

ASCEND PLUS tips to help with side effects

When taking the ASCEND PLUS study treatment you may experience side effects. The most common side effects of oral semaglutide relate to the digestive system, such as nausea, diarrhoea or vomiting (known as 'gastrointestinal symptoms'). These side effects mainly occur during the first weeks of treatment, are mostly mild or moderate, and usually only last a short time.

General tips if you experience gastrointestinal symptoms

Nausea or vomiting

- Stop eating when you are full
- Eat smaller portions – perhaps try a smaller plate
- Eat more slowly as you may feel fuller quicker
- Don't drink too much fluid with your meals if this makes you feel too full
- Avoid spicy foods – they can make symptoms worse
- Avoid foods with a high fat content – these go through the stomach more slowly
- If 30 minutes have passed since the last time you took your study treatment, eat foods which can ease the symptoms of nausea, e.g. crackers, mint, ginger

Diarrhoea

- Avoid products, including candy and gum, with sweeteners ending in “-ol,” such as sorbitol, mannitol, xylitol and maltitol
- Foods with higher fibre content may cause an increase in gastrointestinal symptoms. Temporarily reducing your intake of high fibre foods may help – these include:
 - Fruits such as apples, apricots, blackberries, cherries, mango, nectarines, pears, or plums
 - Vegetables such as artichokes, asparagus, beans, cabbage, cauliflower, garlic and garlic salts, lentils, mushrooms, onions, and sugar snap or snow peas
 - Grain and seed products, such as grain cereals, nuts, seeds, rice, barley, whole grain bread or baked goods

Note: Once your symptoms improve, you can try to increase the amount of higher fibre foods in your diet. Fibre is important for overall health.

You can contact the ASCEND PLUS Team for further advice:

- Telephone: +44 (0)1865 287 700 (office hours) or 0808 164 5090 (24-hour freephone number)
- By email: ascend-plus@ndph.ox.ac.uk