

Your Quick Guide to Oral SEMA

7 Practical Reminders

You may experience some Gastro-intestinal side effects like: Nausea, Vomiting, Diarrhea, Decreased appetite, Constipation, while starting or increasing the dose of oral semaglutide, most of which are mild and temporary. Here are some tips to manage them.



Eat Smaller Meals

Eat small, frequent meals & avoid large or greasy meals.



Manage nausea

Eat food such as apples, mint, ginger root or ginger-based drinks.



Rest & Relax

Get enough rest & reduce stress.



Prevent constipation

Eat high fiber foods like fruits and vegetables.



Stay hydrated

Drink plenty of water throughout the day.



Avoid sweets

Avoid foods & drinks high in sugar.



Move Around

Engage in light exercise to help digestion.

Consult your doctor if side effects persist or become severe.

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FOLLOW THIS EVERYDAY ROUTINE FOR YOUR ORAL SEMAGLUTIDE



Wake up



In the morning with 8 hours of fasting.

Take 1 tablet on empty stomach
with half a glass or 120 ml of water



Wait up

For atleast 30 mins



Take up

Your first meal or medication as usual

