

PHI CLINIC - Weight Management Program

Informed Consent – Semaglutide / Tirzepatide (GLP-1 / GIP Therapy)

Patient Name:

DOB:

Address:

Driver License#:

Phone:

Email:

Medications

Semaglutide (Wegovy®, Ozempic®, or compounded equivalent)

Tirzepatide (Zepbound®, Mounjaro®, or compounded equivalent)

Purpose

I understand that **semaglutide** and **tirzepatide** are injectable medications used as part of a comprehensive weight management program that includes dietary modification, physical activity, and ongoing medical supervision. The goal is weight reduction and improvement of metabolic health.

Mechanism of Action

Semaglutide: GLP-1 receptor agonist that reduces appetite, delays gastric emptying, and improves insulin regulation.

Tirzepatide: Dual GLP-1 and GIP receptor agonist that enhances appetite suppression and metabolic control.

Expected Benefits

Gradual and sustained weight loss

Reduced appetite and food cravings

Improved insulin sensitivity and glycemic control

Possible Side Effects

Common: Nausea, vomiting, diarrhea, constipation, abdominal discomfort, bloating, fatigue.

Serious (rare): Pancreatitis, gallbladder disease, severe gastrointestinal symptoms, allergic reactions.

Contraindications

I have informed my provider if I have a history of:

Medullary thyroid carcinoma or MEN2

Pancreatitis

Severe gastrointestinal disorders (e.g., gastroparesis)

Pregnancy or breastfeeding

Treatment Plan:

Medication administered once weekly by subcutaneous injection

Gradual dose escalation to reduce side effects

Periodic monitoring of weight, vitals, and labs

Lifestyle modification is essential for success

Patient Responsibilities

Report side effects promptly

Avoid use with other GLP-1 medications unless directed

Follow dietary, hydration, and follow-up recommendations

Acknowledgment

I understand the risks, benefits, and alternatives and consent to treatment.

Patient Name:

Date:

Signature:

Provider:

Date:

Signature: