EVERWELL

EverWell Primary Care and Weight Management
Dr. Irawan's Office · Call or text (508) 770-6701
everwell360.com

How to Take Your Wegovy Pill

One pill every morning. It works best on an empty stomach, so the morning routine matters most.

Your morning routine

1

Wake up

Take the pill first thing, before any food or drink.

2

One pill, a sip of water

Swallow it whole with plain water, no more than 4 ounces (half a cup).

3

Wait 30 minutes

Then have breakfast, coffee and your other medicines.

✓ HELPFUL HABITS

- Take it at the same time every morning.
- Keep the bottle and a small cup by your bed.
- Set a phone reminder for the first few weeks.

✕ PLEASE AVOID

- Coffee, tea, juice or sparkling water with the pill. Plain water only.
- Splitting, crushing or chewing it.
- Taking more than one pill a day.

Missed a morning?

Skip it and take your next pill the following morning. Never take two to catch up.

Your dose goes up slowly

1.5 → **4** → **9** → **25 mg**

About every 30 days, only when we tell you. We can go slower if needed.

Storing your pills

Room temperature, in the original bottle with the cap closed. Keep it dry (not in a steamy bathroom) and away from children.

Feeling a little queasy?

Nausea is common at first and after each dose increase, and it usually eases. Smaller meals, stopping when you feel full and going easy on greasy foods help.

When to call us

CALL US OR GET CARE RIGHT AWAY

- Severe stomach pain that won't go away (stop the pill)
- Pain in the upper belly with fever, or yellow skin or eyes
- Vomiting or diarrhea that won't stop
- A sudden change in your vision

TELL US IF YOU

- Have surgery or sedation planned
- Take insulin or a sulfonylurea for diabetes
- Are pregnant, planning to be, or breastfeeding

Call 911 for swelling of the face, lips or throat, or trouble breathing.

Tips from the maker
Novo Nordisk's page on taking the Wegovy pill

Medication Guide
The full patient information

Questions? Call or text (508) 770-6701, or message us in Patient Gateway.

General information, not medical advice for your situation. Follow the Medication Guide that comes with your medicine. Reviewed November 2026. Wegovy is a trademark of Novo Nordisk; EverWell is not affiliated with or sponsored by Novo Nordisk, and the QR codes open Novo Nordisk's own websites.