



**DORSET
PRIVATE GP**

Wegovy (Semaglutide) Treatment

What is Wegovy and what are the benefits?

Wegovy is a weight-loss treatment which can help adults over the age of 18 who have a BMI (body mass index) of 30 or more and fall into the obese weight category or have BMI between 27 and 30 who have weight-related health problems. These include pre-diabetes, high blood pressure, high cholesterol or obstructive sleep apnoea (a condition which causes breathing problems when you sleep). Wegovy can be used to up to two years in total.

Wegovy is a weekly injectable medicine for weight loss that contains the active substance Semaglutide. It mimics a natural hormone called glucagon-like peptide-1 (GLP-1) that is released from the intestine after a meal to suppress your appetite. Wegovy works by acting on appetite receptors in the brain, causing you to feel fuller, reduce hunger and experience less craving for food. This will help you eat less calories.

Wegovy works for weight loss when it's used correctly. This means it must be used alongside a low calorie diet and regular exercise to work best. The aim of Wegovy is to help your dietary changes easier.

The amount of weight you can lose when you're taking Wegovy is individual. We use percentage weight loss as opposed to kilograms lost as everyone starts at a different overall weight. For example in medical studies of Wegovy over a 68 week period:

- 83% of adults lost 5% body weight compared to 31% taking placebo (water injection)
- 66% of adults lost 10% body weight compared to 12% taking placebo
- 48% lost 15% or more compared to 5% of placebo
- 30% lost over 20% body weight compared to 2% taking placebo

In our clinic we will complete your initial readings including body weight and BMI but also muscle mass, and percentage of body fat and visceral fat (that accumulates around your abdomen and organs). We will regularly complete these reading to keep track of your progress. If a 5% weight loss over 6-12 months time has not occurred despite being on at least 1.5mg Wegovy then the treatment is unlikely to successful for you. This is because weight gain and loss is multifactorial and individual causes can vary.

When might Wegovy not be right for you?

Wegovy cannot be given to the following people:

- For people who have had or have any relatives with medullary thyroid carcinoma (MTC) or a personal history of a condition called Multiple Endocrine Neoplasia Type 2 (MEN2)



- An allergy to any of the components of Wegovy (*semaglutide, disodium phosphate dihydrate, propylene glycol, phenol and sodium hydroxide/hydrochloric acid*).
- If you are pregnant or breast feeding. If you are planning pregnancy Wegovy should be stopped 2 months before trying to conceive.

Care needs to be taken and Wegovy might not be right for you if:

- You have or have had any problems with your pancreas (such as pancreatitis), kidneys, or liver including gallstones. You must ensure you have a good fluid intake whilst taking Wegovy.
- You have any significant mental health issues like depression or suicidal thoughts.
- You have diabetes and a history of diabetic retinopathy.

At our clinic we will do an initial assessment including bloods to ensure Wegovy is safe for you. If any issues are found we will discuss this with you.

How is the Wegovy treatment administered?

Wegovy is provided in an injectable pen which you administer yourself once a week (it is easiest to administer in your lower abdomen/belly area). The injection pen contains four doses, which will last you four weeks. You will start on a dose of 0.25mg for 4 weeks and then the dosage can be increased. The doses can increase as follows:



Please note, the aim of the treatment is **not** to get to the maximum dosage by Week 17. The aim is to find a dosage that reduces your appetite and does not cause significant side effects.



Side Effects of Wegovy

The most common side effect are:

Nausea	Headache	Belching
Diarrhoea	Fatigue and tiredness	Gas
Vomiting	Dizziness	Constipation
Stomach pain	Bloating	Flatulence

These side effects usually resolve with time. IF any side effects are severe please report these to the clinic.

Common: may affect up to 1 in 10 people

- upset stomach or indigestion
- burping or gas (flatulence)
- inflamed stomach ('gastritis')
- reflux or heartburn
- gallstones
- hair loss
- injection site reactions
- low blood sugar (hypoglycaemia) in patients with diabetes. The warning signs of low blood sugar may come on suddenly. They can include: cold sweat, cool pale skin, headache, fast heartbeat, feeling sick (nausea) or very hungry, changes in vision, feeling sleepy or weak, feeling nervous, anxious or confused, difficulty concentrating or shaking. Your doctor will tell you how to treat low blood sugar and what to do if you notice these warning signs. Low blood sugar is more likely to happen if you also take a sulfonylurea or insulin. Your doctor may reduce your dose of these medicines before you start using this medicine.
- Complications of diabetic eye disease (diabetic retinopathy). If you have diabetes you should inform your doctor if you experience eye problems, such as changes in vision.

Uncommon: may affect up to 1 in 100 people

- fast heartbeat
- increase of pancreatic enzymes (such as lipase and amylase) shown in blood tests.
- a delay in the emptying of the stomach.
- Inflamed pancreas (acute pancreatitis). Signs of inflamed pancreas may include severe and long-lasting pain in your stomach, the pain may move to your back. You should see your doctor immediately if you experience such symptoms.



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Rare: may affect up to 1 in 1,000 people

- Severe allergic reactions (anaphylactic reactions, angioedema). You should seek immediate medical help and inform your doctor straight away if you get symptoms such as breathing problems, swelling of face, lips, tongue, and/or throat with difficulty swallowing, wheezing, fast heartbeat, pale and cold skin, feeling dizzy or weak.

Unknown frequency:

- Possible thyroid tumours including cancer. This has only been demonstrated in rodent studies using drugs like Wegovy. It is not known that Wegovy will cause thyroid tumours.

Side Effects of Symptoms to Report as a matter of urgency:

- Any potential side effect that you are finding severe and unmanageable
- Severe diarrhoea or vomiting, especially if you are getting dehydrated. This would mean your urine would be darker and more concentrated and you would be passing it less often.
- Worsening and severe abdominal pain, fever, yellowing of the skin or eyes, clay-coloured stools. Pain from the abdomen going through to your back
- Severe dizziness causing palpitations or fainting or any chest pain
- Reactions at the injection sites
- Severe changes in your mood including suicidal thoughts
- Changes in vision if you have type 2 diabetes
- Any sign of low blood sugar (if you have diabetes) and especially if you take a sulfonylurea or insulin. Any use of Wegovy with diabetes is at the doctor's discretion and can only be used if your usual diabetes health practitioner agrees.

IMPORTANT INFORMATION

Since every human being is unique, we cannot guarantee any specific result from Wegovy treatment. Medication and or medical conditions may have a negative impact on the outcomes as well as lifestyle factors. If escalation to the next dose step is not tolerated for 2 consecutive weeks, discontinuation of treatment should be considered.

It is essential to combine eating, exercise and behavioural modifications with Wegovy. For further information see the links below.

You must read the patient information leaflet for Wegovy. This contains the information needed to know how to use and store your Wegovy pens. It also includes information about missed doses.

The following links are helpful:



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<https://www.wegovy.com/taking-wegovy/dosing-schedule.html>

<https://onlinedoctor.boots.com/webinars/free-weight-loss-webinar>

<https://www.bda.uk.com/resource/weight-loss.html>

<https://www.bda.uk.com/resource/fad-diets.html>

For more information regarding diet and nutrition please visit the British Dietetics page. They have many useful leaflets, recipe ideas. They also have a search page for registered dietitians, as a GP service we can provide some advice but it is always best for longer term changes to seek the advice of a dietitian:

<https://www.bda.uk.com/about-dietetics.html>

<https://www.bda.uk.com/find-a-dietitian.html>