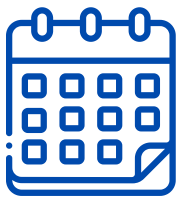


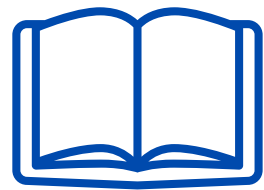
How to Inject Semaglutide



Semaglutide is a once-weekly subcutaneous injection



Semaglutide must be refrigerated once received and stored in the fridge



Read these instructions and follow them while injecting

Step 1

Decide on injection location and clean with an alcohol pad

- The most common area to inject is in the stomach near your belly button.
- You can also inject the back of your arms or the upper leg
- Choose an area where you can pinch the skin to inject the medication into your fatty tissue. You do not want to inject into muscle.
- Clean the injection area with an alcohol pad

Step 2

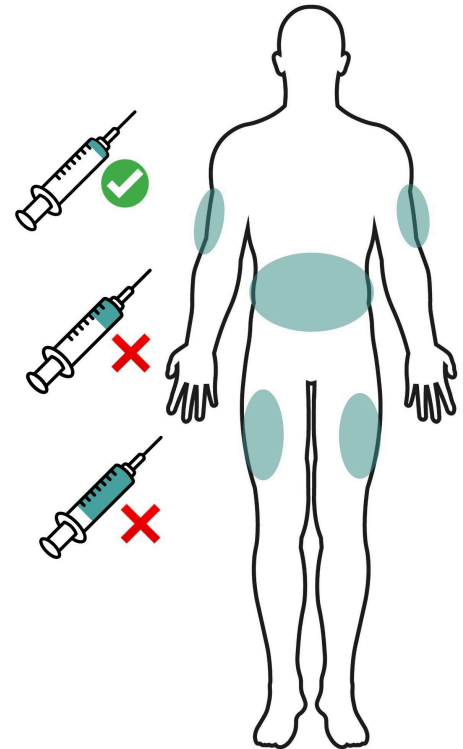
Lay your materials out on a clean surface

- Medication – remove from refrigerator just before use
- Insulin Syringe - marked in units
- Alcohol wipes
- Puncture proof container (like a plastic milk carton) to dispose of the needle safely
- Band aid (if needed)

Step 3

Check your dose and prepare the medication for injection

- Double check the dose & how many UNITS to inject
 - Check dosing instructions on the outer box containing your medication
 - Check dose in the message from your doctor
 - Make sure to take the correct number of UNITS on the syringe as specified by your doctor.
- Remove lid on vial and wipe top surface clean with an alcohol pad
- Remove BOTTOM orange cap of the syringe
- CAREFULLY, remove TOP orange cap from the syringe to expose the needle
- With the syringe held in your dominant hand, puncture the vial's rubber stopper with the needle
- Turn vial upside down (see image) and pull back on plunger "slowly" until you have reached your prescribed dosage



BEFORE INJECTING

Inspect the syringe for proper dosing. Air pockets or bubbles may be present. To get rid of bubbles, you may have to tap gently on the side of the syringe, or push the medication back into the vial, and then pull out your dose again

Step 4

Inject the medication and safely discard the used syringe

- Hold the syringe in your dominant hand as if you are holding a pencil or dart
- At the clean injection site, pinch or gather skin (see photo)
- Insert needle into skin at a 90-degree angle
- While inserted, slowly push on syringe plunger until all medication has been injected
- Wipe area with alcohol pad after injection
- Apply band aid (if needed)
- Cover syringe needle with cap
- Discard in puncture proof container and store safely for future disposal