

help to mark your calendar with a reminder. Carefully follow the meal plan and exercise program your provider has recommended.

SIDE EFFECTS: See also Warning section. Nausea, vomiting, stomach upset, diarrhea, tiredness, dizziness, or constipation may occur. Nausea usually lessens as you continue to use semaglutide. If any of these effects last or get worse, tell your provider or pharmacist promptly. Remember that this medication has been prescribed because your provider has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Vomiting/diarrhea that doesn't stop may result in dehydration. Contact your provider promptly if you notice any symptoms of dehydration, such as unusual dry mouth/thirst or dizziness/lightheadedness. Tell your provider right away if you have any serious side effects, including: signs of kidney problems (such as change in the amount of urine), vision changes (such as decreased/blurred vision), fast heartbeat, mental/mood changes (such as depression, thoughts of suicide), signs of low blood sugar (sudden sweating, shaking, fast heartbeat, hunger, blurred vision, dizziness, tingling hands/feet).

Get medical help right away if you have any very serious side effects, including: signs of pancreas or gallbladder disease (such as nausea/vomiting that doesn't stop, severe stomach/abdominal pain).

A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

This is not a complete list of possible side effects. If you notice other effects not listed above, contact your provider or pharmacist.

In the US - Call your provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at www.fda.gov/medwatch.

PRECAUTIONS: See also Warning section. Before using semaglutide, tell your provider or pharmacist if you are allergic to it; or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details.

Before using this medication, tell your provider or pharmacist your medical history, especially of: kidney disease, gallbladder disease, disease of the pancreas (pancreatitis), a certain eye problem (diabetic retinopathy), mental/mood disorders (such as depression, thoughts of suicide), certain stomach/intestinal disorders (gastroparesis, problems digesting food).

If you have diabetes, this product may affect your blood sugar. Check your blood sugar regularly as directed and share the results with your provider. Tell your provider right away if you have symptoms of low blood sugar (see Side Effects section). Your provider may need to adjust your diabetes medication(s), exercise program, or diet. This drug may make you dizzy.

Alcohol or marijuana (cannabis) can make you more dizzy. Do not drive, use machinery, or do anything that needs alertness until you can do it safely. Limit alcoholic beverages. Talk to your provider if you are using marijuana (cannabis). Before having surgery, tell your provider or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products).

Tell your provider if you are pregnant or plan to become pregnant. You should not become pregnant while using semaglutide and for 2 months after the last dose. Semaglutide may harm an unborn baby. If you become pregnant, talk to your provider right away about the risks and benefits of this medication. It is unknown if this medication passes into breast milk. Consult your provider before breastfeeding.

DRUG INTERACTIONS: Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your provider and pharmacist. Do not start, stop, or change the dosage of any medicines without your provider's approval.

Do not use this medication with any other product that contains semaglutide or other medications which are similar to this medication (such as exenatide, dulaglutide).

OVERDOSE: If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Symptoms of overdose may include: severe nausea/vomiting.

NOTES: Do not share this medication with others. Lab and/or medical tests (such as kidney function, blood glucose, heartbeat, weight) should be done while you are using this medication. Keep all medical and lab appointments. Consult your provider for more details.

MISSED DOSE: If you miss a dose, use it as soon as you remember. If it is near the time of the next dose (less than 48 hours away), skip the missed dose. Use your next dose at the regular time. Do not double the dose to catch up. If you miss more than 2 doses in a row, ask your provider if you should restart the medication with a lower dose to reduce your chance of side effects.

STORAGE: How to store your medication

Refrigerate your medication as soon as it arrives. Store the vial of medication in the prescription bottle it came in. Keep it in your refrigerator at 36°–46° F (2°–8° C). **Discard any unused medication 28 days after first using the vial, or when the expiration date has passed, whichever comes first.**

Do not freeze. Keep in the original container to protect from light. Keep all

medications away from children and pets.

Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company.

Under certain circumstances, chemical degradation of drugs may occur.

Information last revised October 2023.



This is a compounded injection medication that contains

Semaglutide



You may also report side effects to the FDA at **1-800-FDA-1088**

IMPORTANT: HOW TO USE THIS INFORMATION: This is a summary and does NOT have all possible information about this product. This information does not assure that this product is safe, effective, or appropriate for you. This information is not individual medical advice and does not substitute for the advice of your health care professional. Always ask your health care professional for complete information about this product and your specific health needs.

SEMAGLUTIDE (WEIGHT LOSS) - COMPOUNDED INJECTION (SEM-a-GLOO-tide)

WHAT IS COMPOUNDED SEMAGLUTIDE? Semaglutide is a type of medication called a glucagon-like peptide 1 (GLP-1) receptor agonist, or “GLP-1” for short, used for the treatment of obesity and diabetes. Drug compounding is the process of combining, mixing, or altering ingredients to create a medication tailored to the needs of an individual patient. The compounded semaglutide you have been prescribed uses the same active pharmaceutical ingredient as brand-name forms of semaglutide.

USES: This medication is used with a provider-approved exercise, behavior change, and reduced-calorie diet program to help you lose weight. It is used by certain overweight people, such as those who are obese or have weight-related medical problems. Losing weight and keeping it off can lessen the many health risks that come with obesity, including heart disease, diabetes, high blood pressure, and a shorter life. Semaglutide is similar to a natural hormone in your body (incretin). It works by controlling your appetite.

HOW DOES SEMAGLUTIDE WORK? Semaglutide acts like a hormone your body naturally makes to regulate blood sugar and appetite. Like other GLP-1s, semaglutide is believed to help with weight management by slowing down how quickly food leaves your stomach, making you feel full faster and satiated for longer; and talking directly to the part of your brain in charge of feeling full, helping you regulate how much you eat.

These two effects, when combined with an appropriate diet and exercise, make semaglutide an excellent tool to support healthy weight management.

HOW IS COMPOUNDED SEMAGLUTIDE PRESCRIBED? Compounded semaglutide typically starts at a low dose that is gradually increased over time. The typical dosing schedule of compounded semaglutide is:

- Weeks 1–4:** 0.25 mg once a week
- Weeks 5–8:** 0.5 mg once a week
- Weeks 9–12:** 1 mg once a week
- Weeks 13–16:** 2 mg once a week

Once you have reached a dose of 2 mg once a week for at least four weeks, you may remain at that dose or may transition to a higher dose of brand-name semaglutide, if available.

Follow the dosing instructions from your provider, as they may personalize

your plan for your individual needs.

WHAT IF YOU HAVE A PREVIOUS PRESCRIPTION? In the event you happen to have a previous prescription for brand-name semaglutide or another GLP-1 in addition to your compounded semaglutide, do not take both medications simultaneously. Taking two or more of these medications together increases potentially severe side effects.

HOW DO I INJECT COMPOUNDED SEMAGLUTIDE? Compounded semaglutide is injected once a week using the supplied syringes and needles. You may inject into your abdomen (at least two inches away from your navel), upper thigh, or upper arm. Follow the instructions under **How to Use** below and reach out to your healthcare team if you need more help. It may be used with or without food. The dosage is based on your medical condition and response to treatment. Your provider will start you on a low dose first to decrease your risk of stomach/abdominal side effects, and gradually increase your dose.

WHAT ARE THE SIDE EFFECTS OF COMPOUNDED SEMAGLUTIDE? The most common side effects are typically mild and usually resolve after the first several weeks of treatment. These can include nausea, vomiting, diarrhea, constipation, abdominal pain, upset stomach, abdominal distension, reflux, headache, fatigue, and dizziness. Swelling, redness, and itchiness at the injection site may occur. The FDA has issued its most serious warning (called a BOXED WARNING) that GLP-1s may be associated with a type of thyroid cancer called medullary thyroid carcinoma. So far, this side effect has primarily been seen in laboratory studies using rodents, so the risk to humans has not been determined. For a complete list of side effects, including the Boxed Warning and less common side effects like ileus, see the Side Effects section below or your Treatment Plan.

WARNING: This medication has been found to cause a certain type of thyroid tumor (thyroid C-cell tumors) in rats and mice. It is unknown if this medication can cause similar tumors in humans. Talk with your provider about the benefits and risks of treatment with this medication. This medication should not be used by people with a personal/family history of a certain type of cancer (medullary thyroid carcinoma) or by people with a certain inherited disease (Multiple Endocrine Neoplasia syndrome type 2 or MEN 2). While using this medication, tell your provider right away if you notice any signs or symptoms of thyroid tumors, including unusual growth or lump in the neck, difficulty swallowing, shortness of breath, or unusual/lasting hoarseness.

HOW TO USE: Read the **Medication Guide and Instructions for Use** provided before you start using compounded semaglutide and each time you get a refill. Learn all preparation and usage instructions. If you have questions, ask your provider or pharmacist.

Each combination of syringe and needle is meant to be used only once. **Do not reuse a needle or syringe.**

Refer to your Treatment Plan to see a video demonstrating the steps below and find more detailed instructions.

WHEN YOUR MEDICATION ARRIVES: The medication must be stored in the prescription bottle it comes in and placed in your refrigerator as soon as you receive it. The packaging is designed to keep your medication within safe temperature ranges for up to 2 days. If you haven’t refrigerated your medication within 2 days of receiving it, contact us at care@ro.co.

HOW TO STORE YOUR MEDICATION: Refrigerate your medication as soon as it arrives. Store the vial of medication in the prescription bottle it came in. Keep it in your refrigerator at 36°–46° F (2°–8° C). **Discard any unused medication 28 days after first using the vial, or when the expiration date has passed, whichever comes first.**

WHAT TO DO IF YOU HAVE A PREVIOUS PRESCRIPTION In the event you happen to have a previous prescription for brand-name semaglutide or another GLP-1 in addition to your compounded semaglutide, do not take both medications simultaneously. Instead, discard your previously prescribed medication. Taking two or more of these medications together increases potentially severe side effects.

WHEN TO TAKE YOUR DOSE Administer one dose each week, on the same day each week, at any time of day, with or without food.

WHAT TO HAVE READY:

- one (1) vial of medication
- one (1) sterile syringe with needle
- two (2) alcohol wipes
- one (1) vial seal sticker
- hard plastic resealable container to dispose of used needle and syringe

BEFORE YOU START: Wash your hands with soap and water. **Double-check the information on the vial, including the dose amount and expiration date. The medication should be clear and colorless. If it’s not, don’t use the medication and instead contact your provider for further guidance.**

FILLING THE SYRINGE

1. Gently shake the vial. If this is a new vial, remove the plastic cap. If not, remove the seal sticker you previously placed on the top. Now, clean the top of the vial with an alcohol wipe.
2. On the syringe, remove the caps from the plunger and the needle. It’s important to keep the needle sterile, so do not touch it.
3. While holding the syringe with the needle pointed up, pull the plunger down to the correct dose. Use the chart below:

Compounded Semaglutide Dosage	How much to draw
0.25 mg (0.1 mL)	10 units
0.5 mg (0.2 mL)	20 units
1 mg (0.4 mL)	40 units
2 mg (0.8 mL)	80 units

For example, if your dose is 0.25 mg, pull the plunger of the syringe down to the 10 units mark.

4. Insert the needle into the rubber part of the vial top and press down on the plunger completely to inject all of the air from the syringe into the vial. Injecting the air into the medication vial makes the next step easier!
5. While the needle is still in the vial, turn the vial upside down. Make sure the needle tip is surrounded by liquid. Pull back the plunger past your dose amount. For example, if your dose is 10 units of medication, pull the plunger back beyond the 10 units mark.
6. Remove any air bubbles by tapping the syringe with your finger.
7. Push the plunger to the prescribed dose level on the syringe. For example, if your prescribed dose is 10 units, push the plunger to the 10 units mark.
8. Turn the vial upright and then remove the needle.
9. **Do not put the needle cap back on the needle.** You can put the syringe down by resting it on the needle cap so the tip of the needle doesn’t touch anything.
10. Apply a new vial seal sticker to the cap of the vial after each use. Press firmly to ensure adherence to the cap to prevent contamination.

ADMINISTERING THE INJECTION:

1. Clean the area you want to inject with an alcohol wipe and allow the skin to dry. Your abdomen (at least two inches away from your belly button), thigh (front or outer thigh), or upper arm are all good injection sites, but choose a spot that is at least one finger’s width away from the last injection spot.
 - **Change where you give the injection each time.** You can inject in the same area of your body each time—just make sure it’s not in the exact same spot every time. Moving injection spots is important to minimize the formation of permanent, fatty nodules that can arise and decrease the efficacy of your treatment.
2. Hold the syringe with the needle facing toward the ceiling. Push the plunger slightly until a drop of liquid forms at the end of the needle.
3. Pinch and hold the skin that you will inject.
4. Holding the syringe pointing directly at the pinched skin, quickly push the needle through the skin into the fat tissue, making sure to insert the entire length of the needle. Then, slowly push the plunger to inject all of the medication.
5. Pull the needle out and clean the skin with an alcohol wipe or tissue. It’s normal to see a drop of blood at the injection spot. Press gently on the site for a few seconds for the bleeding to stop.

DISCARDING THE SYRINGE: Discard the syringe in a sharps container or a heavy plastic container with a tight-fitting lid, like an empty detergent bottle. **Do not throw away the syringe in your household trash.**

Follow your provider’s instructions carefully. Before injecting each dose, clean the injection site with rubbing alcohol. Change the injection site each time to lessen injury under the skin. Do not inject in an area that is tender, bruised, red, hard, or has scars or stretch marks. Use this medication at the dosing schedule prescribed by your provider to get the most benefit from it.

To help you remember, use it on the same day and time each week. It may