

# Saxenda Start Instructions

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## What is it?

Saxenda is an injectable medication given once daily that helps with weight management. It is a hormone called GLP-1. It is used along with healthy eating and active living to help with weight reduction.

## Dose Adjustment Instructions

- Start by taking 0.6mg of Saxenda once daily for 1 week. Take Saxenda at the same time each day.
- If you do not have side effects after 1 week of being on Saxenda, increase your dose to 1.2mg.
- If you do not have any side effects, you can continue to increase the dose by 0.6mg once a week until you get to 3.0mg. Wait at least 1 week between increases in dose.
- Call your doctor or educator if you experience side effects that do not go away.
- Each prefilled pen of Saxenda will deliver 30 doses of 0.6 mg, 15 doses of 1.2 mg and 10 doses of 1.8 mg, 7 doses of 2.4 mg and 6 doses of 3.0 mg.

## Side Effect Information

- Common side effects are nausea, headache and diarrhea. Nausea is the most common when you first take Saxenda, or when you increase the dose. Nausea usually starts to go away after 1 week.
- If the nausea and vomiting does not go away, please call your educator or physician at the clinic.
- For immediate assistance, please call the **Saxenda Support Program at 1-888-428-6921**.

## Storage of Saxenda

- Keep your opened Saxenda pen at room temperature for up to 30 days (out of direct sunlight and in an area that remains at room temperature).
- Keep unopened Saxenda pens in the refrigerator.

## Other Instructions

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