

Summary Public Assessment Report

Polidia (liraglutide)

SE/H/2771/001/DC

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Polidia
liraglutide

Solution for injection in pre-filled pen, 6 mg/ml

This is a summary of the public assessment report (PAR) for Polidia. It explains how the assessment was made and why the authorisation was recommended as well as the conditions of use. It is not intended to provide practical advice on how to use the product.

For practical information about the use of the product, patients should read the package leaflet or contact their doctor or pharmacist.

What is Polidia and what is it used for?

Polidia is used for weight loss in addition to diet and exercise in adults aged 18 and above who have

- a BMI of 30 kg/m² or greater (obesity) or
- a BMI of 27 kg/m² and less than 30 kg/m² (overweight) and weight-related health problems (such as diabetes, high blood pressure, abnormal levels of fats in the blood or breathing problems during sleep called 'obstructive sleep apnoea').

BMI (Body Mass Index) is a measure of your weight in relation to your height.

You should only continue using [Invented name] if you have lost at least 5% of your initial body weight after 12 weeks on the 3.0 mg/day dose (see section 3). Consult your doctor before you continue.

Polidia can be used as an adjunct to a healthy nutrition and increased physical activity for weight management in adolescents from the age of 12 years and above who have:

- obesity (diagnosed by your doctor)
- body weight above 60 kg

You should only continue using [Invented name] if you have lost at least 4% of your BMI after 12 weeks on the 3.0 mg/day dose or maximum tolerated dose (see section 3). Consult your doctor before you continue.

Polidia is indicated as an adjunct to healthy nutrition and increased physical activity for weight management in children from the age of 6 to <12 years with

- obesity (diagnosed by your doctor)
- body weight $\geq$ 45 kg

You should only continue using Polidia if you have lost at least 4% of your BMI after 12 weeks on the 3.0 mg/day dose or maximum tolerated dose (see section 3). Consult your doctor before you continue.

How does Polidia work?

Polidia is a weight loss medicine that contains the active substance liraglutide. It is similar to a natural occurring hormone called glucagon-like peptide-1 (GLP-1) that is released from the intestine after a meal. Polidia works by acting on receptors in the brain that control your appetite, causing you to feel fuller and less hungry. This may help you eat less food and reduce your body weight.

How is Polidia used?

The pharmaceutical form is solution for injection.

Please read section 3 of the package leaflet for detailed information on dosing recommendations, the route of administration, and the duration of treatment.

The medicine can only be obtained with a prescription in Sweden.

What benefits of Polidia have been shown in studies?

Studies have been limited to tests to determine that it is similar and bioequivalent to the reference medicine, Saxenda. Two medicines are bioequivalent when they produce the same levels of the active substance in the body.

What are the possible side effects from Polidia?

For the full list of side effects, see section 4 of the package leaflet.

For the full list of restrictions, see the package leaflet.

Why is Polidia approved?

It was concluded that, in accordance with EU requirements, the product has been shown to have comparable quality and is considered to be similar to the reference medicine. Therefore, the Swedish Medical Products Agency decided that, as for Saxenda, the benefits are greater than its risks and recommended that it can be approved for use.

What measures are being taken to ensure the safe and effective use of Polidia?

A risk management plan has been developed to ensure that the product is used as safely as possible. Based on this plan, safety information has been included in the summary of product characteristics and the package leaflet, including the appropriate precautions to be followed by healthcare professionals and patients.

Known side effects are continuously monitored. Furthermore, new safety signals reported by patients/healthcare professionals will be monitored/reviewed continuously as well.

For more details, please see the full PAR for Polidia on the following website: [MRI - Home](#).

Other information about Polidia

The full PAR for Polidia can be found on the following website: [MRI - Home](#). For more information about treatment with Polidia, please read the package leaflet or contact your doctor or pharmacist.

This summary was last updated in 2026-05.