

SEMAGLUTIDE & TIRZEPATIDE OVERVIEW

What are Semaglutide & Tirzepatide?

Semaglutide & Tirzepatide are medicines that reduce weight, diabetes, heart disease, strokes, some cancers, blood pressure, cholesterol, inflammation, addictions, kidney failure, and death. They may also reduce Parkinson, Alzheimer's, and memory loss.

How do Semaglutide & Tirzepatide cause weight-loss?

Semaglutide and Tirzepatide mimic your natural hormones that regulate your appetite and food intake. They make you feel full sooner and longer which leads to lower food intake.

How to take and what if you miss a dose

Semaglutide & Tirzepatide are self-injected weekly in your body fat either in your abdominal area or thigh. Here's a video on how: <https://www.youtube.com/watch?v=zfvV96b07bU> Do NOT inject into your muscles (intramuscularity) or veins (intravenously). If you miss a dose, take as soon as possible. Then reset your weekly inject-day to be 7-days from that injection.

Dosage and Frequency

Self-inject once a week on the same day each week, any time of the day, with or without food. Semaglutide dosage starts with .25mg per injection for first month, followed by .50mg per injection during the 2nd month, then titrate up .25mg every 4 weeks as needed up to a maximum of 2.4mg. Tirzepatide starts with a weekly dose of 2mg, then titrate up 2mg a month up to a maximum dosage of 15mg. It is extremely important NOT to miss a dose as your hunger will come back within 10 days of your previous injection.

How to store

Store in the refrigerator between 35° F to 46° F. Refrigerated pre-filled syringes kept in the dark are good for up to 2 months. Unopened refrigerated vials are good for up to 6 months. Once punctured, properly discard any unused medication after 60 days. Dispose used syringes in a Sharps container or an empty soda or milk container with a screw on lid. Do not flush unused medications or pour down the sink or drain. Keep all medicines out of the reach of children.

Key warnings and precautions

Do not use if you or your family have had medullary thyroid carcinoma (cancer) or if you have Multiple Endocrine Neoplasia Syndrome Type 2. In studies with rodents, medicines like Semaglutide caused thyroid tumors and cancer in rodents. It is not known if Semaglutide or Tirzepatide cause thyroid tumors in people. Let your healthcare provider know if you get a lump or swelling in your neck, trouble swallowing, shortness of breath, or hoarseness.

Tell your provider if you have pancreas or kidney issues, type 1 or type 2 diabetes, or diabetic retinopathy.

Do not take Semaglutide or Tirzepatide if you are pregnant or plan to become pregnant or if you are breast-feeding.

Do not take either medication if you are allergic to any components of this medicine. Take Semaglutide & Tirzepatide with an epi-pen on hand and a friend who can administer it if needed. Immediately stop taking and seek medical attention if you have any signs of a severe allergic reaction such as rash or hives, or any swelling of the face, tongue, or throat, or any signs of trouble breathing.

Give your provider a list of all the medicines, non-prescription medicines, supplements, and herbs you use. Also tell your provider if you smoke, drink alcohol, or use illegal drugs. These may interact with your medicine. This is not a total list of warnings. Reach out to your provider with any questions.

What you should monitor

Take our comprehensive 3D Body Composition analysis periodically to check for adequate body-water, proteins, minerals, and metabolic rate. Also take a Comprehensive Metabolic Panel and Thyroid Panel on a quarterly basis. Give the results to your provider.

Possible side-effects.

Common side effects for both medicines include nausea, vomiting, diarrhea, constipation, stomach pain, fatigue, headache, upset stomach, dizziness, bloating, stomach gas, burping, and heartburn. Serious side effects include pancreatitis, gallstones, low blood sugar (hypoglycemia), kidney problems, changes in vision for people with type 2 diabetes, increased heart rate, depression, and suicide thoughts. This is not a complete list. Contact your provider if you experience any serious or unusual side effects or you have any questions.

In general

Do not share or take anyone else's medicine. Talk with your healthcare provider before starting any new medicine, including OTC products, natural products, or vitamins. If you would like to request a medical consultation, call (470) 474-1000.