



GLP-1 MEDICATION WHAT YOU WILL RECEIVE



Vial of Medication
Refrigerate the vial



Medication Syringes



Alcohol Swabs

DOSING AND STEP-BY-STEP INSTRUCTIONS

Step 1 Gather supplies (Medication vial, insulin syringe, alcohol swab).

Step 2 Clean the top of the vial with an alcohol swab.

Step 3 Insert the medication syringe at a 90° angle into the vial and turn the vial upside down. Draw up the exact number of units prescribed by your medical provider.

Step 4 Clean your injection site (abdomen, thigh, or back of the arm) with an alcohol swab.

Step 5 Pinch the skin at the site. Inject the medication at a 90° angle.

Step 6 Dispose of the syringe in a sharps-approved container. Return the vial to the refrigerator.

DOSES

GLP-1 medication starter dosage is 25 Units.

Increase dose 10 Units at a time of GLP-1 medication weekly if needed.

Fat burner is always 100 Units weekly.

BEST PRACTICES

- Always follow the dosing instructions on your prescription label. The Fat burner is always 100 Units weekly.
- Administer one injection weekly, ideally on the same day and time each week.
- Eat before your injection or within one hour afterward to help minimize side effects.
- Keep the vial always refrigerated.
- If you experience severe side effects, call your local clinic immediately.

Questions? We're here to help every step of the way 786.919.2727.

Medication Specific Questions

I was not home/left my package outside/forgot to retrieve my package with GLP-1 medication. I put it in the refrigerator as soon as I discovered it. Is it still good to use?

All medications should be refrigerated when they are received. Shipped GLP-1 medication can generally be left out of the refrigerator (up to 86°F or 30°C), for 21 to 56 days, depending on the specific medication, after which they must be discarded.

What are some side effects from GLP-1 medications?

Gastrointestinal upset, headache, fatigue, and dizziness. Most of these symptoms can be minimized with adequate hydration, electrolyte replacement and vitamins. Options have lipotropic injections as well as vitamins, supplements, and stool softeners to help any side effects. Rest may also be helpful. For a headache, acetaminophen or ibuprofen is useful.

I missed my GLP-1 injection. What should I do?

Less than 2 days have passed: inject NOW.

More than 2 days have passed: WAIT. Take **ON** your next scheduled weekly injection day.

I am experiencing side effects after starting GLP-1 or increasing my dose. How long will it last?

Most side effects occur after the initial dose and can last as long as the second dose. Most side effects lessen over time.

What happens if my side effects do not subside?

You may decrease your dose back down to a tolerable level that still allows weight loss and try to increase more slowly. Alternatively, your medical provider may increase the period in between injections.

How long will GLP-1 last in my body?

The half-life of GLP-1 in the body is 7 days. The medication can take up to 80 days to metabolize completely out of the body.

I just started GLP-1 but I'm still hungry. Is the medication working?

The medication is started at a low level and increased up slowly. This allows the body time to adapt and tolerate the medication while minimizing side effects. You can increase the dose 10 units at a time weekly if you are experiencing hunger at lower doses or towards the end of the 7 days.

I have reached my goal weight on GLP-1 or no longer meet FDA criteria. What is the next step?

Continue onto the GLP-1 maintenance program with 1-2 injections per month. Studies show, patients steadily gain weight back over the years without maintenance.

I noticed some hair loss since beginning GLP-1 injections. Is this normal?

Yes, hair loss is normally temporary with weight loss. Some patients will lose hair because of decreased caloric intake, specifically 900 calories or less. Taking biotin supplemental or injections can help minimize hair loss.