

YOUR PERSONALIZED TIRZEPATIDE DIARY

WEEK	DOSE	LOCATION	WEIGHT	NAUSEA OR CONSTIPATION?
1				
2				
3				
4				
5*				
6				
7				
8				

***WEEK 5 SCHEDULE YOUR FOLLOW-UP WEIGHT MANAGEMENT APPOINTMENT WITH YOUR PROVIDER.**

KEEP THESE NOTES FOR YOUR PROVIDER! THIS WILL HELP US DETERMINE THE BEST DOSE FOR YOU.





YOUR TIRZEPATIDE DOSING SCHEDULE

Remember: The goal is to lose 1-2 lbs per week and at the least effective dosage.

Tirzepatide 10mg/2mg/ B3/ 1ml (2ml Vial)

2.5 mg subQ once weekl for 4 weeks, then 5mg subQ once weekly for 4 weeks; will increase dosage in 2.5m increments after at least 4 weeks on the current dose; MAX 15 mg subQ once weekly.

Month 1 weeks one - four	2.5 mg 25 Units
Month 2 weeks one - four	5 mg 50 Units
Month 3 weeks one - four	7.5 mg 75 Units
Month 4 weeks one - four	10 mg 100 Units

For refills, please schedule a follow up weight management appointment with your provider. Remember it takes about 2 weeks to get your medication refilled. An appointment is required for refills so we can do an examination and weight check in.

NOTE: you will be charged a deposit for your refill to order your medication in time for the appointment. This will be used towards your total at the visit.

