

## NHS BSW Prescribing guidance for Oral Semaglutide (Rybelsus® ▼)

Oral semaglutide is unique in that it is the first **oral** GLP1 receptor agonist.

- Like its subcutaneous formulation, oral semaglutide is indicated as an adjunct to diet and exercise for the treatment of adults with insufficiently controlled type 2 diabetes mellitus. **Semaglutide should not be used in patients with type 1 diabetes mellitus or for the treatment of diabetic ketoacidosis.**
- A BSW type 2 diabetes guideline will be available shortly on BSWformulary which will show the overall positioning of GLP1s in the treatment pathway for patients with type 2 diabetes.
- Oral semaglutide is included on BSWformulary for patients who are needle-phobic or physically unable to use an injection device and who are able to comply with the specific administration instructions (see below).
- Injectable GLP1s remain first line.
- Oral semaglutide has an **AMBER** Traffic Light Status (no shared care) - **considered suitable for GP prescribing following specialist initiation or recommendation**. The traffic light and positioning of oral vs injectable formulations will be reviewed by the [BSW APC](#) when there is established use and experience of this novel formulation.

### Administration information:

- **Tablets should be taken on an empty stomach, swallowed whole with ≤120ml of water (preferably a sip), and no food, drink or other oral medicines should be taken for up to 30 minutes after administration as this can decrease absorption of semaglutide.** Tablets must not be split, crushed or chewed.
- Oral semaglutide should not be included in a 'dosette' box as the SPC states that it should be stored in the original blister package in order to protect from light and moisture.

### Titration schedule:

The specialist is responsible for informing the patient that oral semaglutide requires dose titration over at least 3 months. Prescriptions should be issued monthly to ensure review and avoid wastage.

- **Starting dose 3 mg once daily** for one month.
- Increase to **maintenance dose of 7 mg once daily** for at least another month.
- Consider increasing to **max. dose of 14 mg once daily** to further improve glycaemic control.

### Monitoring and review:

Monitoring and patient review are broadly in line with injectable GLP1s. **Due to highly variable absorption, the manufacturer estimates 2-4% of patients may not respond to oral semaglutide.** To continue with treatment patients should demonstrate ≥3% weight loss/ ≥10 mmol (~1%) HbA1c lowering at specialist review at 3months, maintained at 6 months.

- Patients should be reviewed by the GP after 4 weeks and if tolerated increase dose to 7mg
- Patient should be reviewed by GP after 8 weeks and if indicated consider maximising dose to 14mg
- Patient should be reviewed by the diabetes specialist nurse or consultant after 12 weeks and again at 6 months to review patient weight and HbA1c and determine if continuation is appropriate.

### Adverse effects:

**Gastro-intestinal adverse effects** are common, especially in the first few weeks and may include nausea, vomiting, diarrhoea; patients should be advised to stay hydrated especially if they have kidney problems.

Severe and on-going stomach pain could indicate **acute pancreatitis** and patients should seek immediate advice. As with injectable GLP1s, taking a sulfonylurea medicine or insulin with Rybelsus® might increase the risk of **hypoglycaemia**. See [SPC](#) for full list of adverse effects.

### Specialist contact information:

<b>SFT Consultants/Nurse Specialists Contact via Secretaries</b>		
Consultants' secretaries	Phone	01722-429229
Advice & Guidance	Email	<a href="mailto:shc-tr.diabetes@nhs.net">shc-tr.diabetes@nhs.net</a>
<b>RUH Consultants/Nurse Specialists</b>		
RUH consultants (immediate advice)	Phone	Consultant Connect
RUH consultants (1-2 day advice)	Email	<a href="mailto:ruh-tr.endocrinediabetes@nhs.net">ruh-tr.endocrinediabetes@nhs.net</a>
BaNES DSNs (immediate advice)	Phone	07876 265064
BaNES DSNs (1-2 day advice)	Email	<a href="mailto:ruh-tr.communitydsn@nhs.net">ruh-tr.communitydsn@nhs.net</a>
Wiltshire DSNs (immediate advice)	Phone	01249 456483
Wiltshire DSNs (1-2 day advice)	Email	<a href="mailto:whc.diabetesnurses@nhs.net">whc.diabetesnurses@nhs.net</a>
<b>GWH Consultants/Nurse Specialists</b>		
GWH consultants (1-5 day response)	E-mail	<a href="mailto:Gwh.endocrinologyadvice@nhs.net">Gwh.endocrinologyadvice@nhs.net</a> <a href="mailto:Gwh.diabetessecretaries@nhs.net">Gwh.diabetessecretaries@nhs.net</a>
Swindon Community DSNs (1-2 day response)	E-mail	<a href="mailto:bswccg.communitydiabetesservice@nhs.net">bswccg.communitydiabetesservice@nhs.net</a>
Swindon Community DSNs (same day advice)	Phone	01793 696621
Swindon Community DSNs (immediate advice)	Mobile	07979 119974/ 07917 084000