

Information on
RYBELSUS® Tablets:
prescription medication for
Type 2 diabetes
For more information please
contact your physician or
pharmacist.

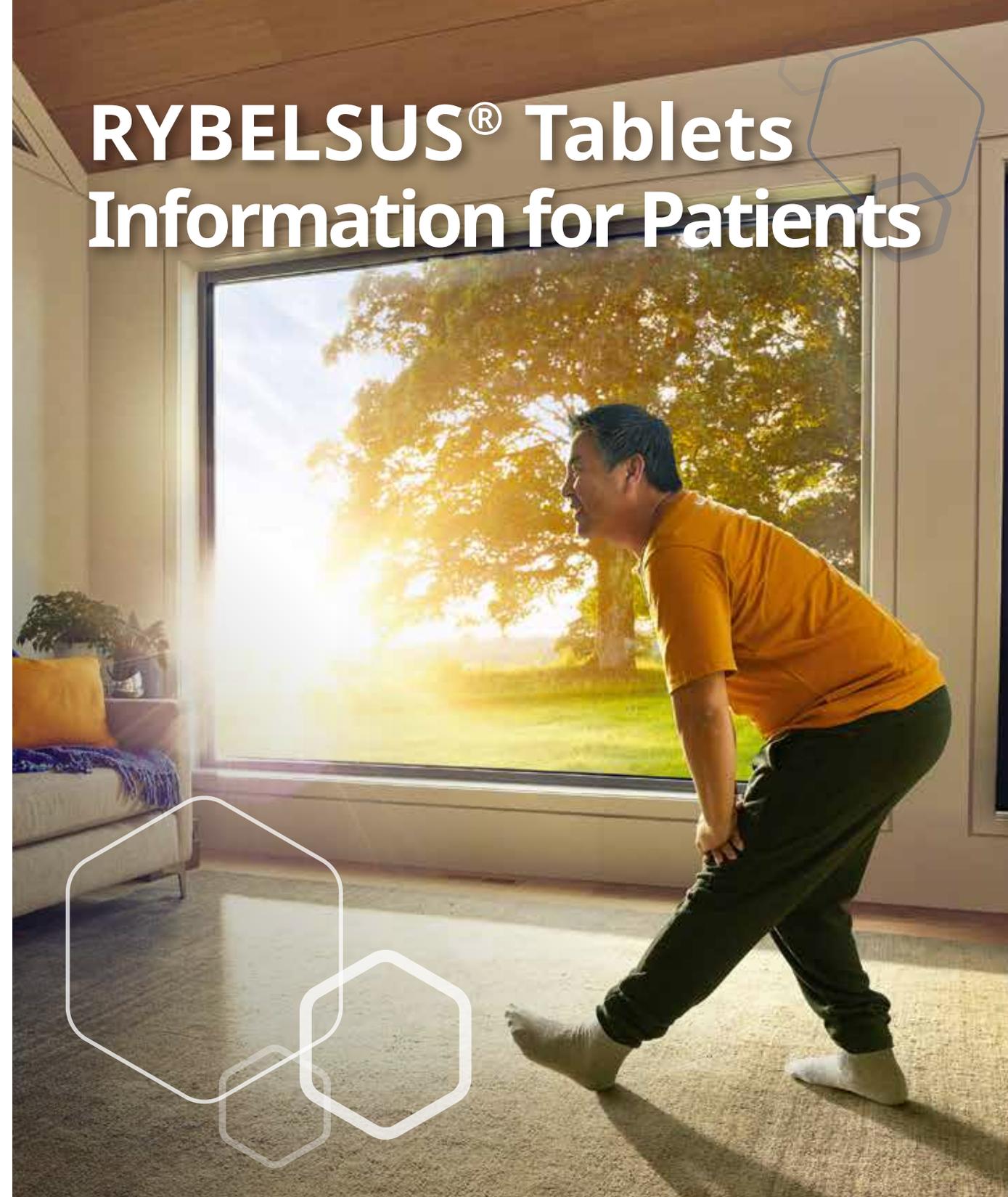
Name of medical care facility

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RYBELSUS® Tablets Information for Patients



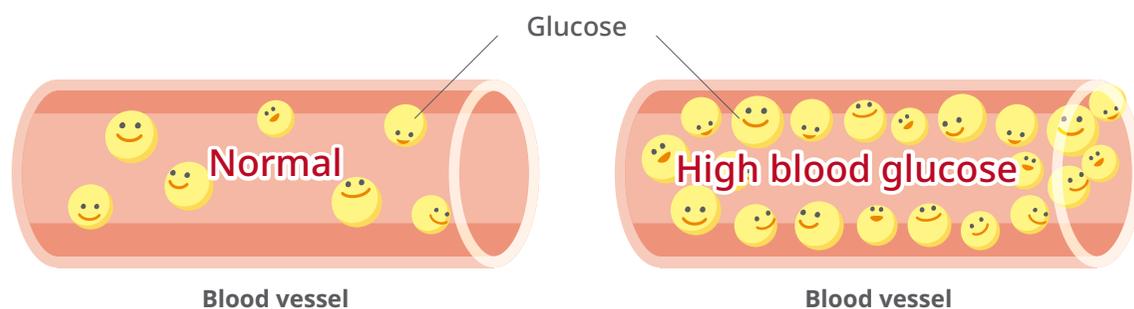
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INVENTING FOR LIFE


novo nordisk®

Type 2 diabetes is a medical condition in which the levels of glucose in your blood (blood glucose) remain high.

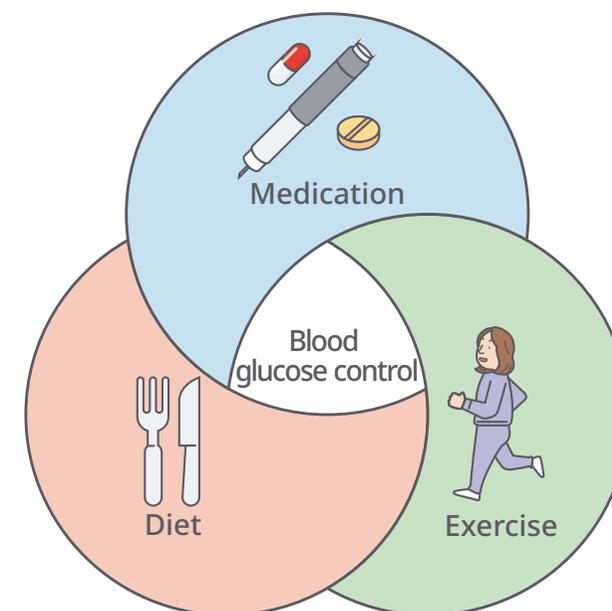
What is Type 2 diabetes?

- Type 2 diabetes is a medical condition where blood glucose levels remain high because of difficulty in producing insulin, a hormone to reduce blood glucose levels, from the pancreas or lack of insulin action.



Treating Type 2 diabetes

- In addition to diet and exercise, medication is tailored to the individual patient's condition.



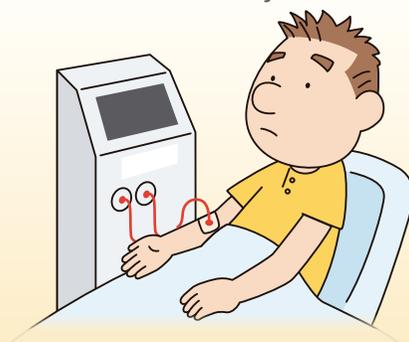
- If hyperglycaemia continues, the risk of complications increases. The main complications are microangiopathy and macrovascular disease.

Microangiopathy

Diabetic retinopathy



Diabetic kidney disease



Diabetic neuropathy



Macroangiopathy

Cerebrovascular disease (Stroke, etc.)



Coronary artery disease (Heart attack, etc.)

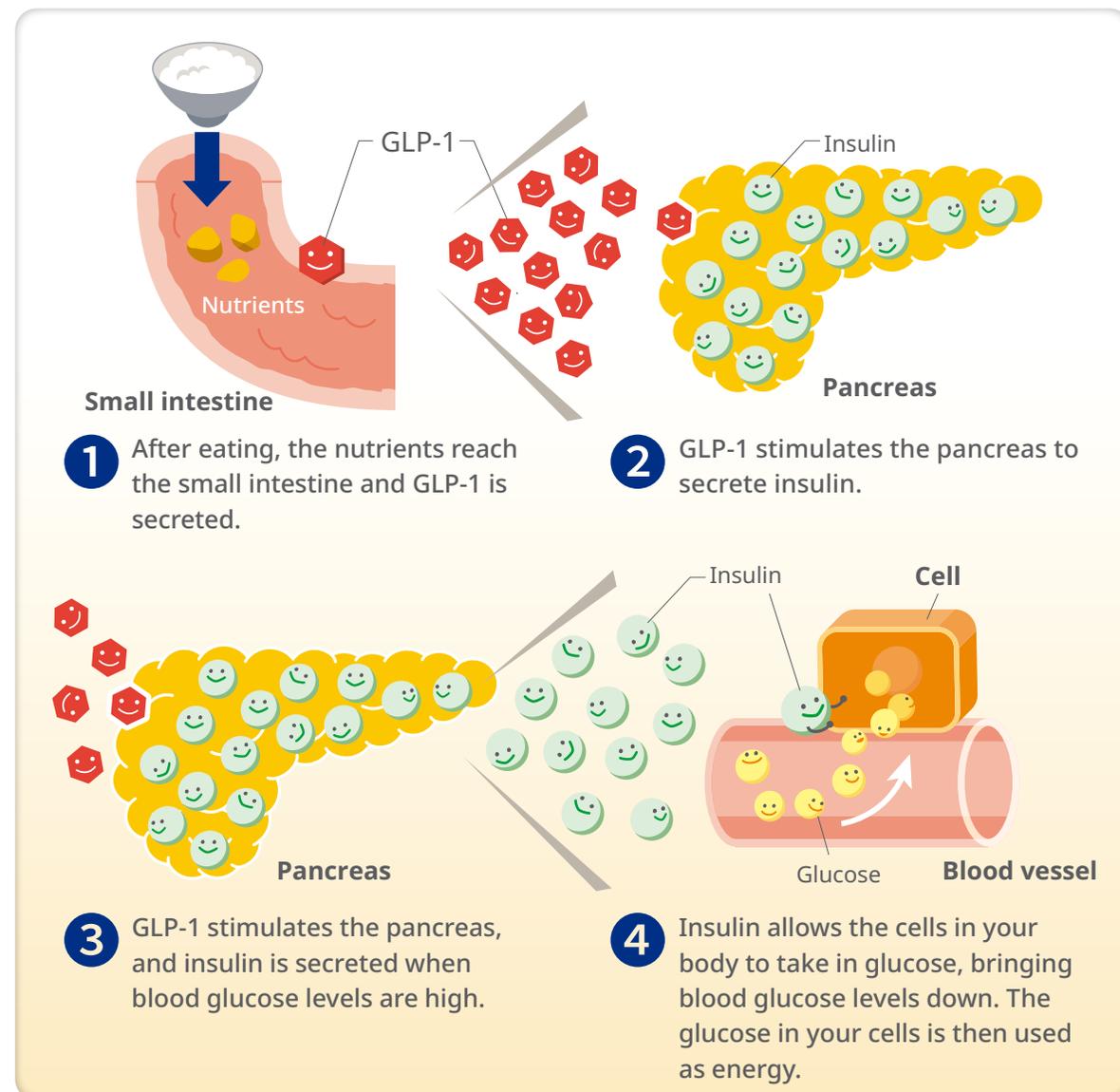


Let's keep your blood glucose levels as close to the target, prevent complications, and live a life like a healthy person.

RYBELSUS® mimics the GLP-1 hormone.

GLP-1

The GLP-1 hormone is native to our bodies. It is secreted from the small intestine when we have a meal. It stimulates the pancreas to produce insulin when blood glucose levels are high.

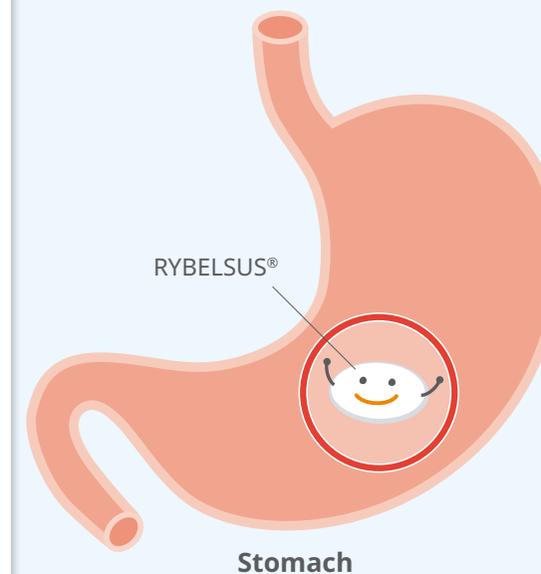


RYBELSUS®

RYBELSUS® mimics GLP-1. It stimulates the pancreas to produce insulin when blood glucose levels are high, helping to reduce blood glucose levels.

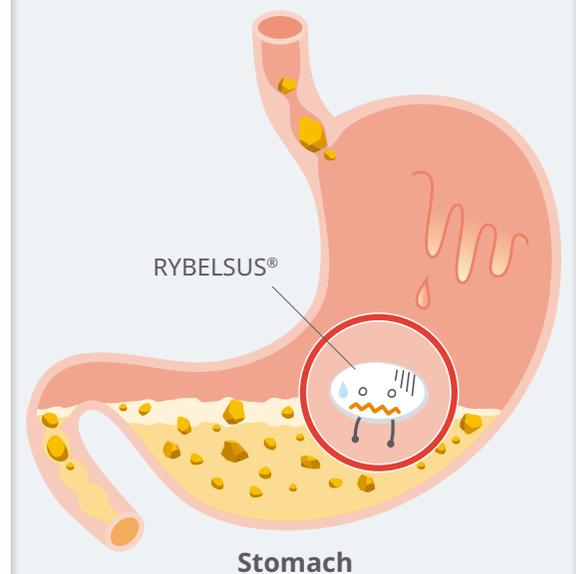
For RYBELSUS® to exert its effect, it is important to keep the stomach empty before and after taking it.

When RYBELSUS® is taken on an empty stomach



By taking RYBELSUS® on an empty stomach, the active ingredient gets absorbed by the stomach and exerts its effect.

When RYBELSUS® is taken before and after food or beverage



When there is food or beverage in the stomach, the active ingredient does not get absorbed, and RYBELSUS® is not able to exert its full effect.

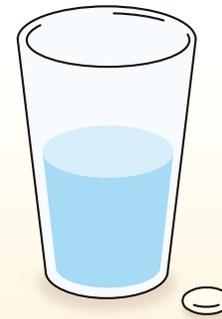
For details on taking and storing RYBELSUS®, see the next page. ●●●▶

For RYBELSUS® to exert its effect, it is important to take it and store it correctly.

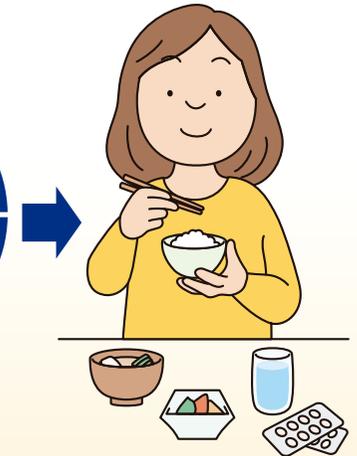
How RYBELSUS® works



Take on an empty stomach (before the first food or beverage of the day). We recommend taking it when you wake up.



Take One tablet with a small amount of water (no more than about 120 mL).



Any food, beverage, or other oral medications should be taken at least 30 minutes after taking it.

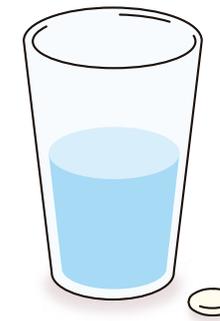
Precautions for taking RYBELSUS®



RYBELSUS® is easily affected by humidity and light. Do not open the blister pack until you are ready to take it.



Swallow the tablet whole. Do not cut, crush or chew the tablet.



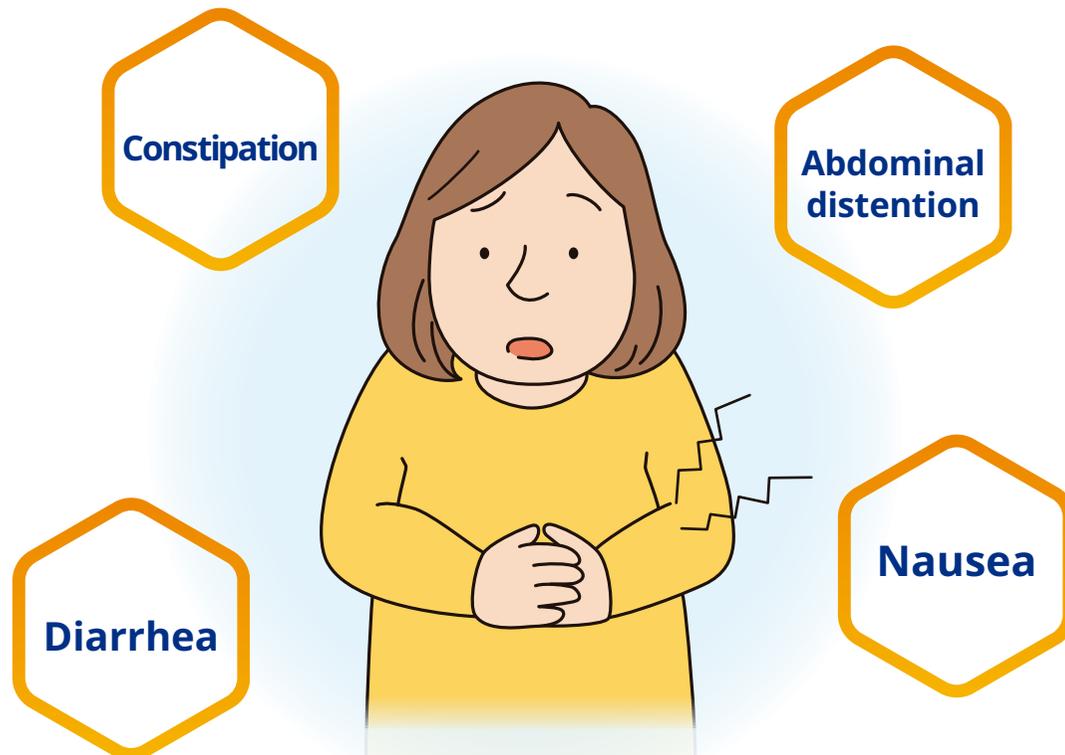
Take with a small amount of water (no more than about 120 mL). Do not take it with tea, coffee, swallowing aid jelly, or other beverages.

The most common side effects of RYBELSUS®

Gastrointestinal symptoms

Gastrointestinal symptoms such as stomach discomfort, constipation, or diarrhea may occur.

- If symptoms persist, consult your physician.
- In the event of severe persistent abdominal pain accompanied by vomiting, immediately discontinue use and see your physician.

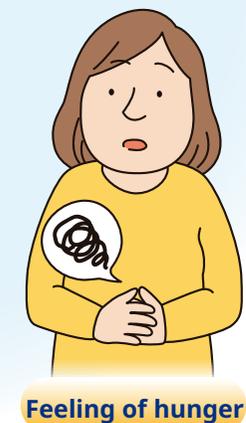


Hypoglycemia

Symptoms of hypoglycemia may occur. Your risk for getting hypoglycemia may be higher if you use RYBELSUS® with another anti-diabetic medications (sulfonylurea or insulin preparations, etc.).

- Always carry some food or beverage containing sucrose or glucose which can be taken in case of hypoglycemic symptoms.
- Take them if symptoms of hypoglycemia occur. (If you are taking RYBELSUS® with an alpha-glucosidase inhibitor, sucrose is not effective enough against hypoglycemia. Take some food or beverage containing glucose.)

Main symptoms of hypoglycemia



RYBELSUS® comes in 3 types. Take exactly as prescribed by your doctor.

- RYBELSUS® comes in 3 specifications: **3mg**, **7mg**, and **14mg**. The blister packs are color-coded to tell them apart.



Frequently asked questions



If the blister pack is torn, or the tablet is broken, can I still take it?

RYBELSUS® is sensitive to humidity and light. When the blister pack is torn and the tablet is stored in an exposed state, the proper effectiveness of RYBELSUS® could be altered due to humidity or light. Always take a fresh tablet which is stored correctly in the blister pack.



Do I need to take RYBELSUS® at the same time daily?

It does not have to be exactly the same time. Some variation is acceptable. It's important for you to take it on an empty stomach.



What should I do if I have missed a dose, or have had something to eat or drink before my dose?

Do not take it on that day. Take it on the following day on an empty stomach (before the first food or beverage of the day).



Can I take two 7 mg tablets instead of one 14 mg tablet?

No. Do not take more than one tablet at once. Doing so could alter the proper effectiveness of RYBELSUS®.