

Getting started on Saxenda®

My Saxenda® Journal

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

This material is not intended as a substitute for the patient information leaflet. Please refer to the patient pack for comprehensive information about what you should know when starting Saxenda®, and consult your healthcare professional if you have any questions.

Our Commitment

By signing below, both my doctor and I acknowledge that we will work together in my weight management journey.

My signature:

My name:

Doctor signature:

Doctor name:

1st Follow-up appointment:

2nd Follow-up appointment:

3rd Follow-up appointment:

Your Saxenda® journal

By starting your journey with Saxenda® you've shown you have the will, now this journal is here to help you along the way. Packed with tips and tricks for things such as food shopping and activity planning, this journal will be your guide to sticking with Saxenda® and improving your overall health.



SUPPORT FROM DAY 1



WEEKLY TRACKING



HELP EVERY STEP OF THE WAY



TIPS AND TRICKS



BUILD GOOD SUSTAINABLE HABITS



TAKE CARE OF YOUR HEALTH!

Contents

Week 1: What is Saxenda® and how does it work?

Introduction.....	1
Pen instructions.....	2
Managing side effects.....	3
Daily trackers.....	4
Weekly trackers.....	5

Week 2: Expectations

Managing realistic expectations.....	6
Finding support.....	7
Reward learning.....	8
Daily trackers.....	9
Weekly trackers.....	10

Week 3: Food

Meal plan.....	11-12
Managing cravings.....	13
Daily trackers.....	14
Weekly trackers.....	15

Week 4: Activity

Tips for activity.....	16
Activity plan.....	17
Daily trackers.....	18
Weekly trackers.....	19

Week 5: Motivation

Overcoming setbacks.....	20
Strengthening my motivation.....	21
Promoting positive thoughts.....	22
Daily trackers.....	23
Weekly trackers.....	24

Week 6: Long-term weight management

My long-term management plan.....	25
Guide to weight plateau.....	26
Daily trackers.....	27
Weekly trackers.....	28
Notes.....	29

Learning how to understand my condition

Why do I need to change the way I manage and view my condition?



Patient example



Many people believe that losing weight and keeping it off is about what you eat and how much you exercise and that strong willpower determines success.



The reality is that obesity is a complex, chronic disease caused by multiple factors, including environment, genes, emotional health, or even lack of sleep¹. Struggling with weight is real and not just about the willpower.



Similar to managing other chronic conditions, such as cardiovascular disease and diabetes, managing obesity often requires a combination of different approaches to support a long-term strategy to reduce body weight, prevent weight regain, and improve weight related complications and overall health¹.



You and your doctor have decided to make Saxenda® part of your weight-management plan. Saxenda® may help you eat less food and reduce your body weight.



Saxenda® is a therapy that as part of a structural weight management programme, to achieve a sustainable healthier weight.

We will work together to ensure your goals are reached at a steady rate.

1. Pi-Sunyer X. NEJM. 2015;373;1



How to use the Saxenda® pen

1 Check pen



Check the pen label to make sure it is your Saxenda® (liraglutide 3 mg) pen. Then pull off the pen cap and check that the Saxenda® in your pen is clear and colourless.

2 Attach needle



The Saxenda® pen is designed to be used with ultra thin needles, such as the NovoFine® or NovoTwist® needles. Take a new needle and pull off the paper tab. Push the needle straight onto the pen and turn until it is tight. Pull off both needle caps.

3 Check flow



Before the first injection with each new pen, check the flow. Turn the dose selector to select the flow check symbol. Hold the pen with the needle pointing up. Press and hold the dose button. Make sure a drop appears at the needle tip.

4 Select dose



Turn the dose selector to select the dose you need (0.6 mg, 1.2 mg, 1.8 mg, or 3.0 mg). If you select a wrong dose by mistake, turn the dose selector backwards or forwards to select the right dose.

5 Inject dose



Insert the needle into the skin. Press and hold the dose button until the dose counter returns to 0. Leave the needle in the skin and count slowly to 6. Then remove the needle from the skin. Count slowly 1-2-3-4-5-6.

6 Remove needle



After the injection, carefully slip the needle into the outer needle cap. Once the needle is covered, unscrew the needle and dispose carefully. Then put the pen cap back on.

This is a quick guide. For full information on how to use the Saxenda® pen, please see the instructions in the patient leaflet.

Tips to manage the most common side effects

Here are some tips to help cope with the most common side effects; nausea, vomiting, constipation and diarrhoea. Side effects are temporary and manageable, and typically get better over time. Remember, it is advisable to inject Saxenda® around the same time each day.

REMEMBER

- Drink plenty of fluids to reduce the risk of dehydration
- Speak to your HCP. They may review your dose escalation schedule and adjust it if needed

Nausea and Vomiting¹



Preferably take Saxenda® at the same time each day



Avoid large fatty meals



Review your diet with a registered dietitian – they may help you to develop a balanced eating plan



Consider reducing dose after discussing with your HCP



Stop eating when you are full



Avoid administration of Saxenda® close to consumption of a large/high fat meal



Follow dose escalation as recommended

Please refer to the patient information leaflet for a complete list of side effects. Contact your HCP should you suspect that you are experiencing a side effect not mentioned here

1. Reid M, Clinical Diabetes. 2013; 31,4



Weight:

Dose Amount:

Waist Measurement:

Monday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Tuesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Wednesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Thursday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Friday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Saturday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Sunday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?



How do I feel about this past week?



What am I proud of today?



What do I want to try next week?



Weight:

Dose Amount:

Waist Measurement:

Monday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Tuesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Wednesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Thursday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Friday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Saturday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Sunday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?



Healthy expectations, what you can expect on Saxenda® and why it works

When setting your expectations, remember: You can only control what you do

Saxenda® is a medication that is 97% similar to a natural hormone that is released in the body after eating. It triggers areas in your brain that control appetite, making you feel more satisfied and less hungry. The result? You eat less, which in most cases can lead to long-term weight loss.

Losing 5%¹ or more of your weight, and keeping it off, may greatly improve weight-related complications and your ability to enjoy everyday activities. Remember to consider the health benefits you want to achieve when setting your weight management goals.

Create your own expectations and goals. It is possible to set a weight-management goal that is more about being healthy, happy, and functional, regardless of what happens on the scale.

Things I would like to change or improve:	Plan for how to make this change:	Adjustments to my plan:	Timing:
<i>For example, I would like to incorporate more exercise into my commute.</i>	<i>For example, park the car further away so I can walk 10 minutes more every day.</i>	<i>For example, if I'm feeling too tired, instead I will walk around the block for 5 minutes after breakfast.</i>	<i>Short, medium, or long term.</i>

1. Kolotkin R. Health and QoL outcomes. 2009;7:53

Finding my support

Who can I ask for support? Where can I turn? Questions like these are common among people taking the Saxenda® journey. Having a support group of friends as well as websites, social media, and patient organisations can all be good resources when things get difficult.

NOTE:
Use this page to help you organise all of the support resources available to you.



When I need more information about my medication,

I will *(eg, I will speak to my HCP)*

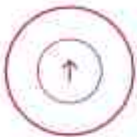
.....



When I feel stressed, upset, or I need a laugh,

I will *(eg, I will plan something nice to look forward to)*

.....



When I need advice on how to increase my motivation or stay positive,

I will *(eg, I will call my friend for a coffee)*

.....



What is reward learning?

Reward learning is where we connect a positive outcome (a reward) with certain actions. For example, the first time you went to the cinema you bought popcorn. If you found this to be a pleasant experience, the next time you go to the cinema, you'll likely have a craving.

In order to combat reward learning in eating, you must be mindful. Mindfulness is being in the moment and fully aware of all things happening to the body. Going back to the cinema example, you may go into the theatre and crave popcorn, but if you're mindful, you can detect it coming and avoid it.

Can you think of any similar habits you have? What can you do to change them?

You are able to work, control, and overcome many situations in life just by understanding your behaviour

Don't feel bad—reward learning is natural. Next time, be mindful of it and stop the reward learning before it even happens!



Can I recognise reward learning?

Explore how my daily activities connect to food.

Think of a recurrent situation in which you feel a strong desire to eat

What is the situation?	What do you often end up eating?	Could you plan an alternative activity to eating?	If there is no alternative, how can I still be mindful in the moment?
<i>For example, coming home after a long day at work, at 6 pm.</i>	<i>For example, eating cookies as a treat to enjoy the relaxing time before dinner.</i>	<i>For example, taking a relaxing bath before dinner.</i>	<i>For example, taking a deep breath and enjoy eating only 1 cookie.</i>



Weight:

Dose Amount:

Waist Measurement:

Monday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Tuesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Wednesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Thursday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Friday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Saturday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Sunday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?



How do I feel about this past week?



What am I proud of today?



What do I want to try next week?



My measuring tools and tips

Practical information to keep in mind when preparing food.



Your palm is about the size of 85 g of meat, chicken, or fish.



Your fist is about the size of 1 cup of pasta, rice, or cereal.

Your whole thumb is about the size of 1 tablespoon of peanut butter or salad dressing.



Your thumb tip is about 1 teaspoon. One teaspoon equals 1 serving of fat, such as butter, margarine, mayonnaise, or oil.



Patient example

Resources I can use to cook a healthy meal:

Local restaurants with healthy options I enjoy:

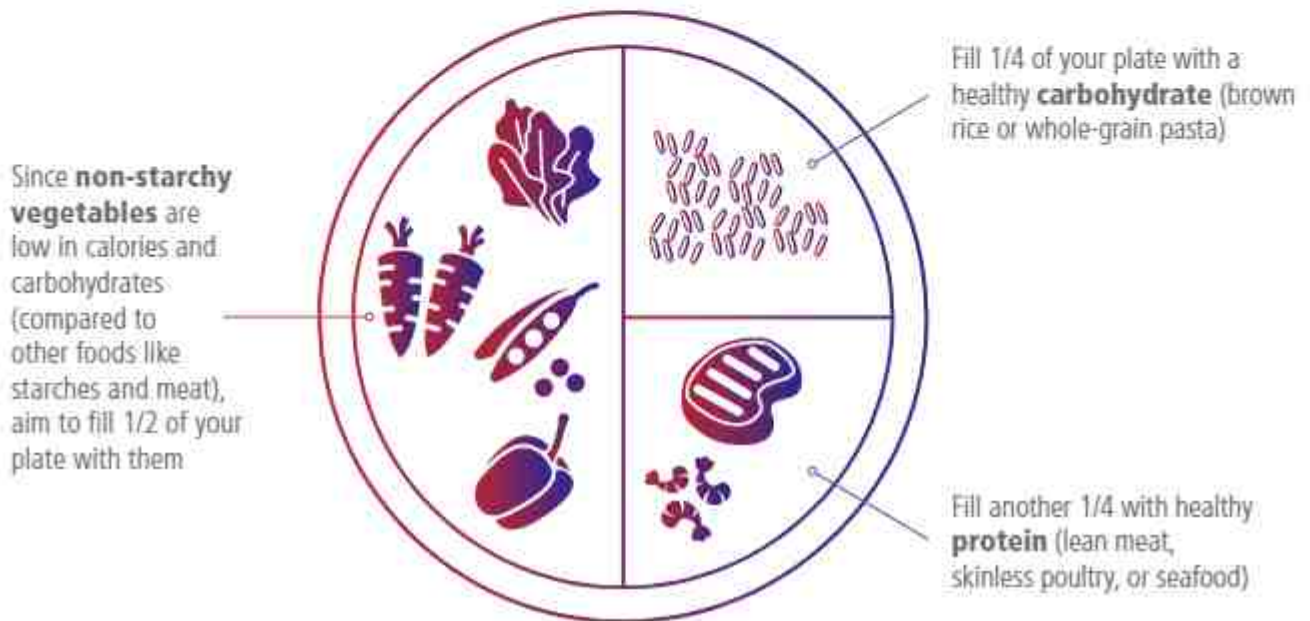


Trying the portioned plate method¹

How can I better regulate what and how much I eat?

NOTE:

A way to ensure you're eating the correct portions would be to purchase a custom plate. Or, have fun and make your own personalised plate.



Your thumb tip is about 1 teaspoon. One teaspoon equals 1 serving of fat, such as butter, margarine, mayonnaise, or oil.



Use smaller plates



If eating out, ask for a half portion



Drink a glass of water before starting a meal

Keep in mind

TRY TO



Eat foods that are grilled or baked, eat fewer fried foods, and incorporate colourful fruits and vegetables.



Choose unsaturated oils with healthy fats such as olive, canola, corn, and safflower oil, and foods containing omega-3 oils, including fish and nuts.

AVOID



Saturated fat and trans fats found in foods such as full-fat dairy products, fatty meats, and processed foods.



Salt and foods containing sodium, including salty snacks, canned and processed soups, deli meats, and cheeses.



1. <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/healthy-eating-toolkit/food-portions>. Accessed February 2020.



REMEMBER

A craving has a characteristic pattern of having a rise, a crest and a fall, just like a wave. You can use the following as a guide to help you overcome cravings:

- Acknowledge it
- Observe it
- Be open to it

Try to resist labelling it as bad or unacceptable. Watch the rise, crest, and fall of the wave until it subsides. If you're having a craving for something unhealthy, try to substitute it for a healthier snack.



My plan for cravings

Cravings are a natural part of life. All people have them, so don't feel bad about it. Below is a chart you can fill with activities to help you try to curb your cravings.



What will I do?

Ideas for what I can try next time I have a craving.

Use the chart below to rate your activity choice:

1=Not useful/Not doable 10=Very useful/Very doable

Ideas	Useful Rating	Doable Rating	Total
Idea #1	/10	/10	Sum of the Two



Weight:

Dose Amount:

Waist Measurement:

Monday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Tuesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Wednesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Thursday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Friday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Saturday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Sunday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?



How do I feel about this past week?



What am I proud of today?



What do I want to try next week?



Tips for being more active

How can I find my way to being more active?

REMEMBER

- Even the smallest amount of activity is better than nothing
- Some days it might be hard to motivate yourself to be active, you're only human

Staying active is key to losing weight and keeping it off. In the following section, you can find some helpful and easy-to-follow tips to help you get out and move. Don't forget, getting a good night of sleep and recovery is just as important as exercising during the day.

Tips and tricks for getting started: How long, how often, how hard?



Start off slow to avoid injury.



If you want, break it up into smaller sessions – what about 10 minutes, 3 times each day?



Find a level that's right for you by adding a few minutes each week.



Be comfortable – find a pace you can handle.



Try to be active for 30 minutes at least 5 days a week.



Stop exercising and seek medical help if you don't feel well or are in pain during exercise.

Not sure what to explore? Here are some tips to sit less and be more active!



Try standing up while talking on the phone.



Try walking or biking to the corner store instead of driving.



Try walking your dog or signing up as a volunteer to walk dogs from a local shelter.



Don't forget to get a good night's sleep.



My activity plan

How can I add more physical activity to my weekly routines?

Activity:	My biggest barrier:	My plan B:
When:		
My support:	My plan to overcome:	

Activity:	My biggest barrier:	My plan B:
When:		
My support:	My plan to overcome:	

Activity:	My biggest barrier:	My plan B:
When:		
My support:	My plan to overcome:	

Activity:	My biggest barrier:	My plan B:
When:		
My support:	My plan to overcome:	



Weight:

Dose Amount:

Waist Measurement:

Monday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Tuesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Wednesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Thursday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Friday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Saturday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Sunday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?



How do I feel about this past week?



What am I proud of today?



What do I want to try next week?

Overcoming my setbacks

Here are some tips to help you move forward when you feel like you aren't progressing

Some things you should consider:



REVIEW YOUR GOALS

From time to time, take a look at your weight-management goals.

How are you working towards accomplishing your goals?

.....



TRACK YOUR PROGRESS AND TALK TO YOUR DOCTOR

Tracking can help you see if you're progressing or falling back on old habits.

How are you progressing on your journey?

.....



REWARD YOURSELF FOR PROGRESS

If you stick to your plan and make progress towards your weight-management goal, you deserve a reward.

What is your reward for reaching your milestone?

.....



CREATE AN ENVIRONMENT THAT SUPPORTS CHANGE

This may mean removing unhealthy snacks or leaving a pair of walking shoes in your car.

How can you create a more supportive environment?

.....



FIND SOCIAL SUPPORT

Family and friends are helpful for holding you accountable.

Who can you count on to keep you accountable?

.....



ANTICIPATE CHALLENGING TIMES

Common obstacles include pressure in social situations and self-blame.

What is your plan for when things get difficult?

.....



REMIND YOURSELF OF WHO YOU WANT TO BE

Think about the person you want to be. Are you close to becoming them?

What are some steps you can take to move closer to the person you want to become?

.....



My plan for strengthening my motivation

People who are trying to lose weight often experience how things such as discouragement and unhelpful thinking can sabotage their weight-management efforts. Identifying and understanding your thinking patterns can be the first step towards mitigating unhelpful thoughts and overcoming discouragement.

As you read through the questions below, pay attention to your thought process and use the tips as a guide to overcoming setbacks. It may be helpful to review this section with a family member or friend, as they could have insights beneficial to filling out your journal.



EXPECTATIONS

- Are my expectations unrealistic?
- How can I adjust my expectations to be better prepared for setbacks?



MOTIVATION

- How important is working towards a healthier weight to me right now?
- How will it make my life better, or make me a better person?



STRESSFUL LIFE EVENTS

- Which situations are more likely to affect me negatively?
- What is my plan for these situations?



LOW MOOD

- If my mood drops, who can I contact?
- If I feel depressed, where can I seek support?



SOCIAL INTERACTIONS

- How can I respond to critical comments from others?



EATING RELATED EVENTS

- Which events tend to affect my cravings?
- What is my plan for coping with these situations?



My plan for promoting positive thoughts¹

Mental health is an important factor in a successful weight loss journey. Recognising when emotional eating is taking place, and understanding that unrealistic expectations can be a trigger for discouragement and unhelpful thoughts are also important factors.

In the following section, identify your personal goals and motivations and address some negative thoughts you may encounter.

As with the last activity, it will be helpful to have a friend or family member with you. Consider grabbing a coffee and discussing these questions further.



Unhelpful thoughts I often struggle with:

.....

.....

.....



Are there any facts that suggest my thinking might not be 100% true?

.....

.....

.....



What is my thinking pattern?

.....

.....

.....



What can I do about it?

.....

.....

.....

1. <https://www.mentalhealth.org.uk/publications/how-to-using-exercise>. Accessed February 2020.



Weight:

Dose Amount:

Waist Measurement:

Monday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Tuesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Wednesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Thursday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Friday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Saturday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Sunday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?



How do I feel about this past week?



What am I proud of today?



What do I want to try next week?



My long-term management plan

Once you've reached the weight loss goal that you and your doctor have set, the journey is not over.

Weight management is constant work, but the health benefits of losing and then maintaining even 5% of your body weight are all great.

REMEMBER

Like any other serious commitment in life, you need to keep working hard. Being active and eating well will help you to maintain your new weight.



What habits would you like to continue?

Are there any strategies or habits you would like to keep up (including ones listed below)?

	I want to work more on this	I want to continue this habit
Having a weight-management plan	<input type="checkbox"/>	<input type="checkbox"/>
Finding my motivations and how to use them to drive me	<input type="checkbox"/>	<input type="checkbox"/>
Understanding different ways to find support	<input type="checkbox"/>	<input type="checkbox"/>
Shopping for healthy foods when I go to the grocery store	<input type="checkbox"/>	<input type="checkbox"/>
Keeping unhealthy snacks out of the house	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>

What strategies will I use to keep motivated?

My ideas for remaining determined include:

How will I review my weight and progress?

My greatest success of the last months is:



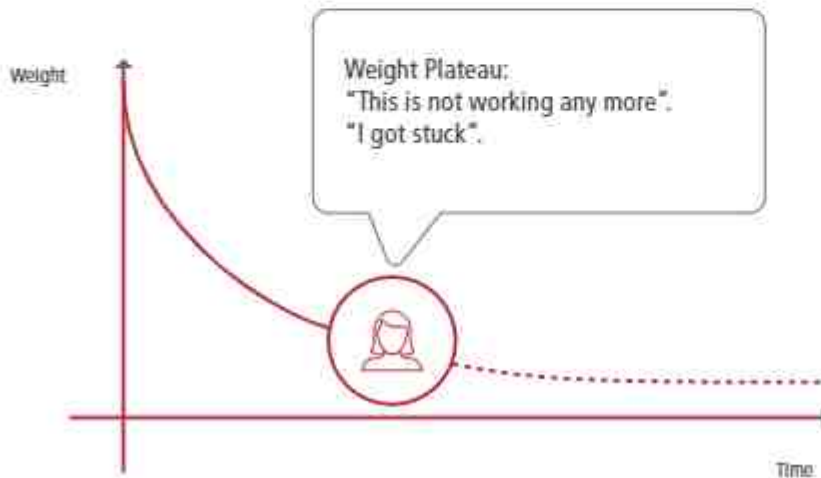
My guide to long-term weight management



YOU'VE BEEN WORKING HARD AND YOU SHOULD FEEL PROUD!

Share your experience online and be the voice to help other patients along their journey.

What is weight plateau?



There will come a point in your treatment when your weight may plateau – this is perfectly normal. Committing to long-term weight management means to lose weight and maintain your new weight. This helps to improve weight-related complications while trying to reach your desired health goals.

What can you do about it?



REFLECT ON YOUR LIFESTYLE VS YOUR VALUES

If you're feeling disappointed because your weight loss has plateaued, ask yourself: Am I enjoying this lifestyle? Can I maintain it? Can I be taking in less calories overall and still enjoy my life? How do my answers align with my core values?



BEWARE OF UNHELPFUL THOUGHTS LIKE "MAYBE I CAN'T DO THIS"

Try to remember that thoughts are able to influence the way we feel and act. They may lead to feelings of confusion, disappointment, frustration, unhappiness, failure, and even resignation.



ADOPT A DIFFERENT MINDSET

For example, can you focus on the enjoyment you are getting out of your healthy lifestyle with any weight loss as an added bonus?

REMEMBER

Your doctor can help you work out what you can do next

You may have reached your "best weight" and therefore it's the right time to shift into the weight-maintenance phase. This means learning how to maintain your weight loss by setting new goals that are specific to maintaining the changes you have made. Ask your doctor to help you make a weight-maintenance plan.



Weight:

Dose Amount:

Waist Measurement:

Monday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Tuesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Wednesday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Thursday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Friday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Saturday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?

Sunday

I used Saxenda® today

I was active

How well did I sleep?

How much water did I drink?



How do I feel about this past week?



What am I proud of today?



What do I want to try next week?



You've always had the **will**. Now you have the **way**.



Saxenda[®] is a registered trademark of Novo Nordisk A/S
© 2020 Novo Nordisk A/S, Novo Allé, DK-2880, Bagsvaerd,
Denmark
Creation date: June 2020 UK20SXE00070

Saxenda[®]
liraglutide injection 3mg