



RYBELSUS[®]
semaglutide tablets 7mg | 14mg

Your Guide to Taking RYBELSUS[®]

You may pay as little as
\$10 for a 30-day prescription.^a
Text^b READY to 21848.

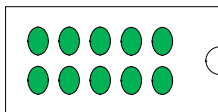
^aCommercially insured only.
Eligibility and other restrictions apply.

^bMessage and data rates may apply.
Check with your mobile
service provider. See Terms and
Conditions of Use at RYBELSUS.com.

**Please see Important Safety
Information throughout, and
[click here](#) for Prescribing
Information and Medication Guide.**

Getting Started on RYBELSUS®

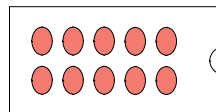
START ON 3 mg




The beginning dose is **3 mg for the first 30 days**. This will give your body a chance to get used to the medicine.




STAY ON 7 mg



When you finish all of the 3 mg pills, **start your 7 mg prescription**.

 Take RYBELSUS® exactly as your healthcare provider tells you to ensure that it works as planned to lower your blood sugar.

 Remember to pick up your 7 mg prescription from your pharmacy.

Why does my RYBELSUS® dose change?

The beginning dose is 3 mg for the first 30 days to help your body get used to the medicine.

Your healthcare provider prescribed a 7 mg dose to help lower blood sugar.

If more blood sugar control is needed, your healthcare provider may prescribe the 14 mg dose.

What is RYBELSUS®?

RYBELSUS® (semaglutide) tablets 7 mg or 14 mg is a prescription medicine used along with diet and exercise to improve blood sugar (glucose) in adults with type 2 diabetes.

- RYBELSUS® is not recommended as the first choice of medicine for treating diabetes
- It is not known if RYBELSUS® can be used in people who have had pancreatitis
- RYBELSUS® is not for use in people with type 1 diabetes
- It is not known if RYBELSUS® is safe and effective for use in children under 18 years of age

Please see Important Safety Information throughout, and [click here](#) for Prescribing Information and Medication Guide.

RYBELSUS®
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Take RYBELSUS® the Same Way, Every Day

For RYBELSUS® to work as planned:



Take on an empty stomach
when you first wake up.

An empty stomach means no food,
drink, oral medications, vitamins,
or supplements.



Take with no more than
4 ounces of water.

Take RYBELSUS® with a sip of plain
water, no more than 4 ounces.



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.

💡 If you miss a dose, the missed dose should
be skipped, and the next dose should be
taken the following day.

Find answers to frequently asked
questions at [RybelsusFAQs.com](https://rybelsusFAQs.com).

Please see Important Safety Information throughout,
and [click here](#) for Prescribing Information and Medication Guide.

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How to Store RYBELSUS®

For RYBELSUS® to work as planned:



Keep tablet in the blister pack until you are ready to take it.



Push tablet out of blister. Do not cut from the packaging.



Swallow tablet whole. Do not cut, crush, or chew.

 Store at room temperature 68°F – 77°F.

Store in a dry place away from moisture.

Why is it important to follow these instructions?

Removing tablets, or changing their form, before you are ready to take them can reduce how well RYBELSUS® works.

Important Safety Information

What is the most important information I should know about RYBELSUS®?

RYBELSUS® may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, RYBELSUS® and medicines that work like RYBELSUS® caused thyroid tumors, including thyroid cancer. It is not known if RYBELSUS® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people

Do not use RYBELSUS® if:

- you or any of your family have ever had MTC, or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)
- you have had a serious allergic reaction to semaglutide or any of the ingredients in RYBELSUS®. See symptoms of serious allergic reaction in **“What are the possible side effects of RYBELSUS®?”**

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Common Side Effects

The most common side effects with RYBELSUS® may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting, and constipation. Nausea, vomiting, and diarrhea are most common when starting RYBELSUS®.^a

If you experience nausea while taking RYBELSUS®, please talk to your healthcare provider.

Here are some nausea tips that may be helpful.

- Slowly eat smaller, more frequent meals
- Eat foods that are light and bland, like saltine crackers or plain bread
- Avoid fried, greasy, or sweet foods
- Drink clear or ice-cold drinks

^aIn studies, GI side effects were more common in people taking RYBELSUS® than in people taking placebo, and people taking RYBELSUS® were more likely to stop treatment because of these side effects. Nausea, vomiting, and diarrhea may cause a loss of fluids (dehydration), which could cause existing kidney problems to get worse (including kidney failure).

Important Safety Information

Before using RYBELSUS®, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys
- have a history of vision problems related to your diabetes
- are pregnant or plan to become pregnant. It is not known if RYBELSUS® will harm your unborn baby. You should stop using RYBELSUS® 2 months before you plan to become pregnant. Talk to your healthcare provider about the best way to control your blood sugar if you plan to become pregnant or while you are pregnant
- are breastfeeding or plan to breastfeed. Breastfeeding is not recommended during treatment with RYBELSUS®

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. RYBELSUS® may affect the way some medicines work and some medicines may affect the way RYBELSUS® works.

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RYBELSUS®
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RYBELSUS® Savings



SAVE ON RYBELSUS®

R PAY AS LITTLE AS **\$10** FOR A 30-DAY PRESCRIPTION.*

TO GET YOUR OFFER:
Text^b **READY** to **21848** or go to **SaveOnR.com**

*Commercially insured only. Eligibility and other restrictions apply.
*Message and data rates may apply. Check with your mobile service provider.
Message frequency will be based on your selections. Text HELP to 21848 for help.
Text STOP to 21848 to quit. See Terms and Conditions of Use at RYBELSUS.com.

Please see Prescribing Information and Medication Guide at RYBELSUS.com.

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novartis nordisk

Text or go online to get a Savings Card.

Who qualifies for the RYBELSUS® Savings Offer?

To qualify, commercial insurance coverage is required. Eligibility and other restrictions apply. Visit [SaveOnR.com](https://www.saveonr.com) for full program details and eligibility requirements.

Sign Up for RYBELSUS® Support



RYBELSUS® SUPPORT

Sign up for text messages with pill reminders, helpful information, and motivational messages!

Text^a **READY** to **21848** to get started.

^aMessage and data rates may apply. Check with your mobile service provider. See Terms and Conditions of Use at RYBELSUS.com.

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ONE-ON-ONE, LIVE SUPPORT

There's more support from a Diabetes Health Coach, if you need it.

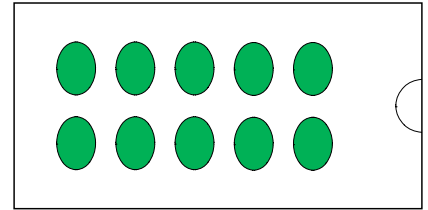
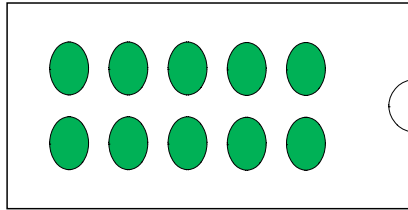
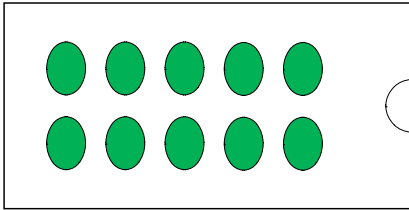
Call **1-833-ASK-A-CDE (1-833-275-2233)**
Monday through Friday,
9:00 AM – 6:00 PM ET.


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Track Your Dose

Use the images of the blister pack below to track your first 30 days on the 3 mg pill. Print out this page and check off one of the spaces below after you take your daily pill. This may help you fit RYBELSUS® into your wake-up routine.

START ON 3 mg



 RYBELSUS® comes in child-resistant packaging. To open the blister pack, press the tab labeled #1 with your thumb.

While holding down #1, hold tab #2 with your other thumb and your pointer finger, then slide out the blister pack.

 Remember to pick up your 7 mg prescription from your pharmacy.

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Important Safety Information (cont'd)

How should I take RYBELSUS®?

- Take RYBELSUS® exactly as your healthcare provider tells you to
- Take RYBELSUS® by mouth on an empty stomach when you first wake up with a sip of plain water (no more than 4 ounces)
- Do not split, crush, or chew. Swallow RYBELSUS® whole
- After 30 minutes, you can eat, drink, or take other oral medicines
- If you miss a dose of RYBELSUS®, skip the missed dose and go back to your regular schedule

What are the possible side effects of RYBELSUS®?

RYBELSUS® may cause serious side effects, including:

- **inflammation of your pancreas (pancreatitis).** Stop using RYBELSUS® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
- **changes in vision.** Tell your healthcare provider if you have changes in vision during treatment with RYBELSUS®
- **low blood sugar (hypoglycemia).** Your risk for getting low blood sugar may be higher if you use RYBELSUS® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. **Signs and symptoms of low blood sugar may include:** dizziness or lightheadedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, and feeling jittery
- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration
- **serious allergic reactions.** Stop using RYBELSUS® and get medical help right away, if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue, or throat; problems breathing or swallowing; severe rash or itching; fainting or feeling dizzy; or very rapid heartbeat

The most common side effects of RYBELSUS® may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting, and constipation. Nausea, vomiting, and diarrhea are most common when you first start RYBELSUS®.

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Savings and support is just a text away.

Text^a **READY to 21848** to get started.

^aMessage and data rates may apply. Check with your mobile service provider. Message frequency will be based on your selections. Text HELP to 21848 for help. Text STOP to 21848 to quit. See Terms and Conditions of Use at RYBELSUS.com.

HELPFUL TIPS

- ✓ Track your blood sugar and share with your healthcare provider during your next visit
 - ✓ Make activity and healthy eating part of your daily routine
- ✓ Remember to schedule all your appointments, like eye and foot checks
 - ✓ Forming a new habit is easier when it fits into your daily routine

Call 1-833-ASK-A-CDE (1-833-275-2233) or visit RYBELSUS.com for more information.

Please see Important Safety Information throughout, and [click here](#) for Prescribing Information and Medication Guide.

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