

Side-Effects & Responses

Possible side-effects and suggestions

1. Nausea and/or vomiting (see below).
2. Constipation: Water. Fiber in food. Fruit. Prunes. Coffee. Probiotics. Low-dose Collagen powder. Magnesium. Fiber powders with water. Stool softener. Last: MiraLAX or Dulcolax or equivalents.
3. Diarrhea: Water. Bland food. Rest. Smaller portions. Probiotics. Avoid: Fried, spicy, & undercooked food. Avoid tap water & coffee. Last: Imodium or Kaopectate or equivalents.
4. Gas, indigestion, stomach pain: Lemon water. Peppermint & chamomile tea. Ginger tea or ale. Apple cider vinegar. Try GasX, Pepto-Bismol, Kaopectate, or equivalents.
5. Tiredness: Increase sleep, naps, relaxation. Water. Bland foods. Caffeine (up to 3pm and 3 servings daily). Exercise. Lower alcohol. Address allergies. Reduce stress. Sit less. Iron, potassium, & magnesium. See doctor if persists. Tiredness usually subsides after a few weeks as you adapt to less food.
6. Dehydration: Drink plenty of water. Add electrolyte powder or drinks.
7. Heartburn: Smaller portions. Identify & reduce personal triggers. Reduce coffee, carbonated drinks, citrus, fatty & spicy foods, tomatoes, peppers, raw onions. After eating avoid bending down, lying, or exercise. Don't eat 3 or less hours before bed. Raise upper body when sleep. Try Heartburn & Gas Chews, Pepcid, or equivalents. See physician if chronic, strong, or persists.
8. Bruising at injection site: After injection, release pinching and apply pressure for 30 seconds. Try Arnica cream or gel (30-35%). Follow all injection instructions.
9. Hair loss: Increase protein & sleep. Add Protein & Collagen powder. Biotin. Rosemary oil. Reduce stress.
10. Pain when inject: Warm syringe to body temperature. Apply lidocaine to site 20-minutes before.
11. Lose muscle and shape: Do resistance training. Weights. Pilates. Bands. [Our Living Room Gym](#).
12. Slower metabolism: Do resistance training. Weights. Pilates. Bands.
13. Wrinkles & blemishes: Use our [Replace MedSpas](#) items or routine to exfoliate & moisturize with skin scrubbers, salicylic acid, retinol, hyaluronic acid, collagen, ceramides, moisturizers, & sunscreens.

How to treat nausea & vomiting (in order)

1. Drink plenty of water.
2. Eat bland, low-fat foods (crackers, toast, rice) with water.
3. Eat water-based foods (soup, gelatin).
4. Avoid laying down after eating.
5. Go outdoors for long walks & fresh air.
6. Try one or more of the above suggestions for Constipation and Gas.
7. The nausea should slowly lessen and fade away.
8. If severe, take OTC Nauzene or Dramamine 1-2 hours before and/or after injection.
9. To avoid nausea & vomiting, eat less food and slower.

Supportive Behaviors

1. Drink plenty of water. Do not worry about "water-weight."
2. Add electrolyte powders or drinks to replenish minerals. Careful: Too much sodium can make you vomit.
3. Take our monthly 3D Body Scan to monitor your minerals, proteins, and body-water.
4. Read our Information Sheet at [MedPure.com: How To Eat on Weight-Loss Meds](#).
5. Get regular medical checkups and quarterly Metabolic & Thyroid Tests.
6. Read and follow other Do's & Don'ts on the [Members page](#) of MedPure.com.

If you have any questions or requests, call us at (470) 474-1000.