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Wegovy doses: how much should I take?



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Wegovy (semaglutide) is a brand-name weight loss medication in the class of drugs called GLP-1 receptor agonists. If you want to minimize side effects and lose weight with Wegovy, using the right dose matters. Here, we give you a complete primer on Wegovy doses for [weight loss treatment](#) so you have the information you need.





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Available forms for Wegovy

[Wegovy](#) is one available form of a [GLP-1 \(glucagon-like peptide-1\) agonist medication](#) that uses the active ingredient semaglutide and is U.S. Food and Drug Administration (FDA)-approved for weight loss for people with a body mass index (BMI) of 30 or higher or 27 or higher and with a weight-related health problem. It's meant to be used with diet and exercise.

Wegovy's counterpart is Ozempic, which also uses the active ingredient semaglutide. Ozempic is FDA-approved to improve blood sugar (glucose) in adults with type 2 diabetes when used with diet and exercise. Both drugs are approved to lower the risk of major cardiovascular events, such as heart attack, stroke, or death in adults with type 2 diabetes with known heart disease.

There's no available generic for either medication. You can get [compounded semaglutide](#) at a compounding pharmacy. It's a custom-made medication that can be tailored to your specific needs or personal preferences. Before trying compounded semaglutide, talk to your provider about the potential risks and benefits.

When it comes to [Ozempic vs Wegovy](#), dosages are different. Wegovy comes in more doses and

most people use a higher maintenance dose, which leads to greater weight loss. In separate clinical trials:

- People on 2.4 milligrams of Wegovy each week and who didn't have type 2 diabetes lost 14.9% of their body weight over 68 weeks. That's 45 pounds for a person who initially weighs 300 pounds.
- People on 1 milligram of Ozempic each week and who did have type 2 diabetes lost 6% of their body weight in 56 weeks. That's 18 pounds for a 300-pound person.

Available doses of Wegovy

Wegovy comes in 5 different doses. Each dose is in a prefilled single-use pen. You take it just once each week. So for a month, you need 4 pens. You'll start at the smallest dose and work up to a maintenance dose.

Available Wegovy doses are:

- .25 milligrams per 0.5 milliliters
- .50 milligrams per 0.5 milliliters
- 1.0 milligrams per 0.5 milliliters
- 1.7 milligrams per 0.5 milliliters
- 2.4 milligrams per 0.5 milliliters

Each strength dose comes in a pack of 4 single-use pens and in a different color to help differentiate dose strengths.

You use a pen to inject yourself under the skin of your stomach, upper arm, or thigh each week.

Injecting tips

- Get instructions on how to inject yourself from your healthcare provider, pharmacist, or Novo Nordisk's Wegovy website.
- You can inject yourself in the same area each week but don't inject yourself in the very same spot each week.
- Inject yourself on the same day of the week each week.
- If you have trouble injecting Wegovy or medicine leaks onto your skin, choose a more firm injection area, such as your upper leg or arm instead of your stomach, or try standing up if injecting yourself in the stomach.



- You don't need to take Wegovy with a meal or snack.
- Wait for the yellow bar on the pen to stop moving before removing the pen from the injection site.

What is the starting dose and maintenance dose of Wegovy?

Wegovy, like type 2 diabetes and other [weight loss injections](#), has you start with the smallest dose and increase over time to a maintenance dose. You then increase your dose every 4 weeks until you reach a maintenance dose.

Starting at a smaller dose and stepping up every 4 weeks, lets your body adjust to each dose and can help minimize common side effects, like nausea, diarrhea, vomiting, constipation, stomach pain, indigestion, heartburn, gas, bloating, fatigue, or headache.

Wegovy doses chart

Weeks	Wegovy (semaglutide) dose
Weeks 1–4	.25 mg once a week
Weeks 5–8	.50 mg once a week
Weeks 9–12	1.0 mg once a week
Weeks 13–16	1.7 mg once a week 
Weeks 17+	2.4 mg once a week 

 Potential maintenance dose.

The target maintenance dose for Wegovy is 1.7 or 2.4 milligrams. Clinical studies show that people lose more weight on the 2.4-milligram dose than the 1.7-milligram dose. But, if you struggle to tolerate the 2.4-milligram dose, your healthcare provider may have you use a 1.7-milligram maintenance dose. If you don't tolerate the 1.7-milligram dose, your provider may have you stop taking Wegovy.

Dosage tips

- Don't increase your dose more than once every 4 weeks or as instructed by your provider. Increasing your dose too fast can increase the chance of side effects.
- If you have unpleasant side effects like nausea, eat smaller, more frequent meals; eat bland foods, like toast, crackers, or rice; avoid fat and fatty foods; stop eating when you feel full;

drink plenty of water, and don't lie down right after you eat.

What to do If you miss a dose of Wegovy

It's best to give yourself your Wegovy injection on the same day each week. Every Saturday for example. Taking it on the same day each week ensures you have a consistent amount of medication in your body and get the most out of it.

To make sure you take your dose on time, set a reminder with an alert on your smartphone or post a note somewhere you'll see it regularly — perhaps your bathroom mirror.

If you do miss a dose, here's what to do:

- If it's been **less than** 2 days since you missed your dose (48 hours), take the missed dose.
- If it's been **more than** 2 days (48 hours) since you missed your dose, skip it and take your next dose on the same day and time the next week.

Missed Wegovy dose sample chart

Time of your normal weekly dose	When to take your missed dose	When to take your missed dose if not taken within 48 hours
Saturday at 9:00 a.m	Anytime on or before Monday at 9:00 am.	Following Saturday 9:00 a.m. — the time of your normal weekly dose

Important! Never take 2 doses of Wegovy at the same time or within 2 days of each other. Taking too much is considered an overdose and can be harmful. If you miss 2 doses in a row, call your provider to talk about what to do.

What to do if you take too much Wegovy

Taking extra Wegovy won't make you lose more weight or lose weight faster, but it can cause serious side effects.

If for any reason you take 2 doses within 2 days (48 hours) of each other, call your healthcare provider or the Poison Control Center (1-800-222-1222) for advice on what to do.

How to change the day you inject Wegovy

It's easy to change the day you give yourself your Wegovy injection.

If you have been taking it on Saturday and want to change to taking it on Tuesday, skip your Saturday dose and take it on Tuesday. Then continue taking it on Tuesday each week after that.

When changing your injection day, just don't take 2 doses within 2 days (48 hours) of each other. So, if you want to switch from Saturday to Sunday, don't take it Saturday and the next day (Sunday), wait a full week and take it the following Sunday.

If you're adjusting your Wegovy injection day during travel, you may also want to know [how to travel with Wegovy](#) for handy storage tips.

How to get a prescription for Wegovy

You can only get a prescription for Wegovy when you [talk to a licensed healthcare provider](#), such as a medical doctor (MD), a registered nurse (RN), or physician assistant or physician associate (PA). You can find one of these providers and get a Wegovy prescription if you meet the criteria through a healthcare marketplace like [Klarity Health](#).

Your provider can create a tailored [weight loss plan](#) for you that may include a weight loss medication, and monitor your health and help manage side effects if needed during your weight loss journey.

If your provider starts you on Wegovy for weight loss, make sure you understand all possible side effects as well as the contradictions and warnings. You can get these from your provider, pharmacist, or on Wegovy's page on DailyMed.



Same-day weight loss consultations

Personalized care, prescriptions provided if appropriate, and real results—all online.

Start today

Find out if Wegovy is right for you

Get an online or in-office appointment with a weight-loss provider on Klarity Health in as little as 24 hours.* [Find a weight loss provider](#) today.

**Appointments are generally available within 24 hours. Free initial consultations are available only with select providers. Prescriptions, particularly for controlled substances, may require an in-person evaluation depending on the state of residence and current federal regulations.*

The information provided in this article is for educational purposes only and should not be construed as medical advice. Always seek the guidance of a qualified healthcare professional with any questions or concerns you have regarding your health. Providers on Klarity Health are independent practitioners with clinical autonomy. Nothing in this article is intended to diagnose or treat any condition, including guaranteeing prescription medication of any kind or dosage. Not all providers on Klarity Health prescribe all medications, particularly medications that are controlled substances.

If you're having a mental health crisis or experiencing a psychiatric emergency, it's crucial to seek immediate help from a mental healthcare professional, such as a psychiatrist, psychologist, or therapist. You can also call your local emergency services, visit your nearest emergency room, or contact a crisis hotline, such as the National Suicide Prevention Lifeline, by calling or texting 988 or dialing the Lifeline's previous phone number, 1-800-273-TALK (1-800-273-8255) in the U.S.



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If you're having an emergency or in emotional distress, here are some resources for immediate help:
Emergency: Call **911**. National Suicide Prevention Lifeline: call or text 988. Crisis Text Line: Text HOME to 741741.



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