

# Injection Instruction sheet and FAQ

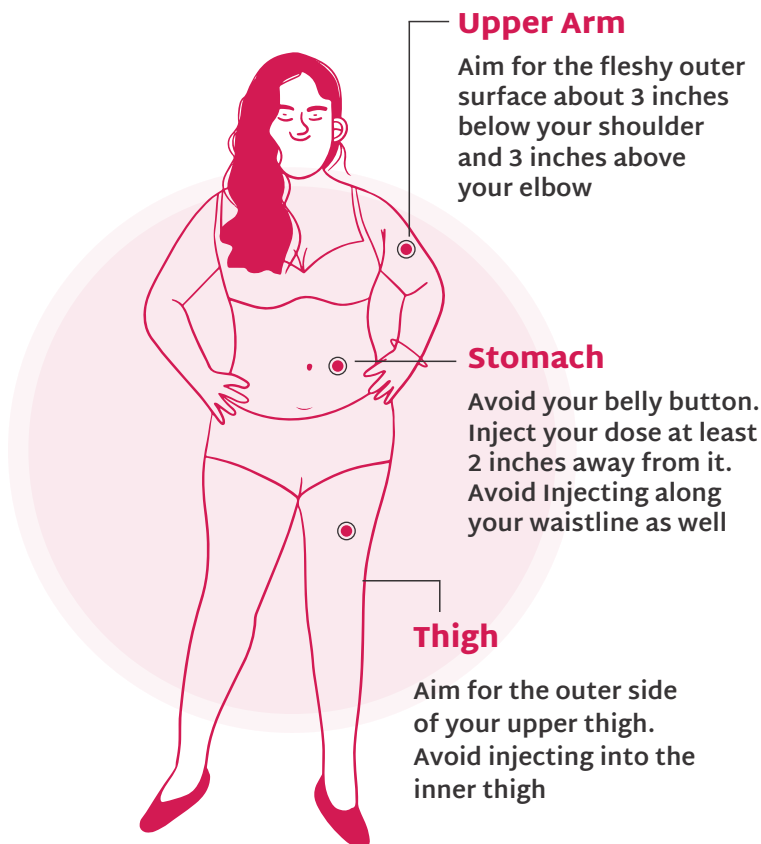


## Supplies you will need:

- **Alcohol Wipes:** These are required to sanitize the injection site prior to medication administration
- **Syringe & Needle:** These will be sent to you with your medication in most states, some states do not allow mail shipment of syringes/needles

## Recommended injection sites:

- **Lower stomach, upper arm, thigh (any thick, fatty area of your skin)**
- **Avoid areas that are injured, swollen or scarred**



## Step 1:

Clean the area thoroughly with provided alcohol wipe, to prevent potential infections. Allow the area to dry completely before injecting medication.

## Step 2:

Remove cap off of syringe, insert needle into vial. Angle syringe at 45 degree angle and draw back on the plunger until the appropriate number of units (as indicated on medication label) is drawn into the syringe. Make sure no air bubbles are present in the syringe to ensure accurate dosing.

## Step 3:

Pinch a fold of skin near the sanitized injection site to ensure easy injection and reduce pain.

## Step 4:

Quickly insert the needle into the skin and start pressing down on the plunger. Once the syringe is completely empty, you are done injecting.

## Step 5:

Remove needle from skin. Place the cap back on the syringe and dispose of safely.

## Step 6:

Clean the area again with an alcohol swab, place a band-aid if necessary.



# Other considerations & FAQs

- Injections are done once weekly, on the same day of each week, at any time of day, with or without meals
- Most patients report minor swelling around injection site that is usually self limiting within 48h. Often alleviated with over the counter benadryl or other antihistamines.
- Different pharmacies have different concentrations of the medications. In some instances, for higher doses, two syringes may be required to complete your dose (For example: 10 mg dose could be equivalent to 150 units. Each syringe only holds max 100 units) For these instances, make sure to use two separate syringes (one syringe with 100 units, 2nd syringe with 50 units to complete 150 unit dose) to complete dose, do not re-use the same syringe twice. Introducing a used needle back into the vial increases the rate of infection.
- Rotate injection sites weekly to prevent skin irritation
- If changing admin days, wait at least 72h between doses
- For missed doses: if its been > 4 days, skip your dose until the next week.



## If you experience any of the following, contact a medical professional or seek evaluation:

- Allergic reaction around injection site (hives, severe itching)
- Redness or swelling around the injection site
- Persistent bleeding lasting longer than 10 minutes
- Severe pain or discomfort around injection site
- Generalized itching, trouble breathing



# Frequently Asked Questions

## **Q. Why is there so little medication in the vial?**

Your medication vial will contain only a small amount of fluid. Please follow the instructions on the medication label to draw up the appropriate number of units as directed. You will be injecting a certain number of units that are measured on the syringe. Be advised that the number of units does not correspond to the number of milligrams of the drug, as the concentration of the medication can vary between pharmacies. Don't worry, there is sufficient medication in your vial for 4 doses (one month supply)!

## **Q. How soon will I start losing weight?**

Results vary from individual to individual. The maximum potential for weight loss requires over a year, however most people start noticing weight loss in the first 2-4 months. Results also vary based on the amount of calories consumed, participation in physical activity, as well as certain genetic factors. Each individual requires an individualized treatment plan to determine what dosage is effective for you.

## **Q. How should I store the medication and how long is it good for?**

The vials should be stored in the refrigerator (between 36-45 degrees). Each vial contains a one month supply of medication. Follow the BUD (beyond use date) listed on your vial to determine the expiration date. It is not recommended to use the medication after this date. Once a medication has been used, do not use it if left at room temperature for more than 4 hours. If the vial has not yet been used, it can remain at room temperature for up to 72 hours.

## **Q. What if I become pregnant or plan to become pregnant?**

It is not recommended to take semaglutide/tirzepatide while pregnant or if you are trying to become pregnant. Stop medication immediately if you become pregnant.

## **Q. What are some common side effects of the medication and how can I manage them?**

The most common side effects are: nausea, stomach upset, constipation and fatigue.

To avoid nausea and stomach upset: eat smaller meals and stop eating once you feel full. Avoid meals high in fat and sugar. If your nausea persists despite this, we can provide you with a prescription for an anti-nausea medication.

To avoid constipation: Adhere to a high fiber diet (fruits/vegetables, oatmeal etc). You can also consider adding fiber supplements into your diet (ex. Metamucil, Benefiber). If constipation persists, you can take over the counter Miralax, (mix 1 cap full in a large glass of water, once a day). Limit caffeine and carbonated beverages as this can precipitate constipation.

