



## CARE ADVICE

*semaglutide*

Your body will have optimal results when you maintain a regimen to support your health and well-being.

- **Storage:** Store the injections in the refrigerator and do not freeze. Throw away used needles in a hard, closed container, and keep this container away from children and pets.
- **Eating Habits for nausea:** Eat slowly and in smaller portions, drink clear liquids, and avoid lying down right after eating. Focus on foods that contain more water and maintain a regular meal schedule while limiting snacking between meals.
- **Fibrous Diet:** Emphasize a fibrous diet, including fruits and vegetables high in fiber.
- **Small, High-Protein Meals:** Opt for small, high-protein meals, as digestion is slowed down while on this medication.
- **Low-Fat Foods:** Avoid foods high in fat as they may contribute to nausea and vomiting. It's recommended to take injections before meals, rather than after, to minimize potential side effects from eating high-fat or high-sugar foods.
- **Limit Alcohol Intake:** Avoid alcohol consumption while taking semaglutide injections, as it can increase the risk of hypoglycemia, dehydration, nausea, and vomiting.
- **Caffeine:** Be cautious with caffeine consumption, as it may affect the action of semaglutide, leading to low blood sugar levels or dehydration.