

Getting Started With Your Victoza® Pen



Important Information

- **Do not share your Victoza® pen with other people, even if the needle has been changed.** You may give other people a serious infection, or get a serious infection from them
- Always use a new needle for each injection
- Keep your Victoza® pen and all medicines out of the reach of children
- If you drop your Victoza® pen, repeat “First Time Use for Each New Pen”
- Be careful not to bend or damage the needle
- Do not use the cartridge scale to measure how much Victoza® to inject
- Be careful when handling used needles to avoid needle stick injuries
- You can use your Victoza® pen for up to 30 days after you use it for the first time

How Should I Store Victoza®?

Before use:

- Store your new, unused Victoza® pen in the refrigerator at 36°F to 46°F (2°C to 8°C)
- If Victoza® is stored outside of refrigeration (by mistake) prior to first use, it should be used or thrown away within 30 days
- Do not freeze Victoza® or use Victoza® if it has been frozen. Do not store Victoza® near the refrigerator cooling element

Selected Important Safety Information

What is the most important information I should know about Victoza®?

Victoza® may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** Tell your health care provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rats and mice, Victoza® and medicines that work like Victoza® caused thyroid tumors, including thyroid cancer. It is not known if Victoza® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.

Who should not use Victoza®?

Do not use Victoza® if:

- you or any of your family have ever had MTC or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- you are allergic to liraglutide or any of the ingredients in Victoza®.

Indications and Usage

What is Victoza®?

Victoza® (liraglutide) injection 1.2 mg or 1.8 mg is an injectable prescription medicine used:

- along with diet and exercise to lower blood sugar (glucose) in adults and children who are 10 years of age and older with type 2 diabetes mellitus
- to reduce the risk of major cardiovascular events such as heart attack, stroke or death in adults with type 2 diabetes mellitus with known heart disease.

Victoza® is not for use in people with type 1 diabetes or people with diabetic ketoacidosis.

It is not known if Victoza® can be used with mealtime insulin.

It is not known if Victoza® is safe and effective to lower blood sugar in children under 10 years of age.

Important Safety Information (cont’d)

What should I tell my health care provider before using Victoza®?

Before using Victoza®, tell your health care provider if you:

- have or have had problems with your pancreas, kidneys, or liver.
- have any other medical conditions or severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food.
- are pregnant or breastfeeding or plan to become pregnant or breastfeed.

Please see Important Safety Information, including Boxed Warning, and Prescribing Information and Medication Guide, enclosed or at www.Victoza.com.



Victoza® is a registered trademark of Novo Nordisk A/S.
Victoza® is covered by US Patent Nos 6,268,343, 6,458,924 and 7,235,627 and other patents pending.
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Introduction

First read the Medication Guide that comes with your Victoza® pen, and then read these Patient Instructions for Use for information about how to use your Victoza® pen the right way.

These instructions do not take the place of talking with your health care provider about your medical condition or your treatment.

Your Victoza® pen contains 3 mL (18 mg) of Victoza® and will deliver doses of 0.6 mg, 1.2 mg, or 1.8 mg. The number of doses that you can take with a Victoza® pen depends on the dose of medicine that is prescribed for you. Your health care provider will tell you how much Victoza® to take.

Victoza® pen should be used with Novo Nordisk disposable needles. Talk to your health care provider or pharmacist for more information about needles for your Victoza® pen.^a

^aNeedles are sold separately and may require a prescription in some states.

Caring For Your Victoza® Pen

- After removing the needle, put the pen cap on your Victoza® pen and store your Victoza® pen without the needle attached
- Do not try to refill your Victoza® pen—it is prefilled and is disposable
- Do not try to repair your pen or pull it apart
- Keep your Victoza® pen away from dust, dirt, and liquids
- If cleaning is needed, wipe the outside of the pen with a clean, damp cloth

If you are having problems using your Victoza® pen, call toll-free 1-877-484-2869 or visit victoza.com.

Pen in use:

- Store your Victoza® pen for 30 days at 59°F to 86°F (15°C to 30°C), or in a refrigerator at 36°F to 46°F (2°C to 8°C)
- When carrying the pen away from home, store the pen at a temperature between 59°F to 86°F (15°C to 30°C)
- If Victoza® has been exposed to temperatures above 86°F (30°C), it should be thrown away
- Protect your Victoza® pen from heat and sunlight
- Keep the pen cap on when your Victoza® pen is not in use
- Use a Victoza® pen for only 30 days. Throw away a used Victoza® pen after 30 days, even if some medicine is left in the pen
- Do not use Victoza® after the expiration date printed on the carton

Tell your health care provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, herbal supplements, and other medicines to treat diabetes, including insulin or sulfonylureas.

How should I use Victoza®?

- **Do not** mix insulin and Victoza® together in the same injection.
- You may give an injection of Victoza® and insulin in the same body area (such as your stomach area), but not right next to each other.
- **Do not share your Victoza® pen with other people, even if the needle has been changed.** You may give other people a serious infection, or get a serious infection from them.

What are the possible side effects of Victoza®?

Victoza® may cause serious side effects, including:

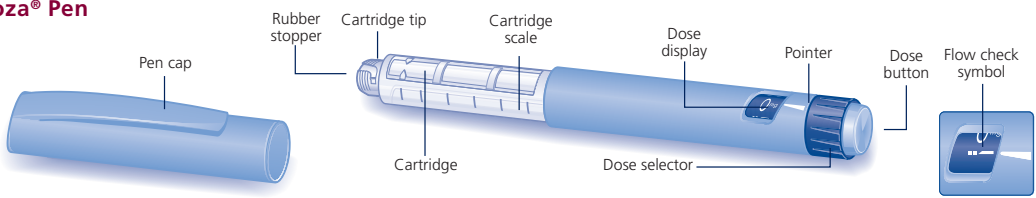
- **inflammation of your pancreas (pancreatitis).** Stop using Victoza® and call your health care provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.
- **low blood sugar (hypoglycemia).** Your risk for getting low blood sugar may be higher if you use Victoza® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. In children who are 10 years of age and older, the risk for low blood sugar may be higher with Victoza® regardless of use with another medicine that can also lower blood sugar. **Signs and symptoms of low blood sugar may include:** dizziness or lightheadedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, and feeling jittery.
- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse.
- **serious allergic reactions.** Stop using Victoza® and get medical help right away if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue or throat, problems breathing or swallowing, severe rash or itching, fainting or feeling dizzy, or a very rapid heartbeat.
- **gallbladder problems.** Gallbladder problems have happened in some people who take Victoza. Tell your healthcare provider right away if you get symptoms of gallbladder problems which may include pain in the right or middle upper stomach area, fever, nausea and vomiting, or your skin or the white part of your eyes turns yellow.

The most common side effects of Victoza® may include nausea, diarrhea, vomiting, decreased appetite, indigestion, and constipation.

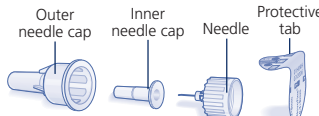


Directions For Use

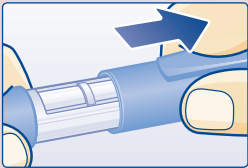
Victoza® Pen



Needle (example)



Preparing Your Pen



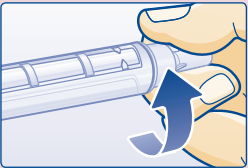
Take your new Victoza® pen out of the refrigerator. Wash hands with soap and water before use.

Check pen label before each use to make sure it is your Victoza® pen.

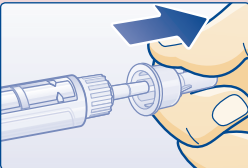
Pull off pen cap.

Check Victoza® in the cartridge. The liquid should be clear, colorless, and free of particles. If not, do not use.

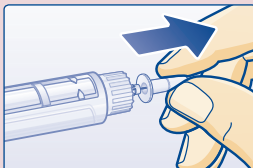
Wipe the rubber stopper with an alcohol swab.



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



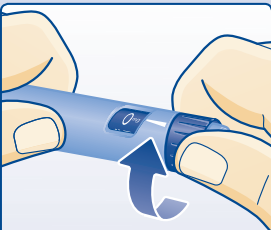
Pull off outer needle cap. Do not throw away.



Pull off inner needle cap and throw away. A small drop of liquid may appear. This is normal.


If this is the first time with a new pen, follow these steps

First-Time Use for Each New Pen



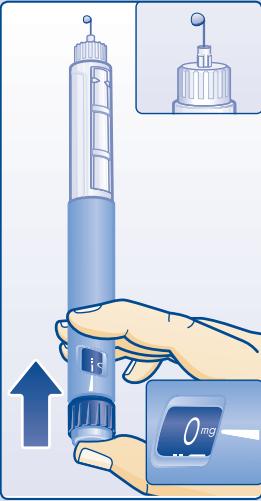
Flow check symbol selected

Turn dose selector until flow check symbol (↔) lines up with pointer. The flow check symbol does not administer the dose as prescribed by your health care provider. You only need to do this ONCE for each new pen and it is ONLY required the first time you use a new pen.



Hold pen with needle pointing up.

Tap cartridge gently with your finger a few times to bring any air bubbles to the top of the cartridge.



Keep needle pointing up and press dose button until 0 mg lines up with pointer. Repeat this up to 6 times, until a drop of Victoza® appears at the needle tip.


If you still see no drop of Victoza®, use a new pen and contact Novo Nordisk at 1-877-484-2869.

If you have already used your pen, follow these steps

After setting up a new pen, follow these steps


Routine Use and Injecting the Dose

Routine Use. Prepare your Victoza® pen for injection as described in the “Preparing Your Pen” section. The “First-Time Use for Each New Pen” section should only be performed when a new pen is used for the first time.



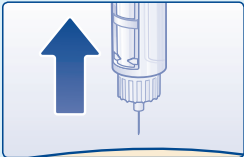
Dial the Dose. Victoza® pen can give a dose of 0.6 mg (starting dose), 1.2 mg, or 1.8 mg. Be sure that you know the dose of Victoza® that is prescribed for you. Turn the dose selector until your needed dose lines up with the pointer (0.6 mg, 1.2 mg, or 1.8 mg). You will hear a “click” every time you turn the dose selector. **Do not set the dose by counting the number of clicks you hear.**

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 Victoza® to come out.



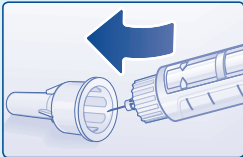
Injecting the Dose. Insert needle into your skin in the stomach, thigh, or upper arm. Use the injection technique shown to you by your health care provider. **Do not inject Victoza® into a vein or muscle.**

Press down on the center of the dose button to inject until 0 mg lines up with the pointer. Be careful not to touch the dose display with your other fingers. This may block the injection.



Withdraw Needle

You may see a drop of Victoza® 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.**



Carefully put the outer needle cap over the needle. Unscrew the needle. Safely remove the needle from your Victoza® pen after each use.

Place used needles in a closeable, puncture-resistant container. If your Victoza® pen is empty or if you have been using it for 30 days (even if it is not empty), throw away the used pen. You may use a sharps container (such as a red biohazard container), a hard plastic container (such as an empty detergent bottle), or metal container with a screw top (such as an empty coffee can).

Ask your health care provider for instructions on the right way to dispose of your used needles, pens, and the container. Do not throw the disposal container in the household trash. Do not recycle.