

Welcome — Please Read This Leaflet Carefully

You have been prescribed weight management tablets. This leaflet covers everything you need to know about your medicine, including how it works, how to use it safely, and what to watch out for. Keep this leaflet for reference throughout your treatment.

1. About Your Medicine

Wegovy Tablets (semaglutide)

- A GLP-1 receptor agonist taken once daily.
- It reduces appetite
- Slows stomach emptying
- Helps regulate blood glucose
- Wegovy tablets contain semaglutide, the same active ingredient used in Wegovy injections. However, the tablet and injection are different formulations and have different dosing schedules.

Foundayo tablets (orforglipron)

- A non-peptide GLP-1 receptor agonist
- Taken once daily.
- It reduces appetite
- Slows stomach emptying
- Helps regulate blood glucose.

Both medicines are prescription-only and are used alongside a reduced-calorie diet and increased physical activity for eligible adults with obesity, or overweight with at least one weight-related health condition.

2. How These Medicines Work

Both Wegovy tablets (semaglutide) and Foundayo tablets (orforglipron)

- Acts in a similar way to the natural hormone GLP-1.
- Activates GLP-1 receptors in the brain, gut and pancreas.
- Reduces appetite and food intake.
- Helps the body release insulin when blood glucose is elevated.

3. How to Use Your Tablets

Wegovy Tablets

- Take your Wegovy tablet once a day on an empty stomach, after fasting (not eating anything) for at least 8 hours before.
- Swallow the tablet whole with a sip of plain water (up to 120 ml).
- Do not split, crush or chew the tablet.
- Wait at least 30 minutes before eating, drinking anything other than plain water, or taking other oral medicines.
- Never take whilst using any other weight loss medications.

Foundayo tablets

- Take one tablet once daily, at any time of day.
- May be taken with or without food or water.
- Swallow whole. Do not break, crush or chew.
- Do not take more than one tablet per day.
- Never take whilst using any other weight loss medications.

4. Dose Schedule Escalation

Both medicines start at a low dose and may be increased gradually to reduce side effects. Your prescriber will decide your personal schedule.

Wegovy Tablets

Typical schedule:

1.5 mg once daily → 4 mg once daily → 9 mg once daily → 25 mg once daily.

The dose is normally increased after one month at the current dose, provided you are tolerating the medicine. Your prescriber may advise you to remain at a lower dose for longer if appropriate.

Foundayo tablets

Typical schedule:

0.8 mg once daily → 2.5 mg once daily → 5.5 mg once daily → 9 mg once daily → 14.5 mg once daily → 17.2 mg once daily.

The dose is normally increased after 30 days at the current dose, provided you are tolerating the medicine. Your prescriber may advise you to remain at a lower dose for longer if appropriate.

Never increase your dose without speaking to your prescriber.

5. Missed Dose

Wegovy tablets: skip the missed dose and take the next dose at the usual time the following day. Do not take two tablets on the same day.

Foundayo: take the missed dose as soon as possible but never take more than one tablet in a day. Do not take a double dose to make up for a forgotten dose.

6. Storage

Wegovy tablets

Store in the original package to protect from light and moisture. No special temperature storage conditions are required.

Foundayo tablets

Store in the original package to protect from light. No special temperature storage conditions are required.

Keep all medicines out of the sight and reach of children.

7. Side Effects

Like all medicines, these tablets can cause side effects, although not everybody gets them. Many side effects are mild, occur at the start of treatment or after a dose increase, and improve over time.

This list combines common effects reported with both medicines and that frequencies differ between Wegovy and Foundayo.

Very Common Side Effects (may affect more than 1 in 10 people)

- Nausea — often worse after dose increases; usually improves within a few weeks
- Vomiting
- Diarrhoea or loose stools
- Constipation
- Stomach pain or discomfort
- Decreased appetite
- Indigestion or heartburn

Tip: Eating smaller meals, avoiding very fatty or greasy foods, and eating slowly may help reduce nausea. Make sure you drink enough fluid, particularly if you have vomiting or diarrhoea.

PATIENT INFORMATION LEAFLET

Weight Management Medicines: Wegovy Tablets® & Foundayo Tablets®

Rx

Prescription Only

Common Side Effects (may affect up to 1 in 10 people)

- Fatigue or tiredness
- Belching (burping) or flatulence
- Gastritis (stomach inflammation) — burning sensation in the stomach
- Hair loss (usually temporary, related to rapid weight loss)
- Dizziness or low blood pressure on standing
- Hypoglycaemia (low blood sugar) — more likely if you also take diabetes medication
- Gallstones — risk increases with rapid weight loss

Serious Side Effects — Seek Medical Help Immediately

Stop taking your tablets and contact a doctor or go to A&E immediately if you experience any of the following:

- Severe or persistent abdominal pain, especially if it spreads to your back — may indicate pancreatitis
- Severe allergic reaction: swelling of the face, lips, tongue or throat; difficulty breathing; rapid heartbeat; severe rash — call 999
- Changes in vision, including blurred vision or sudden loss of sight (diabetic retinopathy worsening)
- Rapid heartbeat (tachycardia) at rest
- Symptoms of gallbladder problems: upper right abdominal pain, fever, jaundice (yellowing of skin or eyes)
- Kidney problems: reduced urination, swelling in legs/feet, extreme fatigue (often linked to severe dehydration from vomiting/diarrhoea)

8. Important Information Before Starting

Tell Your Prescriber If You Have or Have Had:

- Pancreatitis (inflammation of the pancreas)
- Thyroid cancer
- Diabetic retinopathy (eye problems related to diabetes)
- Severe kidney or liver disease
- Gallbladder disease or gallstones
- Heart failure or recent heart problems
- A history of eating disorders
- Tell your surgical, dental or anaesthetic team that you take GLP-1 medicine before a procedure involving anaesthesia or deep sedation.

Pregnancy, Breastfeeding & Contraception

Wegovy:

If you are pregnant, planning to become pregnant or breastfeeding, speak to your doctor or pharmacist.

Wegovy should not be used during pregnancy or breastfeeding. If you wish to become pregnant, Wegovy should be stopped at least 2 months beforehand.

Foundayo:

Foundayo should not be used during pregnancy or breastfeeding. If you wish to become pregnant, speak to your prescriber, as Foundayo should be stopped at least 3 weeks beforehand.

Foundayo may reduce the effectiveness of oral hormonal contraception. Use a barrier method such as condoms, or use a non-oral contraceptive method, for 30 days after starting Foundayo and for 30 days after each dose increase.

Other Medicines — Interactions

Tell your prescriber or pharmacist about all medicines you take, including medicines bought without a prescription, herbal medicines and supplements.

Some medicines may interact with Wegovy or Foundayo. Your prescriber or pharmacist will check for important interactions and advise you if any changes are needed.

9. Monitoring and Follow-Up

Regular follow-up with the pharmacist or pharmacy technician is important to monitor your progress and safety.

When	What to Expect
Every 4 weeks (face to face with our Pharmacist or Pharmacy Technician).	Review of weight loss
	Dose reviewed and adjusted by the prescriber if clinically appropriate.
	Check regarding side effects and how to minimise them.
	Discussion of diet, exercise, and behavioural support. Assessment of continued benefit and ongoing weight loss goals

10. Getting the Best Results

These medicines work best when combined with:

- A reduced-calorie, balanced diet — your pharmacist or GP can refer you to a dietitian
- Regular physical activity — Aim to increase your physical activity gradually towards recommended levels, according to your health and fitness.
- Adequate hydration — drink plenty of water, especially if experiencing nausea or vomiting
- Consistent taking of medication — Take the tablets every day and follow the instruction on how to take them.
- Behavioural support — consider NHS weight management services or a support group

11. Comparing Your Tablet Options

Wegovy tablets and Foundayo tablets are prescription-only medicines used alongside a reduced-calorie diet and increased physical activity. The most suitable option depends on your medical history, treatment goals, tolerance of side effects, and your prescriber's assessment.

Wegovy tablets — potential advantages and disadvantages

- The active ingredient is also used in Wegovy injection treatment, although the tablet and injection are different formulations.
- Has a more specific administration requirements because they must be taken after an overnight fast and separated from food, drink and other oral medicines by at least 30 minutes.
- May interact with certain medicines, so your prescriber or pharmacist will need to check your medication before treatment.

Foundayo tablets — potential advantages and disadvantages

- Can be taken with or without food, making the daily routine more flexible than Wegovy tablets.
- Does not require the same 30-minute fasting and medicine-separation routine as oral semaglutide.
- May interact with certain medicines, so your prescriber or pharmacist will need to check your medication before treatment.

12.Expected Weight Loss

Weight-loss medicines can help you lose weight when used alongside a healthy, reduced-calorie diet and increased physical activity where appropriate.

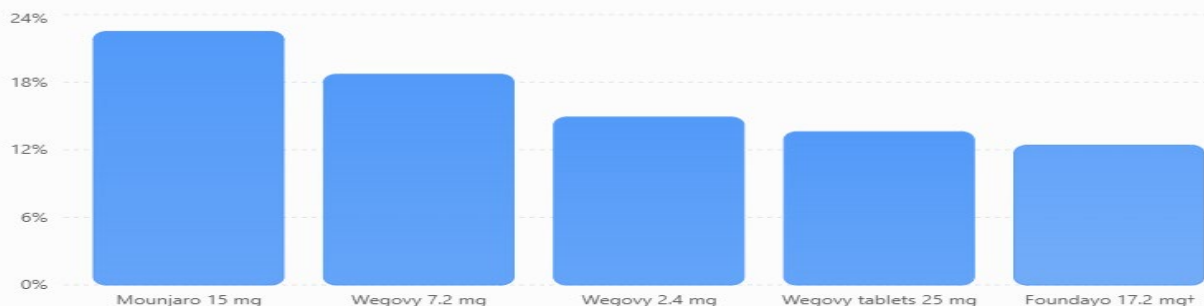
The table and graph below show the **average weight loss seen in clinical trials** for the different medicines.

Average weight loss seen in clinical trials

Medicine	Dose	Average weight loss	Assessment point
Mounjaro® injection	15 mg once weekly	22.5%	72 weeks
Wegovy® injection	7.2 mg once weekly	18.7%	72 weeks
Wegovy® injection	2.4 mg once weekly	14.9%	68 weeks
Wegovy® tablets	25 mg once daily	13.6%	64 weeks
Foundayo® tablets†	17.2 mg once daily	12.4%†	72 weeks

Average weight loss in clinical trials

Average percentage reduction in body weight at the stated clinical-trial assessment point.



These results come from separate clinical trials and should not be interpreted as a direct head-to-head comparison.

What does this mean in practice?

The percentages are **average results from clinical trials**. They are not a guarantee of how much weight you will lose.

Your actual weight loss may be higher or lower than these averages. Everyone responds differently to treatment.

Please remember these medicines have not all been compared directly with each other in the same clinical trial.

The studies were conducted in different groups of people and used different study designs, treatment periods and methods. Therefore, the percentages **should not be interpreted as a direct ranking of which medicine is best.**

Your prescriber will consider your individual circumstances when choosing the most appropriate treatment for you. This includes your starting weight, medical history, other medicines, treatment response, side effects and personal preferences.

What if I don't lose as much weight as the average?

Do not be concerned if your weight loss is different from the figures shown above. Clinical-trial averages describe what happened to a group of people, not what will necessarily happen to you.

Your progress will be monitored during treatment. Your prescriber can review your treatment and discuss whether your dose or medicine should be changed if appropriate.

† Foundayo information

The main ATTAIN-1 clinical trial used 36 mg orforglipron in a capsule formulation. The UK 17.2 mg Foundayo tablet provides equivalent exposure to the 36 mg capsule dose. The 12.4% figure is therefore based on the corresponding clinical-trial dose; it was not a direct head-to-head comparison with the other medicines.

Sources: Current UK product information and clinical-trial data for Mounjaro, Wegovy tablets, Wegovy injections and Foundayo.

13. Emergency Contacts & Further Information

Contact	When to Use
999 or A&E	Severe allergic reaction, severe chest pain, difficulty breathing, loss of consciousness
111 (NHS)	Urgent but non-emergency medical advice, including concerning side effects
Your Pharmacy	Questions about your dose, how to take your tablets, health concerns, ongoing side effects, medicine interactions or storage.

More Information

- Patient Information Leaflet (PIL) included with your tablets: read this in full
- Wegovy: www.medicines.org.uk (search 'Wegovy')
- Foundayo: www.medicines.org.uk (search 'Foundayo')
- NHS Weight Loss: www.nhs.uk/live-well/healthy-weight

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Disclaimer

This leaflet is a general guide and does not replace the official Patient Information Leaflet supplied with your medicine or advice from your prescriber, pharmacist or other healthcare professional. If there is any difference between this leaflet and the official Patient Information Leaflet, follow the official Patient Information Leaflet and seek advice from your healthcare professional.