NOOM MED

Liraglutide Injection: Instructions for Use

Follow all of these instructions to learn how to use your liraglutide injection pen safely and correctly.

Note: These instructions do not take the place of talking with your healthcare provider about your medical condition or your treatment.

Do not share your liraglutide injection pen with other people, even if the needle has been changed, due to a risk of serious infection for you and others.

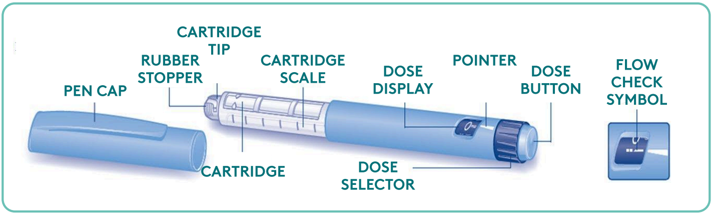
Your liraglutide injection pen is a disposable single-patient-use prefilled pen injector that contains 3 mL of liraglutide.

You will use your liraglutide pen to inject 0.6 mg or 1.2 mg daily. Your healthcare provider will tell you how much liraglutide to take.

After 30 days, you will need to throw out your liraglutide pen and start a new pen, even if some medication remains in your pen.

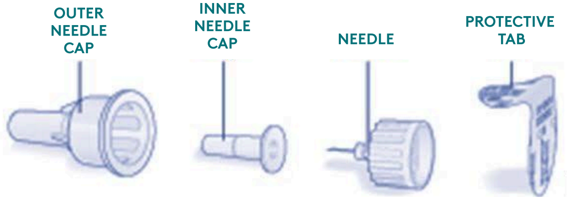
Liraglutide injection pens should be used with disposable pen needles, which have been provided for you.

Liraglutide Injection Pen



If you are having problems using your liraglutide injection pen, call the manufacturer directly. The phone number can be found on the package insert in your liraglutide pen box.

Needle (Example)



Important

⚠ Always use a new needle for each injection to prevent contamination.

⚠ Always remove the needle after each injection, and store your pen without the needle attached. Keep the pen cap on when not in use. This reduces the risk of contamination, infection, leakage, blocked needles, and inaccurate dosing.

⚠ Keep your liraglutide injection pen (and all medications) out of the reach of children.

⚠ If you drop your liraglutide injection pen, prime your pen again by repeating steps 1-4 below.

⚠ Be careful not to bend or damage the needle.

⚠ Do not use the cartridge scale to measure how much liraglutide to inject. Always use the dosing instructions under routine use.

⚠ Be careful when handling used needles to avoid needle stick injuries.

⚠ You can use your liraglutide injection pen for up to 30 days after you use it the first time.

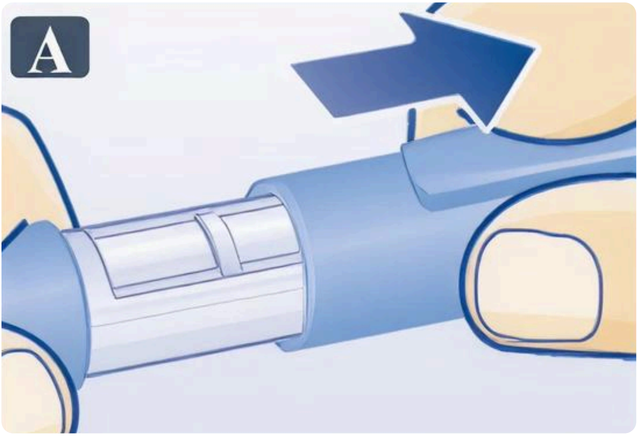
Using a New Pen

1 Check the pen

- Take your new liraglutide injection pen out of the refrigerator.
- Wash hands with soap and water before use.
- Check pen label before each use to make sure it is your liraglutide injection pen.
- Pull off pen cap (See Figure A).
- Check liraglutide in the cartridge. The liquid should be clear, colorless

and free of particles. **If not, do not use.**

- Wipe the rubber stopper with an alcohol swab.

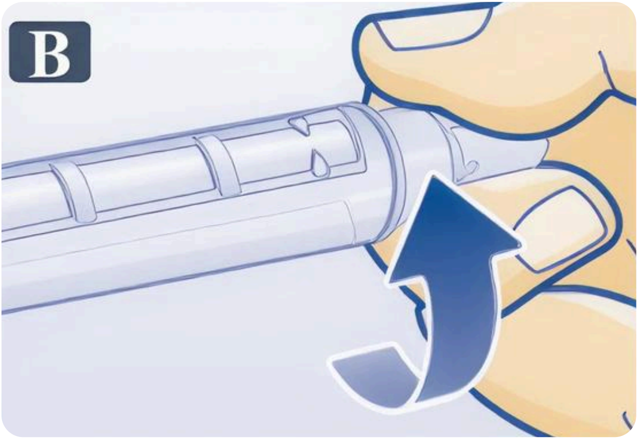


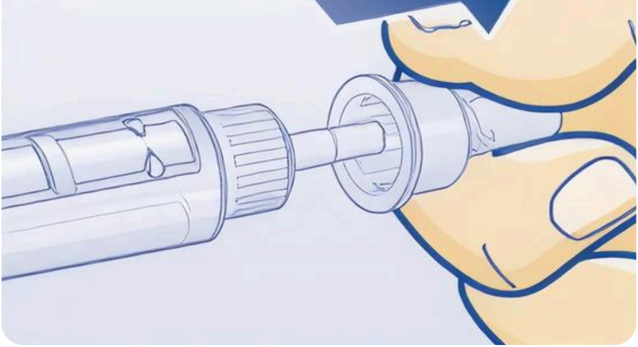
2 Attach the needle

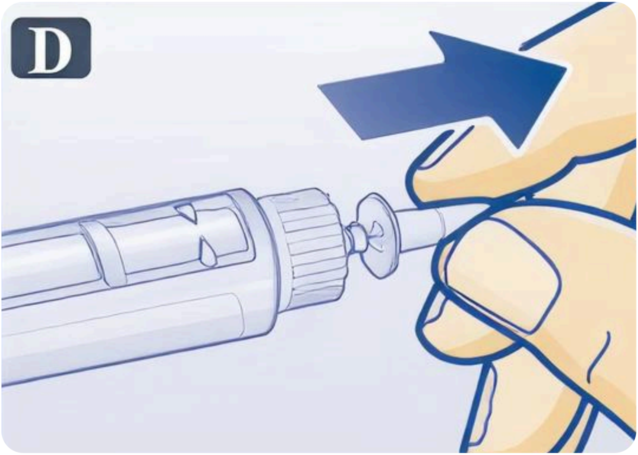
- Remove protective tab from outer needle cap.
- Push outer needle cap containing the needle straight onto the pen, then screw needle on until secure

(See Figure B)

- Pull off outer needle cap (See Figure C). Do not throw away.
- Pull off inner needle cap and throw away (See Figure D). A small drop of liquid may appear. This is normal.



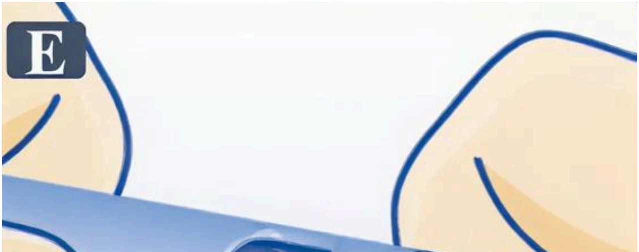




3

Dial to the flow check symbol

- This step is only required the first time you use a new pen and only done once (unless you drop your pen).
- Turn dose selector until flow check symbol (--) lines up with pointer (See Figure E). The flow check symbol does not administer the dose as prescribed by your healthcare provider.
- To select the dose prescribed by your healthcare provider, continue to Step 7 under “Routine Use.”



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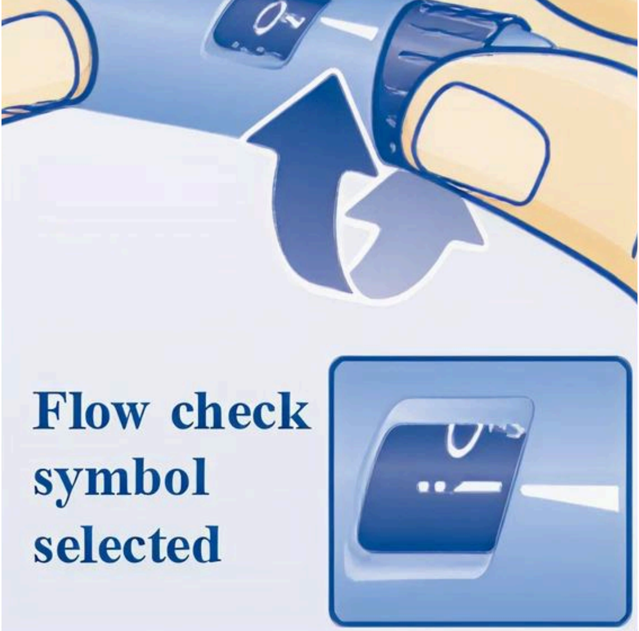


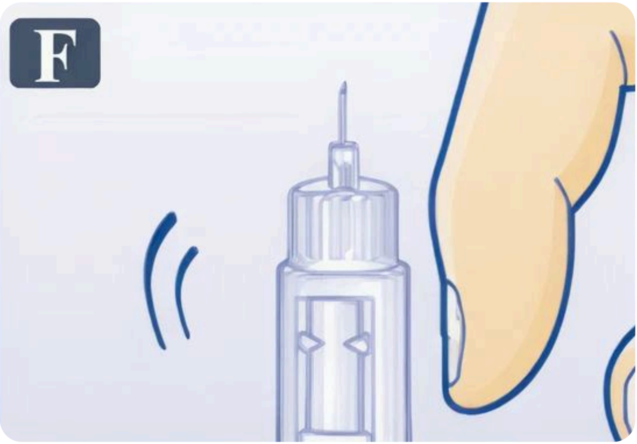
4

Prepare the pen

- Hold pen with needle pointing up.
- Tap cartridge gently with your finger a few times to bring any air bubbles to the top (See Figure F).
- Keep needle pointing up and press dose button until 0 mg lines up with

pointer (See Figure G). Repeat steps 3 and 4, up to 6 times, until a drop of liraglutide appears at the needle tip.

- If you still see no drop of liraglutide, use a new pen and contact the manufacturer directly. The phone number can be found on the package insert in your liraglutide pen box.



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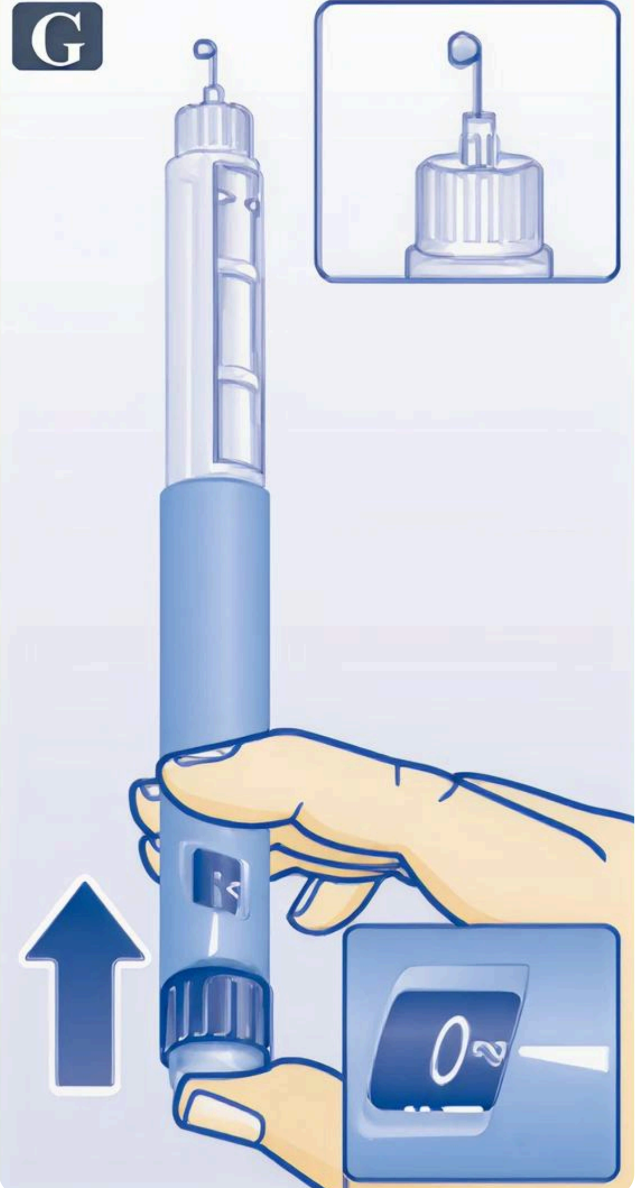
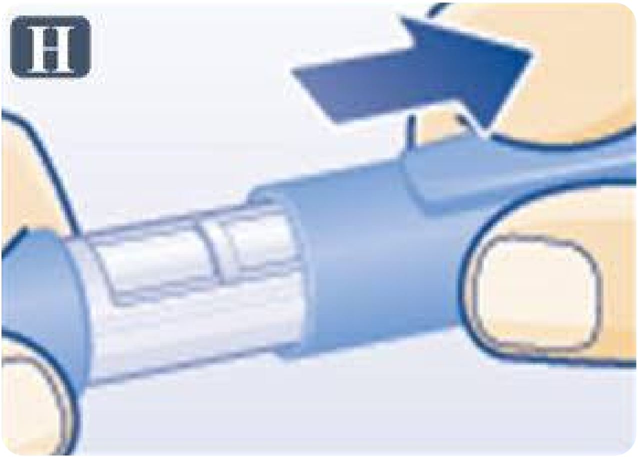


Routine Use

5 Check the pen

- Take your liraglutide injection pen from where it is stored.
- Wash hands with soap and water before use.
- Check pen label before each use to make sure it is your liraglutide injection pen.
- Pull off pen cap (See Figure H).
- Check liraglutide in the cartridge. The liquid should be clear, colorless and free of particles. **If not, do not use.**

- Wipe the rubber stopper with an alcohol swab.

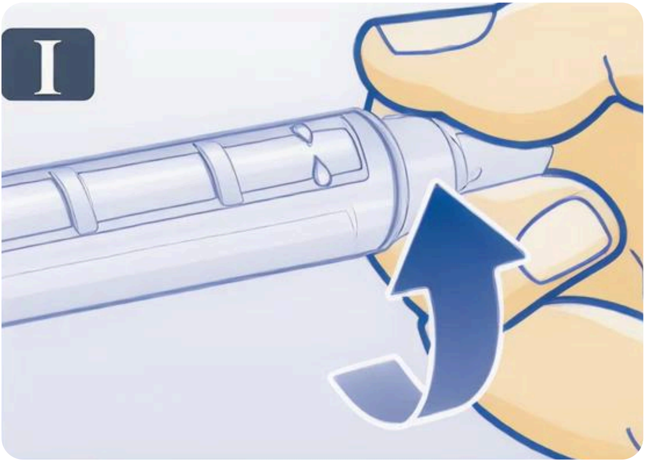


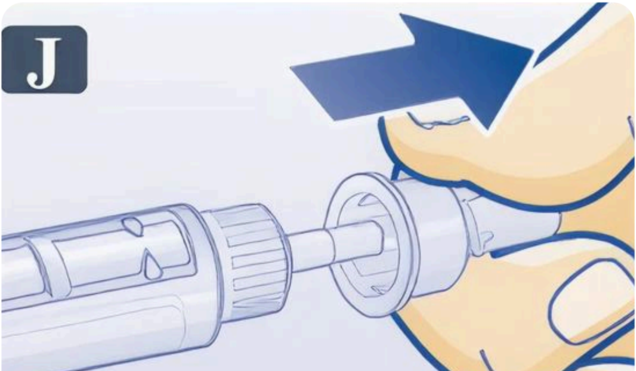
6 Attach the needle

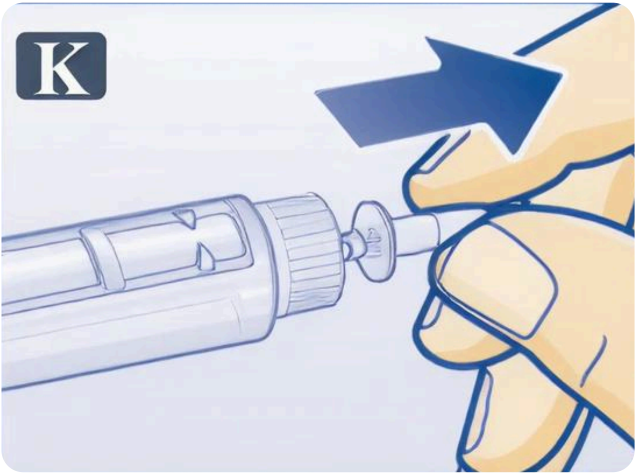
- Remove protective tab from outer needle cap.
- Push outer needle cap containing the needle straight onto the pen, then screw needle on until secure (See Figure I).
- Pull off outer needle cap. Do not

throw away (See Figure J).

- Pull off inner needle cap and throw away (See Figure K). A small drop of liquid may appear. This is normal.



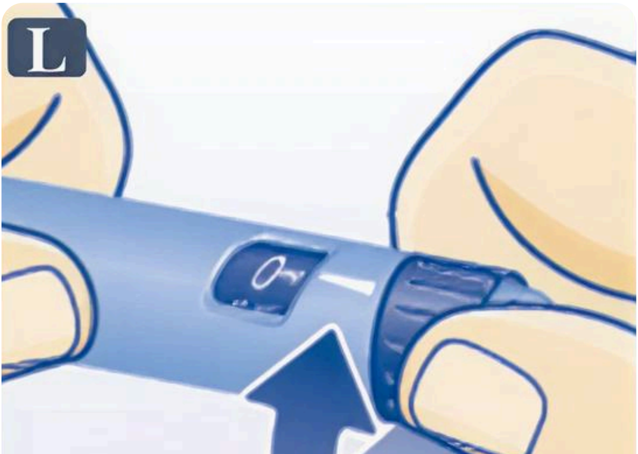


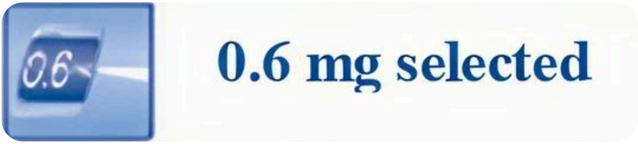


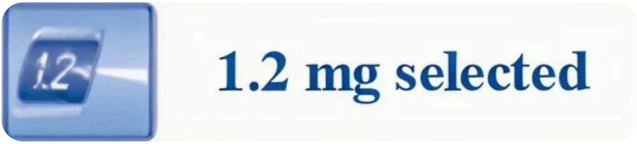
7 Dial the dose

- Check the dose prescribed to you in your Noom App.
- Turn the dose selector until your prescribed dose lines up with the pointer (0.6 mg or 1.2 mg) (See Figure L).

- While you will hear a “click” every time you turn the dose selector, do not set the dose by counting the number of clicks you hear. Always visually check to ensure the right dose.
- If you select a wrong dose, change it by turning the dose selector backwards or forwards until the correct dose lines up with the pointer. Be careful not to press the dose button when turning the dose selector. This may cause liraglutide to come out.





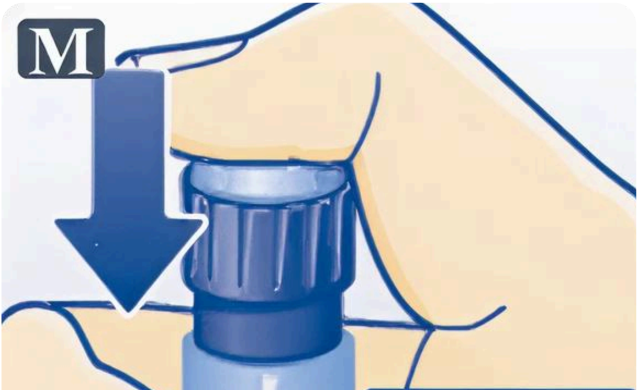


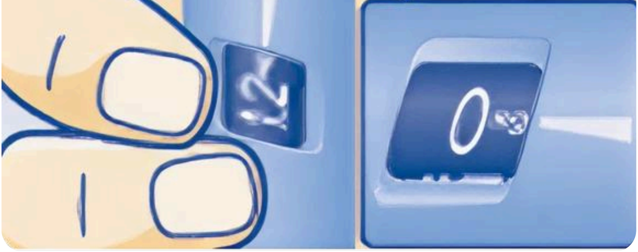
8 Injecting the dose

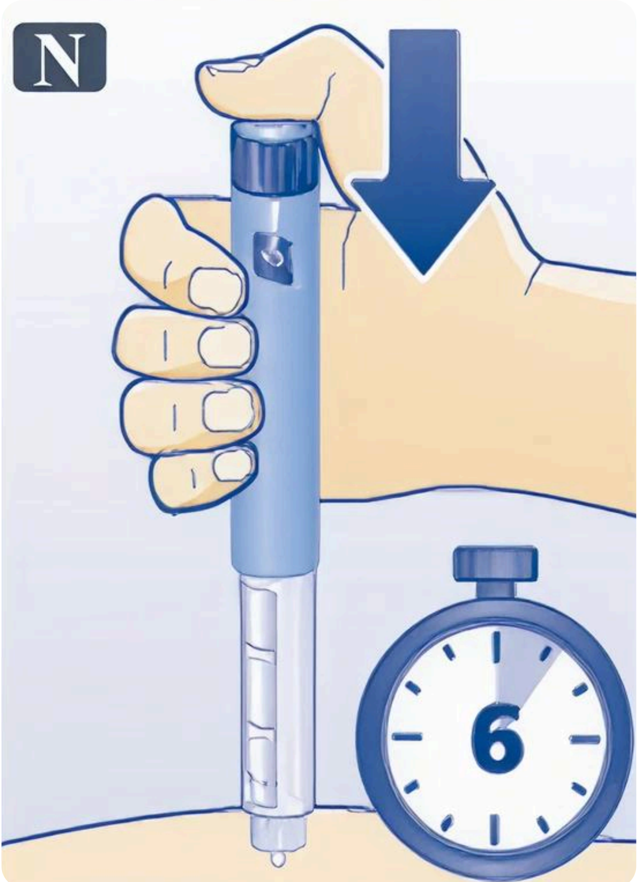
- Insert needle into your skin in the stomach (abdomen), thigh, or upper arm. Do not inject liraglutide into a vein or muscle.
- Press down on the center of the dose button to inject until 0 mg lines up with the pointer (See Figure M).
- Be careful not to touch the dose

display with your other fingers. This may block the injection.

- Keep the dose button pressed down and make sure that you keep the needle under the skin for a full count of 6 seconds to make sure the full dose is injected. Keep your thumb on the injection button until you remove the needle from your skin (See Figure N).
- Change (rotate) your injection sites within the area you choose for each dose. Do not use the same injection site more than once.



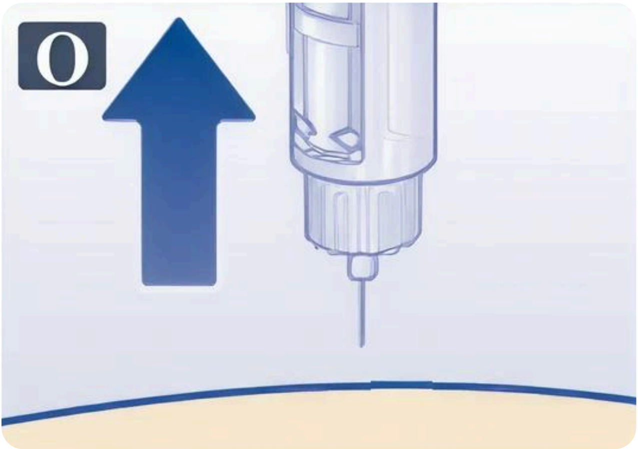




9

Withdraw needle

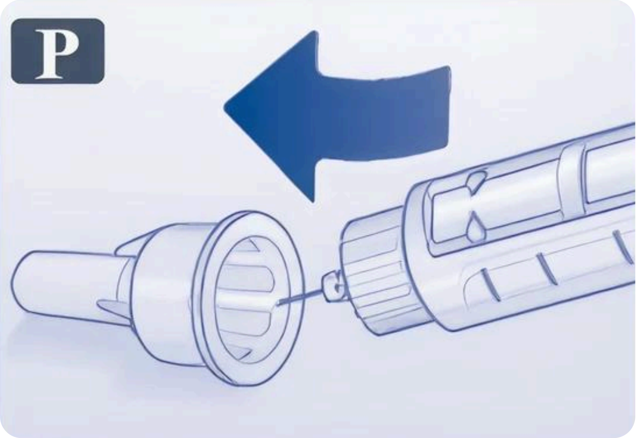
- You may see a drop of liraglutide at the needle tip. This is normal and it does not affect the dose you just received. If blood appears after you take the needle out of your skin, apply light pressure, but do not rub the area (See Figure O).



10 Remove and dispose of the needle

- Carefully put the outer needle cap over the needle (See Figure P). Unscrew the needle.
- Safely remove the needle from your liraglutide injection pen after each use.
- Put your used pen needles in a FDA-cleared sharps disposal container or a heavy-duty, hard-sided container with a lid, such as an empty laundry detergent bottle, right away after use. Do not throw loose needles and pens away in your household trash.
- When your container is full, you can take it to a disposal site near you. Do not dispose of your used sharps disposal container in your household trash unless your community guidelines permit this.

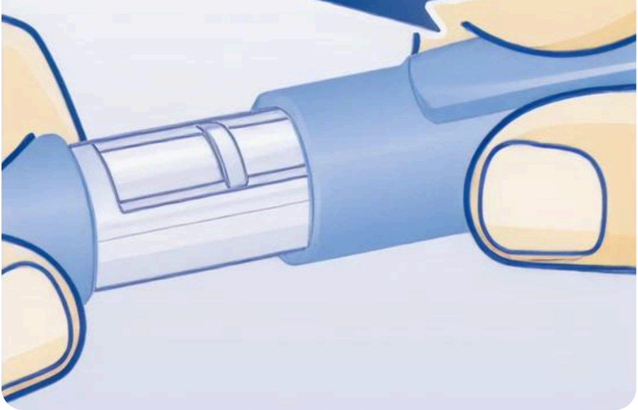
Do not recycle your used sharps disposal container.



11 Caring for your liraglutide injection pen

- After removing the needle, put the pen cap on your liraglutide injection pen and store it without the needle attached (See Figure Q).
- Do not try to refill your liraglutide injection pen—it is prefilled and is

disposable.

- Do not try to repair your pen or pull it apart.
- Keep your liraglutide injection pen away from dust, dirt, and liquids.
- If cleaning is needed, wipe the outside of the pen with a clean, damp cloth.
- After 30 days of use, throw the pen into a FDA-cleared sharps disposal container or a heavy-duty, hard-sided container with a lid (the same one you use to discard your pen needles).