



Weight Loss Injection Instructions

We are excited that you have decided to pursue this journey of weight loss to better your health and self-confidence. As discussed at your appointment, I have customized the dosing of your medications to fit your current needs, and we will work together to help you achieve your personal weight loss goals.

When self-injecting your weekly GLP-1, I suggest rotating your injection sites in your abdomen. This is a subcutaneous injection, so it does not need to be deep. Prep the area, you plan to inject, with the provided alcohol wipe. Allow the area to air dry (a few seconds). Pinch up injection site between your fingers. Insert needle into prepped area at a 90-degree angle to skin to hub of needle then press the plunger, till the syringe is empty, and remove the needle. If you have any bleeding from the injection site, you can apply a band-aid to area until bleeding has stopped.

Your weekly Bioboost (*aka: Skinny Shot-Vitamin B*) is an intramuscular injection. While sitting in a chair, lift and extend your leg straight forward to find your muscle. Relax your leg and pinch the muscle area and follow the same injection process above. If you feel uncomfortable putting it intramuscular you can inject it subcutaneously in the same manner that you did with your GLP-1 injection. Make sure to do it on the opposite side from where you administered your GLP-1 injection.

Common side effects of these medications can include nausea, constipation, and fatigue. I strongly advise you to purchase (over the counter) Magnesium Citrate and take 500mg to 1000mg per day to decrease the chances of constipation. If you experience nausea please let us know and I can send in a prescription of Zofran to your pharmacy. This should be used only if you have nausea that does not subside with hydration and a snack. Often times, patients can forget to eat due to appetite suppression.

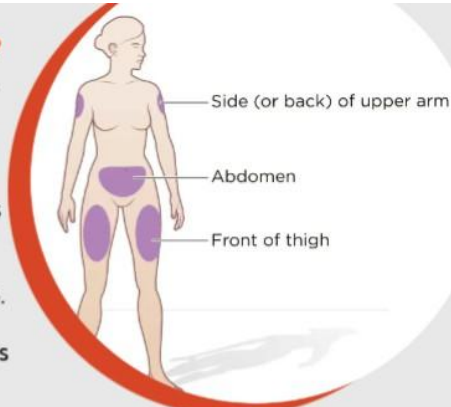
Due to the appetite suppression, it is also common that one does not intake adequate amounts of protein. Please do your best to obtain a minimum of 60 grams of protein per day. This will help to ensure you are burning fat and not muscle.

****Note:** After you have used your syringe, please dispose the needle in a safe/proper place. If placing the syringe in the garbage, please ensure cap is securely placed back on needle. You may, also, remove the needle from the syringe and dispose of the plastic syringe in normal garbage. You can obtain a sharps container off of amazon and/or at pharmacy stores. Only the needle needs to be inserted into the container. Once your container is full, close it (per the container instructions) and use a strong tape (wrap around container) to ensure secure closure and dispose of in normal trash.



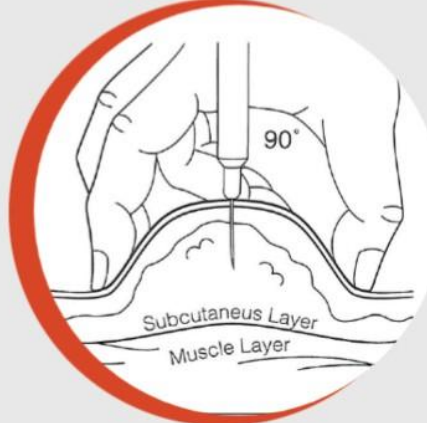
WHERE CAN I INJECT MY SHOTS?

- Upper Arm: On the back of the middle part of the arm, halfway between the elbow and shoulder.
- Abdomen: Below the waist, to just above the hip bone, and from the where the body curves at the side about 2" from the middle of the abdomen.
- Thigh: Find the area between the knee and hip. The middle of the thigh, from mid-front to mid-side, on the the outside part of the thigh is safe area.



HOW DO I INJECT THE MEDICATION?

1. Wash your hands.
2. Use the alcohol wipe to clean the area where you plan to give the shot. Let it dry.
3. Use your writing hand to grasp the syringe. You can take the shot at a 90° angle.
4. With your opposite hand grasp about 2" of skin and insert the syringe in the pinched skin..
5. Once the needle is in all the way in, push the plunger down and slowly inject the contents of the syringe.
6. Remove the syringe the same angle you inserted it and place the cap over the needle.
7. Dispose in a plastic bottle with a closing lid.



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