

## DOCTOR DISCUSSION GUIDE

# How to discuss once-weekly Sogroya<sup>®</sup> with your child's provider



This guide is designed to support parents and caregivers who are either:

- ✓ **Just starting** growth hormone treatment and want to understand their options, or
- ✓ **Already on** growth hormone treatment and considering whether once-weekly Sogroya<sup>®</sup> might fit their family's lifestyle

### How to use this guide:

- **Download and print the guide**
- **Answer the self-reflection questions** to think about your child's current routine and whether Sogroya<sup>®</sup> might be a good fit
- **Bring the completed guide to your child's next appointment** to start a conversation with their doctor about treatment options and to see if Sogroya<sup>®</sup> might be right for your child

### What is Sogroya<sup>®</sup>?

- Sogroya<sup>®</sup> (somapacitan-beco) injection 5 mg, 10 mg or 15 mg is a prescription medicine that contains human growth hormone, the same growth hormone made by the body. Sogroya<sup>®</sup> is given by injection under the skin (subcutaneous).
- Sogroya<sup>®</sup> is used to treat children 2.5 years of age and older who:
  - are not growing because of low or no growth hormone
  - are short (in stature) and were born small (small for gestational age-SGA) and have not caught up in growth by age 2 years
  - are not growing and have Noonan syndrome
  - have Idiopathic Short Stature (ISS)
- Sogroya<sup>®</sup> is used to treat adults who do not make enough growth hormone

### Important Safety Information

#### Do not use Sogroya<sup>®</sup> if:

- you have a critical illness caused by certain types of heart or stomach surgery, trauma or breathing problems
- you have cancer or other tumors
- you are allergic to somapacitan-beco or any of the ingredients in Sogroya<sup>®</sup>
- your healthcare provider tells you that you have certain types of eye problems caused by diabetes

- you are a child with closed bone growth plates
- you are a child with Prader-Willi syndrome who is severely obese or has breathing problems including sleep apnea (briefly stopping breathing during sleep)

#### Before taking Sogroya<sup>®</sup>, tell your healthcare provider about all of your medical conditions, including if you:

- have had heart or stomach surgery, trauma, or serious breathing problems
- are taking replacement therapy with glucocorticoids
- have had cancer or any tumor
- have thyroid gland problems
- have diabetes
- have liver problems
- have adrenal gland problems
- are a child with a history of worsening of curvature of the spine (scoliosis)
- are pregnant or plan to become pregnant. It is not known if Sogroya<sup>®</sup> will harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant
- are breastfeeding or plan to breastfeed. It is not known if Sogroya<sup>®</sup> passes into your breast milk. You and your healthcare provider should decide if you will take Sogroya<sup>®</sup> while you breastfeed



Please see Important Safety Information throughout.  
Please [click here](#) for Prescribing Information.

ONCE-WEEKLY  
**SOGROYA<sup>®</sup>**  
somapacitan-beco  
injection 5mg | 10mg | 15mg

# If Your Child Is Just Starting Growth Hormone Treatment

## SELF-REFLECTION

Start by reflecting on these questions when considering a growth hormone treatment for your child:

- What are your goals for your child's growth?
- What is your family's daily routine?
- What are your priorities when considering a treatment plan? *(select all that apply)*
  - Flexibility
  - Effectiveness
  - Safety
  - Insurance coverage
  - Other: \_\_\_\_\_

Select any question that applies to you and your child. You can use these to guide a conversation with your child's provider about their treatment plan.

### QUESTIONS *(check all that apply to you and your child)*

#### Routines

Are you concerned that the injection routine could interfere with family activities or travel?

Does your child participate in many after-school activities or travel sports?

Is your child living in more than one home?

Are you caring for children with different routines and schedules?

#### Goals

Do you want a treatment that is prefilled and ready to go, with no cartridges and no reconstitution of medicine required?

Do you want a treatment that is portable and stable at room temperature (up to 77 °F) for up to 3 days (72 hours)?<sup>a</sup>

Does your child struggle with daily injections?

If you're considering Sogroya<sup>®</sup>, speak to your child's provider. [Learn more about once-weekly Sogroya<sup>®</sup>](#)

<sup>a</sup>The pen should be refrigerated (36 °F-46 °F). The pen can be taken in and out of a refrigerator as needed. The pen must be discarded 6 weeks after first use, or if it has been frozen, or in temperatures warmer than 86 °F. Keep Sogroya<sup>®</sup> away from direct heat and light.

## QUESTIONS TO ASK YOUR CHILD'S DOCTOR

If your child is just starting growth hormone treatment, these questions can help guide your conversation with their doctor or growth hormone coordinator about Sogroya<sup>®</sup>, a weekly growth hormone option

- Can you talk through the pros and cons of different treatment options?
- How are the different treatment options administered?
- Could Sogroya<sup>®</sup> be a good treatment option for my child?
- What are the requirements to get started on Sogroya<sup>®</sup>?

### Important Safety Information (cont'd)

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Sogroya<sup>®</sup> may affect the way some medicines work, and some medicines may affect how Sogroya<sup>®</sup> works.

### How should I use Sogroya<sup>®</sup>?

- Use Sogroya<sup>®</sup> exactly as your healthcare provider tells you to
- Use Sogroya<sup>®</sup> **1 time each week**



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# If Your Child Is Already on Growth Hormone Treatment

## SELF-REFLECTION

Start by considering these questions about your child's treatment experience:

- What stage is your child at in their growth hormone treatment journey?
- What are your priorities when considering a treatment? *(select all that apply)*
  - Flexibility
  - Effectiveness
  - Safety
  - Insurance coverage
  - Other: \_\_\_\_\_
- What concerns do you have about switching treatment? *(please select all that apply)*
  - How it works?
  - How long will it take to work?
  - Side effects
  - Insurance coverage
  - Device issues
  - Other: \_\_\_\_\_

Select any question that applies to you and your child. You can use these to guide a conversation with your child's provider about their treatment plan.

### QUESTIONS *(check all that apply to you and your child)*

#### Your Child's Current Treatment

Does your child ever miss a dose?

Are injections challenging for your child?

Do you struggle to fit injections into your family routine or schedule?

#### Routines

Do treatments interfere with family activities or travel?

Does your child participate in many after-school activities or travel sports?

Is your child living in more than one home?

Are you caring for children with different routines and schedules?

#### Goals

Have you considered a different treatment plan for your family?

Are there other issues with your child's treatment plan that are driving you to reconsider the treatment plan?

Has managing injections changed as your child grows?

If you're considering Sogroya<sup>®</sup>, speak to your child's provider. [Learn more about once-weekly Sogroya<sup>®</sup>](#)

## QUESTIONS TO ASK YOUR CHILD'S DOCTOR

If your child is already on daily growth hormone treatment, these questions can help guide your conversation with their doctor or growth hormone coordinator about what to expect when switching to Sogroya<sup>®</sup>

- Can you talk through the pros and cons of different treatment options?
- How are the different treatment options administered?
- Could Sogroya<sup>®</sup> be a good treatment option for my child?
- What are the requirements to get started on Sogroya<sup>®</sup>?

### Important Safety Information (cont'd)

#### How should I use Sogroya<sup>®</sup>? (cont'd)

- If you miss a dose of Sogroya<sup>®</sup>, the missed dose can be taken within 3 days (72 hours) after the scheduled dosing day. One-time weekly dosing for the next dose can be started again on the regularly scheduled dosing day
- If more than 3 days (72 hours) have passed, skip the missed dose, and take your next dose on the regularly scheduled dosing day
- Sogroya<sup>®</sup> pens are for use by 1 person only



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# Additional Resources

## Need help with coverage, savings, or support?

### NovoCare offers resources like:

- Insurance coverage verification
- Savings programs and co-pay assistance
- Injection training and educational support for eligible patients
- Personalized help from NovoCare specialists

[Visit NovoCare to explore these resources](#)

## Important Safety Information (cont'd)

### How should I use Sogroya®? (cont'd)

- **Do not share your Sogroya® pens and needles with another person, even if the needle has been changed. You may give another person an infection or get an infection from them**

### What are the possible side effects of Sogroya®?

#### Sogroya® may cause serious side effects, including:

- high risk of death in people who have critical illnesses because of heart or stomach surgery, trauma, or serious breathing problems
- increased risk of growth of cancer or a tumor that is already present and increased risk of the return of cancer or a tumor in people who were treated with radiation to the brain or head as children and who developed low growth hormone problems. Your or your child's healthcare provider will need to monitor you or your child for a return of cancer or a tumor. Contact the healthcare provider if you or your child start to have sudden changes in behavior, headaches, vision problems, or changes in moles, birthmarks, or the color of your or your child's skin
- new or worsening high blood sugar (hyperglycemia) or diabetes. You or your child's blood sugar may need to be monitored during treatment with Sogroya®
- increase in pressure in the skull (intracranial hypertension). If you or your child have headaches, eye problems, nausea or vomiting, contact the healthcare provider
- serious allergic reactions. Get medical help right away if you or your child have the following symptoms: swelling of your face, lips, mouth, or tongue, trouble breathing, wheezing, severe itching, skin rashes, redness, or swelling, dizziness or fainting, fast heartbeat or pounding in your chest, sweating
- your or your child's body holding too much fluid (fluid retention) such as swelling in the hands and feet, pain in your or your child's joints or muscles or nerve problems that cause pain, burning or tingling in the hands, arms, legs, and feet. Tell your or your child's healthcare provider if you or your child have any of these signs or symptoms of fluid retention
- decrease in a hormone called cortisol. The healthcare provider will do blood tests to check your or your child's cortisol levels. Tell your or your child's healthcare provider if you or your child have darkening of the skin, severe fatigue, dizziness, weakness, or weight loss
- decrease in thyroid hormone levels. Decreased thyroid hormone levels may affect how well Sogroya® works. The healthcare provider will do blood tests to check you or your child's thyroid hormone levels
- severe and constant abdominal pain. This could be a sign of pancreatitis. Tell your or your child's healthcare provider if you or your child has any new abdominal pain
- loss of fat and tissue weakness in the area of skin you or your child inject. Talk to your or your child's healthcare provider about rotating the areas where you or your child inject Sogroya®
- worsening of curvature of the spine in children (scoliosis)
- hip and knee pain or a limp in children (slipped capital femoral epiphysis). This may lead to a serious condition where bone tissue dies due to lack of blood supply (osteonecrosis). Get medical help right away if your child develops a limp or has hip or knee pain
- high risk of sudden death in children with Prader-Willi syndrome who are severely obese or have breathing problems, including sleep apnea
- increase in phosphorus, alkaline phosphatase, and parathyroid hormone levels in your blood. You or your child's healthcare provider will do blood tests to check this

### The most common side effects of Sogroya® in children

**include:** cough, common cold, diarrhea, ear infection, headache, fever, pain in extremity, reaction to injection, respiratory tract infection, and vomiting

### The most common side effects of Sogroya® in adults

**include:** back pain, joint pain, indigestion, sleep problems, dizziness, swelling of the tonsils (tonsillitis), swelling in the feet and hands (peripheral edema), vomiting, low cortisol levels (adrenal insufficiency), high blood pressure, increase in the level of an enzyme in your blood called creatine phosphokinase, weight gain, and low red blood cells (anemia)

[Find education, community, and support here](#)

**Do you want to hear stories from caregivers and patients just like you?**

[Read patient ambassador stories](#)

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