---

---

---

### Waist to Height Ratio (WHtR)

**NICE** National Institute for Health and Care Excellence

the MINDS **wegovy**  
semaglutide injection 2.4 mg

68

68

---

---

---

---

---

---

---

**NICE** National Institute for Health and Care Excellence

**NICE guideline**

### Obesity: identification, assessment and management

Clinical guideline  
Published: 27 November 2014  
Last updated: 26 July 2023  
[www.nice.org.uk/guidance/cg189](http://www.nice.org.uk/guidance/cg189)

the MINDS **wegovy**  
semaglutide injection 2.4 mg

69

69

---

---

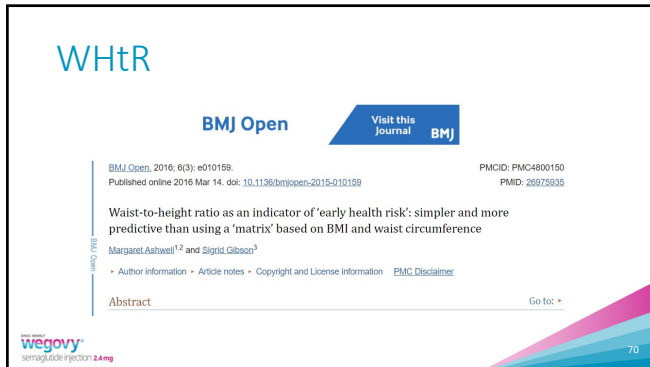
---

---

---

---

---



70

---

---

---

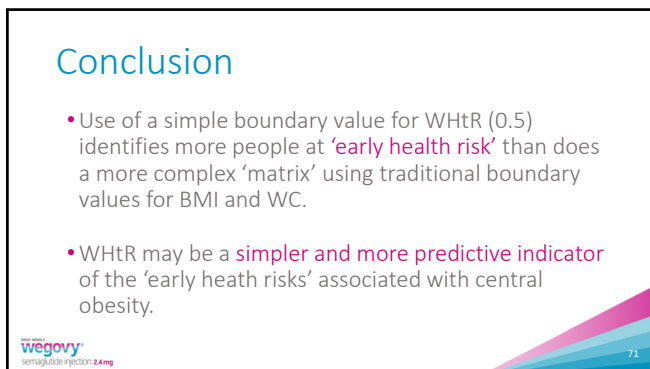
---

---

---

---

---



71

---

---

---

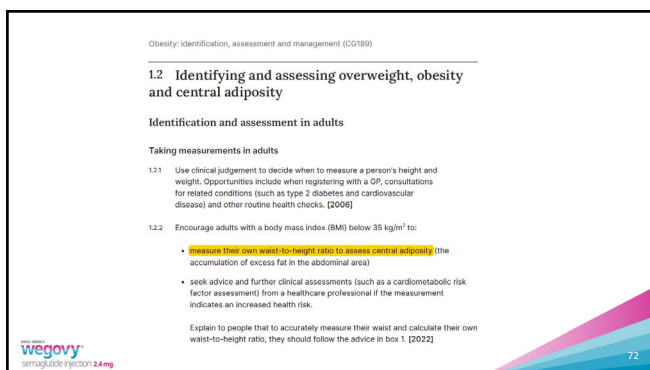
---

---

---

---

---



72

---

---

---

---

---

---

---

---



Obesity: Identification, assessment and management (CG189)

12.11 Define the degree of central adiposity based on waist-to-height ratio as follows:

- **healthy** central adiposity: waist-to-height ratio **0.4 to 0.49**, indicating no increased health risks
- **increased** central adiposity: waist-to-height ratio **0.5 to 0.59**, indicating increased health risks
- **high** central adiposity: waist-to-height ratio **0.6 or more**, indicating further increased health risks.

These classifications can be used for people with a BMI under 35 kg/m<sup>2</sup> of both sexes and all ethnicities, including adults with high muscle mass.

Wegovy logo  
semaglutide injection 2.4 mg

73

73

---

---

---

---

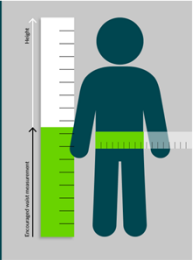
---

---

---

Updated draft NICE guideline encourages everyone to **keep their waist measurement to less than half their height** to reduce the risk of potential health problems.

**NICE**



Wegovy logo  
semaglutide injection 2.4 mg

74

74

---

---

---

---

---

---

---

# Blood Tests

Wegovy logo  
semaglutide injection 2.4 mg

75

75

---

---

---

---

---

---

---

## Blood tests:

- Urea and Electrolytes (Lira > 30 | Sema > 15)
- Liver Function Tests
- Thyroid Function Tests
- HbA1C
- Lipid profile (preferably fasting)

76

---

---

---

---

---

---

---

### Adults

13.6 Take measurements (see section 1.2) to determine degree of overweight or obesity and discuss the implications of the person's weight. Then, assess:

- any presenting symptoms
- any underlying causes of overweight or obesity
- eating behaviours
- any comorbidities (for example, type 2 diabetes, hypertension, cardiovascular disease, osteoarthritis, dyslipidaemia and sleep apnoea)
- any risk factors assessed using lipid profile (preferably done when fasting), blood pressure measurement and HbA1c measurement
- the person's lifestyle (diet and physical activity)
- any psychosocial distress

© NICE 2023. All rights reserved. Subject to notice of rights (<https://www.nice.org.uk/terms-and-conditions/notice-of-rights>). Page 16 of 64

77

---

---

---

---

---

---

---

## Obesity : Identification and Assessment

- BMI
- Waist Circumference
- WHtR
- Blood tests

78

---

---

---

---

---

---

---



79

---

---

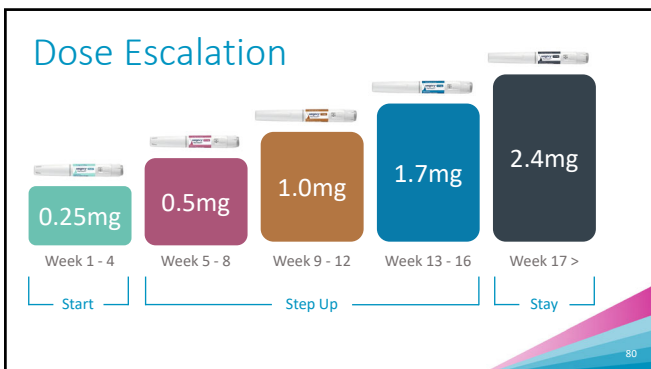
---

---

---

---

---



80

---

---

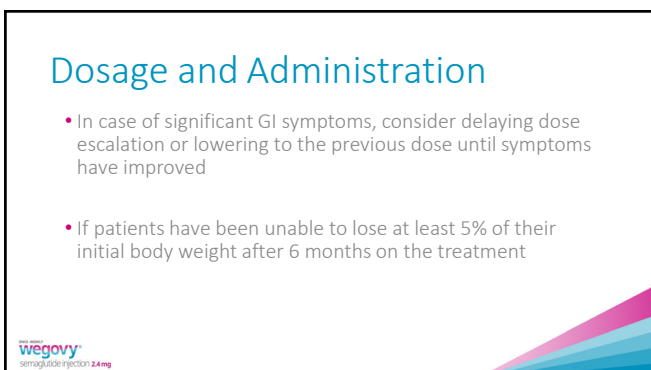
---

---

---

---

---



81

---

---

---

---

---


---

---

Use the dosage required to achieve these outcomes – **do not increase!!**

- Reduced appetite
- Increased satiety
- Suppressed cravings
- Reduced portion sizes

**Staying at the lowest dose that achieves the desired outcomes**



82

82

---

---

---


---

---

---

---

How to administer



83

83

---

---

---


---

---

---


---

ONCE-WEEKLY  
**wegovy**<sup>®</sup>  
semaglutide injection



A simple subcutaneous injection is self-administered each **week**, via an easy-to-use pen, that is pre-filled with semaglutide.

**Do not inject into a vein or muscle**



84

84

---

---

---

---

---

---

---



85

---

---

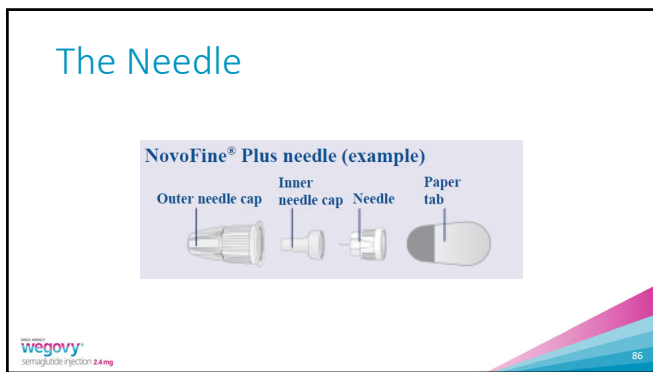
---

---

---

---

---



86

---

---

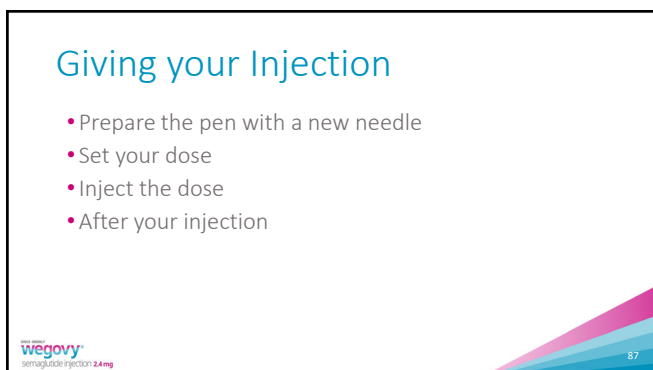
---

---

---

---

---



87

---

---

---

---

---

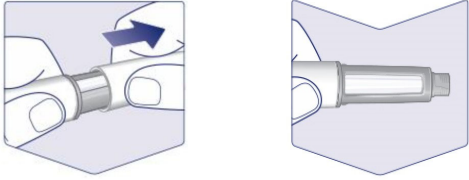
---

---

### Step 1) Prepare your pen

Pull off the pen cap

Check the Wegovy is clear and colourless



Wegovy  
semaglutide injection 2.4 mg

88

88

---

---

---

---

---

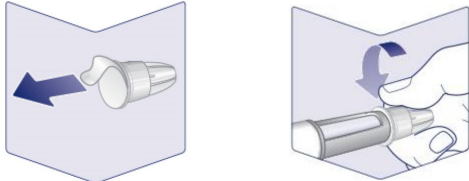
---

---

### Step 1) Prepare your pen

Always use a new needles – tear off the paper tab

Push the needle onto the pen and turn until it is tight



Wegovy  
semaglutide injection 2.4 mg

89

89

---

---

---

---


---

---

---

### Step 1) Prepare your pen

Remove BOTH needle caps, and retain the outer cap for later



Wegovy  
semaglutide injection 2.4 mg

90

90

---

---

---

---

---

---

---

### Step 2) Set your dose

Turn the dose selector to the required dose

Choose your injection site – keep 5cm away from belly button

Example: 0.25 mg selected

Upper arms  
Stomach  
Upper legs

91

91

---

---

---

---

---

---

---

---

### Where to inject

Upper arms

Abdomen

Thighs

92

92

---

---

---

---

---

---

---

---

### Where to inject

Upper arms

Abdomen

Thighs

93

93

---

---

---

---

---

---

---

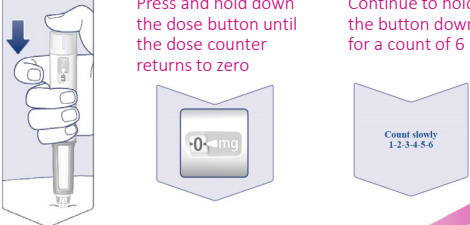
---

### Step 3) Inject your dose

Insert the needle in the skin, ensure you can see the dose counter

Press and hold down the dose button until the dose counter returns to zero

Continue to hold the button down for a count of 6



94

94

---

---

---

---

---


---

---

### Step 4) After the injection

Lead the needle tip into the outer cap and twist off the needle

Replace the pen cap and store the pen safely



95

95

---

---

---

---

---

---

---

### Missed Doses

96

96

---

---

---

---

---

---

---



## Tips to avoid missing a dose

- Set a weekly alarm on their mobile phone
- Give it a name
- Take their medication when it goes off
- Or reset it, if they aren't at home

Wegovy is a brand name for semaglutide injection 2.4 mg

97

97

---

---

---

---

---

---

---

---

## Missed doses



- If it has been *5 days or less*
- Take the missed dose as soon as possible and continue the previous regime

Wegovy is a brand name for semaglutide injection 2.4 mg

98

98

---

---

---

---

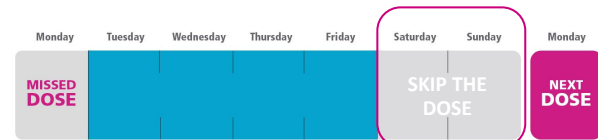
---

---

---

---

## Missed doses



- If it has been *6-7 days*
- Skip the dose and take it when it would next be due

Wegovy is a brand name for semaglutide injection 2.4 mg

99

99

---

---

---

---

---

---

---

---

### Missed doses

- If it has been more than 7 days
- Start a new regime from scratch

WEGOVY  
semaglutide injection 2.4 mg

100

100

---

---

---

---

---

---

---

### Missed doses

- DO NOT DOUBLE DOSE

WEGOVY  
semaglutide injection 2.4 mg

101

101

---

---

---

---

---

---

---

### Switching to Wegovy from other GLP-1 RAs

WEGOVY  
semaglutide injection 2.4 mg

102

102

---

---

---


---

---

---

---


## Online instructions

ASDA Online Doctor 

**How to make the switch**

Once you're sure you want to try switching from Saxenda to Wegovy, follow the steps below:

- **Step 1:** Contact your doctor or use an online doctor service like Asda's to see if they will approve the switch.
- **Step 2:** Follow their advice and reduce your dosage of Saxenda.
- **Step 3:** Wait until at least 24 hours have passed since your last Saxenda injection before starting Wegovy.
- **Step 4:** Take the lowest dose of Wegovy as advised by your doctor.
- **Step 5:** Increase your Wegovy dose until you reach the maximum dose.

 semaglutide injection 2.4 mg

103

103

---

---

---

---

---

---

---

---

## Online instructions

**Step 1 – Talk to Your Doctor**

Your doctor will review your treatment and evaluate whether Wegovy could provide a suitable alternative. If your doctor considers that switching to Wegovy is the best choice for you, they can prescribe your new medication and advise you on the next steps.

**Step 2 – Decide How to Stop**

While you may choose to stop taking Saxenda right away, typically, you would be advised to gradually reduce your dose. This will help to avoid side effects such as nausea and vomiting.


**Step 3 – Plan the Process**


Planning your switch from Saxenda to Wegovy with your doctor can make the process easier. You can prepare for switching Saxenda to Wegovy as follows, which are easy to follow as your body adapts to treatment over time.

Timing your switch to Wegovy is important. It might be preferable to switch from Saxenda to Wegovy at the weekend, offering more time to manage any side effects should they arise. Your doctor will advise you on the best time to stop Saxenda completely and start taking Wegovy.

**Step 4 – Start Wegovy**

Your doctor will tell you when to stop taking Saxenda and start taking Wegovy, and how much of a gap you should leave between the two treatments. Follow your doctor's advice carefully. You will gradually increase your Wegovy dose as your body adapts to the medication.

 Switching from Saxenda to Wegovy

 semaglutide injection 2.4 mg

104

104

---

---

---

---


---

---





---


---

## Patient Comments





 Momhere010 · 4 mo. ago


I started Wegovy the next day. I went from the highest sax dose to lowest wegovy dose. I am crazy hungry. Did not lose first week. Starting 2nd week today. Hope wegovy works!

 2   Reply  Share ...

 Pleasant\_Chemical\_73 · 3 mo. ago

How are you making out? I switched a month ago from 3.0 sax to .5 wegovy and am starving as well. Going to 1.0 today and hoping things change

 2   Reply  Share ...

 semaglutide injection 2.4 mg

105

105

---

---

---

---


---

---

---

---

## Switching Between GLP-1 RAs


 **ClinicalDIABETES**


Clin Diabetes, 2020 Oct; 38(4): 390–402. PMID: PMC7566932  
doi: 10.2337/ctd19-0100 PMID: 33132510

Switching Between Glucagon-Like Peptide-1 Receptor Agonists: Rationale and Practical Guidance

Jalime P. Almandoz,<sup>21</sup> Baliko Lingway,<sup>1</sup> Javier Morales,<sup>2</sup> and Carlos Campos<sup>3</sup>

• Author information • Copyright and License information • PMC Disclaimer

 National Library of Medicine  
National Center for Biotechnology Information

 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7566932/>

semaglutide injection 2.4 mg 106

106

---

---

---

---

---


---

---

---

## T2Ds Switching Between GLP-1s

Agent	Frequency	Equivalent Dose†			
Exenatide	QW			2 mg	
Dulaglutide	QW		0.75 mg	1.5 mg	
Semaglutide	QW		0.25 mg	0.5 mg	1 mg
Liraglutide	QD	0.6 mg	1.2 mg	1.8 mg	
Lixisenatide	QD	10 µg	20 µg		
Oral semaglutide	QD	3 mg	7 mg	14 mg	
Exenatide	BID	5 µg	10 µg		

 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7566932/>

semaglutide injection 2.4 mg 107

107

---

---

---

---

---


---


---

---

## From Ozempic 1.0mg (off-label use)

- These two drugs are EXACTLY the same
- If there has been no break (otherwise start at 0.25mg)
- Take Wegovy when the next Ozempic (off-label) dose is due
- Patients can either continue on the same dose, or titrate to the next one if they need further control



 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7566932/>

semaglutide injection 2.4 mg 108

108

---

---

---

---

---

---

---

---

## From Rybelsus 14mg (off-label use)

- These two drugs both contain semaglutide
- If there has been no break (otherwise start at 0.25mg)
- Take Wegovy when the next Rybelsus (off-label) dose is due
- Patients can start on 1.0mg weekly and titrate up as needed\*\* (? 0.5mg)



**wegovy**  
semaglutide injection 2.4 mg

109

109

---

---

---

---

---

---

---

---

## T2Ds Switching Between GLP-1s

Agent	Frequency	Equivalent Dose†		
Exenatide	QW		2 mg	
Dulaglutide	QW	0.75 mg	1.5 mg	
Semaglutide	QW	0.25 mg	0.5 mg	1 mg
Liraglutide	QD	0.6 mg	1.2 mg	1.8 mg
Lixisenatide	QD	10 µg	20 µg	
Oral semaglutide	QD	3 mg	7 mg	14 mg
Exenatide	BID	5 µg	10 µg	

**wegovy**  
semaglutide injection 2.4 mg

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7566932/>

110

110

---

---

---

---

---

---

---

---

## From Saxenda 3.0mg

- These two drugs contain different drugs  
Liraglutide V Semaglutide
- If there has been no break (otherwise start at 0.25mg)
- Take Wegovy when the next dose of Saxenda is due
- Patients can start on 1.0mg weekly and titrate up as needed



**wegovy**  
semaglutide injection 2.4 mg

111

111

---

---

---

---

---

---

---

---

## Switching to Wegovy

From	Dose	Wegovy Dose	Start
Ozempic	1.0mg	1.0mg or 1.7mg	When next Ozempic due (7 days after last dose)
Rybelsus	14mg	0.5mg or 1.0mg	When next Rybelsus due (1 day after last dose)
Saxenda	3.0mg	1.0mg	When next Saxenda due (1 day after last dose)

WEGOVY  
semaglutide injection 2.4 mg

112

112

---

---

---

---

---

---

---

---

## Maintaining treatment with Wegovy

WEGOVY  
semaglutide injection 2.4 mg

113

113

---

---

---

---

---

---

---

---

## Summary of the STEP Trials

- STEP 1: Weight loss in people *without* T2D
- STEP 2: Weight loss in people *with* T2D
- STEP 3: Weight loss in people *without* T2D plus intensive behavioural therapy
- STEP 4: **Withdrawal trial**
- STEP 5: **Long-term treatment maintains weight loss**

WEGOVY  
semaglutide injection 2.4 mg

114

114

---

---

---

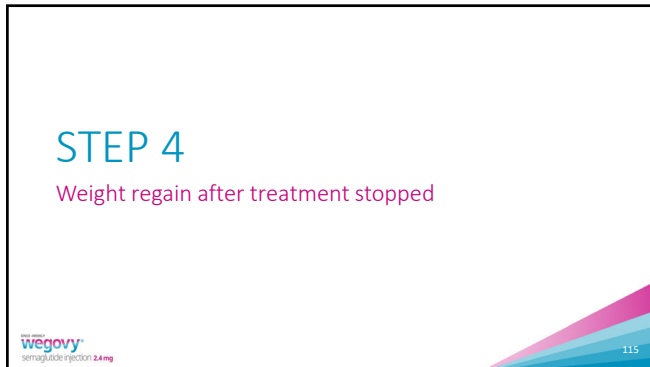
---

---

---

---

---



115

---

---

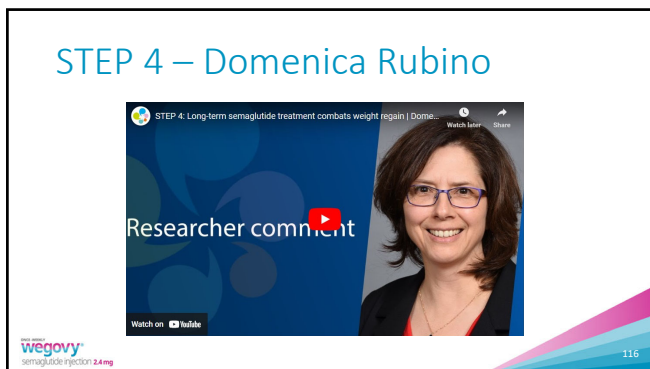
---

---

---

---

---



116

---

---

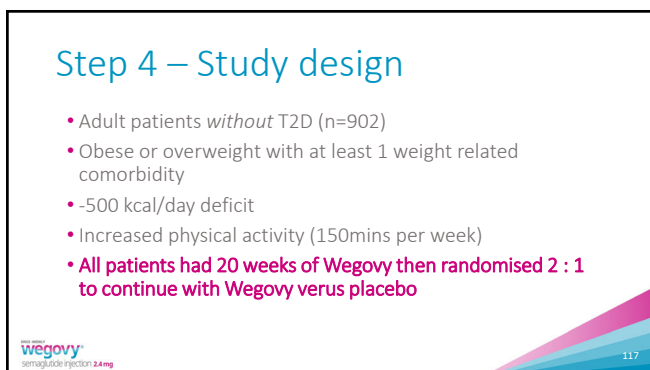
---

---

---

---

---



117

---

---

---

---

---

---

---

118

119

120



Maintaining treatment  
with Wegovy – Take  
Home Message

WEGOVY®  
semaglutide injection 2.4 mg

121

121

---

---

---

---

---

---

---

Take home message

- Obesity is a complex disease
- It should be treated like any other chronic health condition with continued pharmacotherapy to help manage the disease
- Patients should be informed about this and it should be suggested that this could be a long-term treatment if they wanted to maintain a healthy weight

WEGOVY®  
semaglutide injection 2.4 mg

122

122

---

---

---

---

---

---

---

STEP 5

Wegovy® is the only GLP-1 RA proven to sustain ~15% mean weight loss at 2 years\*

WEGOVY®  
semaglutide injection 2.4 mg

123

123

---

---

---

---

---

---

---

## Step 5 – Study design

- Adult patients *without* T2D (n=304)
- Obese or overweight with at least 1 weight related comorbidity
- -500 kcal/day deficit
- Increased physical activity (150mins per week)
- 104 week trial

124

---

---

---

---

---

---

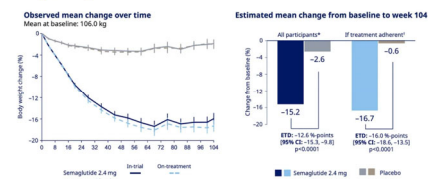
---

---

## STEP-5

Wegovy® is the only GLP-1 RA proven to sustain ~15% mean weight loss at 2 years\*

### Body weight



125

---

---

---

---

---

---

---

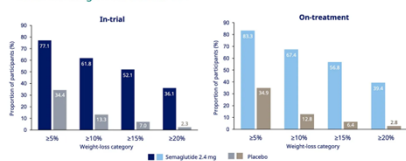
---

## STEP-5

Wegovy® is the only GLP-1 RA proven to sustain ~15% mean weight loss at 2 years\*

### Categorical body weight loss

Observed weight loss at week 104



126

---

---

---

---

---

---

---

---



127

---

---

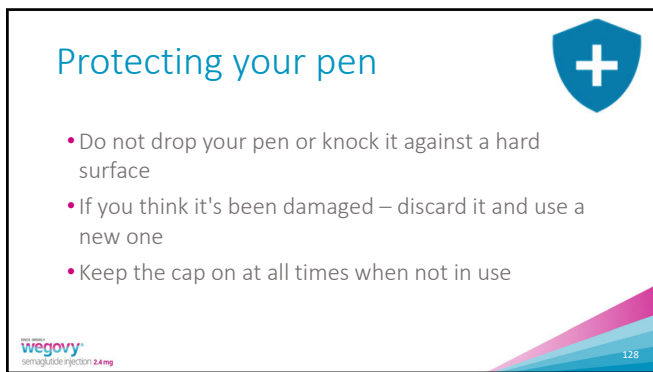
---

---

---

---

---



128

---

---

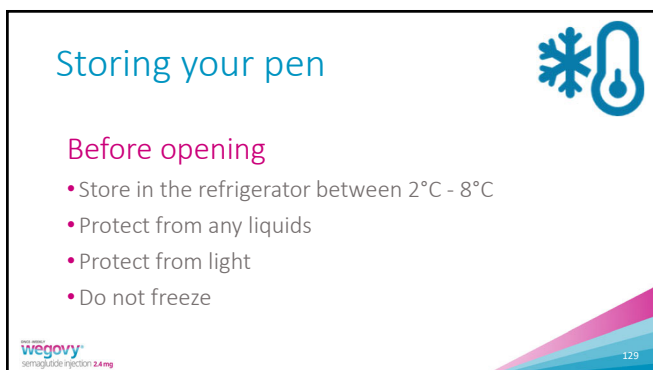
---

---

---

---

---



129

---

---

---


---

---

---

---

### Storing your pen



**During use**

- Can be kept at room temperature (but below 30°C) in the original carton for **6 weeks**

WEGOVY<sup>®</sup>  
semaglutide injection 2.4 mg

130

130

---

---

---


---

---

---

---

### Disposing of your pen



- It is important to dispose of your used pens correctly
- Do not throw in household trash
- Use an approved sharps bin, or sturdy household container with tight fitting lid

WEGOVY<sup>®</sup>  
semaglutide injection 2.4 mg

131

131

---

---

---

---

---

---

---

### Running your service

#### The Consultation Form

WEGOVY<sup>®</sup>  
semaglutide injection 2.4 mg

132

132

---

---

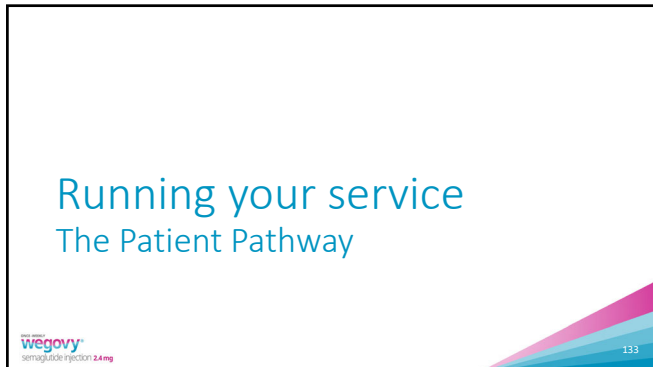
---

---

---

---

---



133

---

---

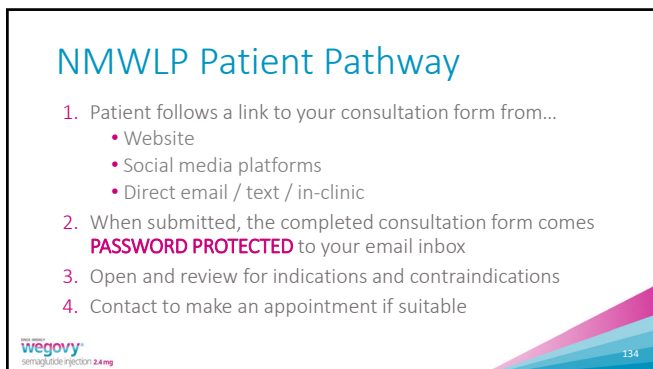
---

---

---

---

---



134

---

---

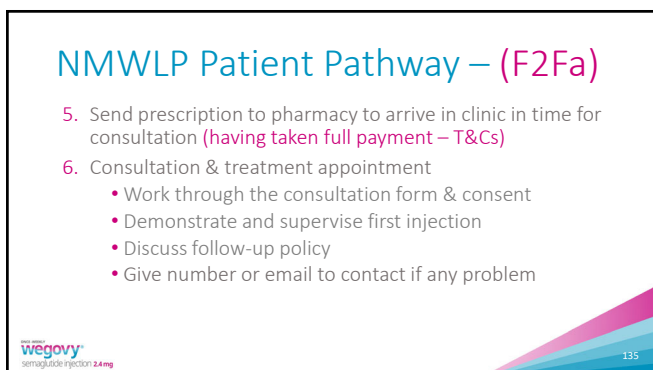
---

---

---

---

---



135

---

---

---

---

---

---

---

## NMWLP Patient Pathway – (F2Fb)

5. Consultation & treatment appointment
  - Work through the consultation form & consent
  - Talk through how to give first injection
  - Discuss follow-up policy
  - Give number or email to contact if any problem
6. Take payment and send prescription to pharmacy to send direct to patient
7. Contact when pen arrives to supervise first injection – **This could be F2F or via a video call**

Wegovy<sup>®</sup>  
semaglutide injection 2.4 mg

136

136

---

---

---

---

---

---

---

## The F2F Consultation

- Document the following:
  - Height / Weight / BMI / WC / Blood Pressure / Take photos if permitted
- Review existing medications that may not be [weight-friendly](#)
- Discuss lifestyle – educate about any changes needed
- [MyFitnessPal](#)
- Identify main issues which are barriers to weight loss
- Set appropriate goals

Wegovy<sup>®</sup>  
semaglutide injection 2.4 mg

137

137

---

---

---

---

---

---

---

## NMWLP Patient Pathway – Virtual

5. Consultation & treatment appointment
  - Work through the consultation form and consent
  - Discuss follow-up policy
  - Give number or email to contact if any problem
6. Take payment and send prescription to pharmacy to send direct to patient
7. Contact when pen arrives to supervise first injection - **THIS NEEDS TO BE VIA A VIRTUAL CALL**

Wegovy<sup>®</sup>  
semaglutide injection 2.4 mg

138

138

---

---

---

---

---

---

---

## The Virtual Consultation

- Document the following:
  - Height / Weight (view scales) / BMI / WC
- Encourage to take photos (exclude head shot)
- Review existing medications that may not be [weight-friendly](#)
- Discuss lifestyle – educate about any changes needed
- [Myfitness Pal](#)
- Identify main issues which are barriers to weight loss
- Set appropriate goals

WEGOVY  
semaglutide injection 2.4 mg

139

139

---

---

---

---

---

---

---

## Follow-up policy

1. Contact **after 2-3 days**
  - Check side effects - give reassurance and support
2. Contact **weekly for the first month**
  - Check side effects and give support / lifestyle advice
  - Prescribe new pen on week 3
3. Contact **monthly thereafter**
  - Check and record weight
  - Repeat pens can be prescribed at any time

WEGOVY  
semaglutide injection 2.4 mg

140

140

---

---

---

---

---

---

---

## Cost of Wegovy

WEGOVY  
semaglutide injection 2.4 mg

141

141

---

---

---

---

---

---

---



142

---

---

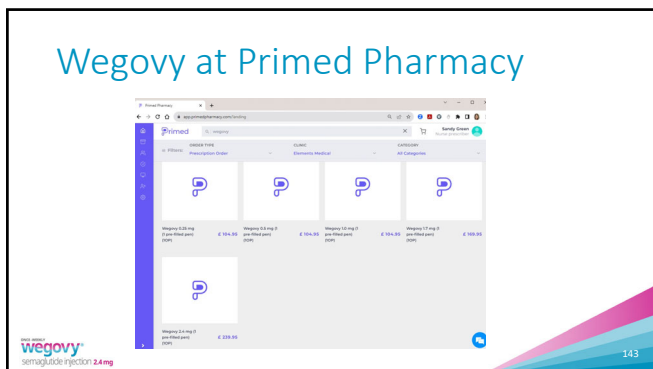
---

---

---

---

---



143

---

---

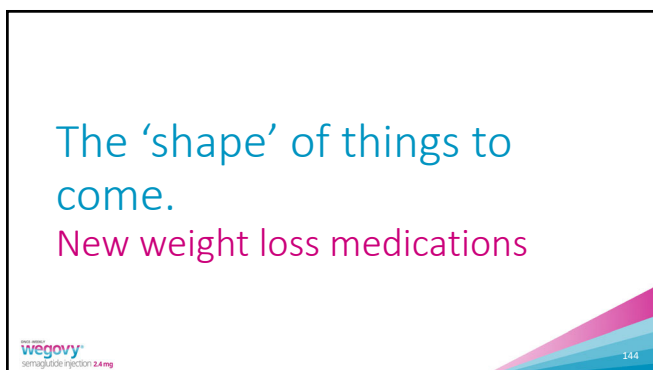
---

---

---

---

---



144

---

---

---

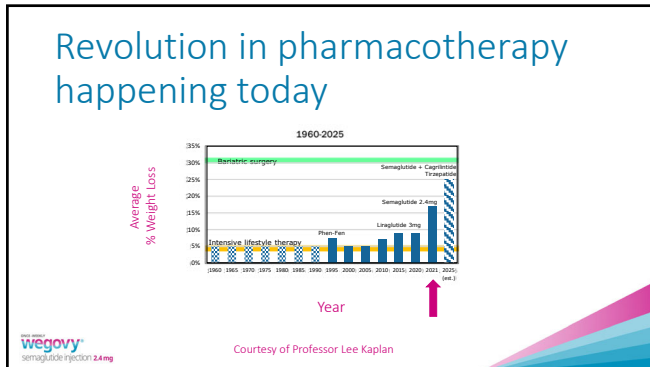
---

---

---

---





145

---

---

---

---

---

---

---

---

### Tirzepatide (Mounjaro)

Medicines & Healthcare products Regulatory Agency | MHRA

**Public Assessment Report**  
**National Procedure**

**Other information about Mounjaro**  
Marketing authorizations were granted in Great Britain on 26 September 2022.

Mounjaro 2.5 mg solution for injection in pre-filled pen  
Mounjaro 5 mg solution for injection in pre-filled pen  
Mounjaro 10 mg solution for injection in pre-filled pen  
Mounjaro 7.5 mg solution for injection in pre-filled pen  
Mounjaro 12.5 mg solution for injection in pre-filled pen  
Mounjaro 15mg solution for injection in pre-filled pen

**tirzepatide**

146

---

---

---

---

---

---

---

---

### Tirzepatide demonstrated significant and superior weight loss compared to placebo in two pivotal studies

NEWS PROVIDED BY: Eli Lilly and Company — 27 Jul 2023, 06:48 ET

SHARE THIS ARTICLE

Participants in **SUMOUNT-1** after 12 weeks of intensive lifestyle intervention, achieved an additional 21.1% mean weight loss with tirzepatide for a total mean weight loss of **26.6%** from study entry over 64 weeks.

Participants in **SUMOUNT-2** achieved 21.1% weight loss during a 36-week tirzepatide lead-in period and an additional 6.7% weight loss during a 52-week continued treatment period, for a total mean weight loss of **26.0%** over 88 weeks.

147

---

---

---

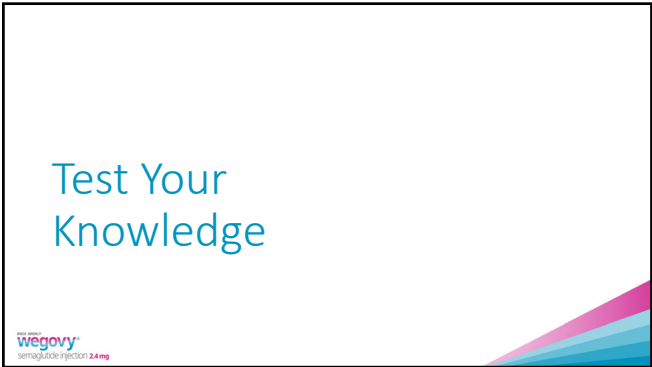
---

---

---

---

---



148

---

---

---

---

---

---

---