



Tirzepatide Side Effect Management & Supportive Therapy

Anticipated Side effects

Nausea

To minimize nausea -have smaller frequent meals and decrease fat intake. Large meals are guaranteed to cause nausea on this medication and may even induce vomiting.

If severe nausea or any vomiting contact us immediately. If severe nausea or vomiting despite that treatment, discontinue medication and contact PCP.

Constipation

To minimize constipation, take fiber powder in 8-12 oz glass of water daily. This should be done preventatively and encouraged if there is any constipation. If constipation occurs despite fiber, you may need to add MiraLAX over the counter mixed in water. Start with one scoop and go up or down as needed (max two scoops) per day.

If constipation persists and you have not had a bowel movement in 3+ days, take an over the counter Dulcolax suppository. If no BM after these measures, contact Body Concepts Health Spa.

Severe Abdominal Pain

If any severe abdominal pain or fever or blood in stool, discontinued medication, contact PCP or 911 as another condition may be going on.

Fatigue/jitters

Some clients who are sensitive to this medication may experience some jitters. If any fatigue, lightheadedness, low blood sugar eat a small meal and contact Body Concepts Health Spa.

Dehydration

Ensure you are hydrated and drinking water throughout the day. If dehydration persists more than 48 hours or there is any episodes of passing out, chest pain, shortness of breath, extreme fatigue, call your primary care physician.

Recommended supportive therapy

Supplements

Drink 8-12oz glass of water with fiber powder (such as Metamucil) every morning
Multivitamin daily + 1000 units Vit D daily

Diet Trial of strict calorie counting to 1600 calories per day (male) and 1400 calories per day (female). For 2-4 week period.

Exercise –cardiovascular exercise (walking, jogging, etc.) is healthy, we know that it does not contribute to weight loss. When losing significant body weight, some muscle mass will be lost along with body fat. In order to maintain lean muscle mass and a high resting metabolism, resistance training is important. Minimum amount of full body resistance training recommended is two days per week. Ideally three days per week. Lift at home, at a gym, or with a trainer 2 or more times per week. Clear all exercise activity with primary care physicians before initiating.