

# CONGRATULATIONS !!!

You are about to change your life for the better and we are excited to help you with your journey. If you have not already received your weight loss medication you will be receiving it soon. Please be very clear about the dosing directions listed below. Be careful to follow the directions exactly and reach out to us with any questions.

- STEP 1. Confirm which medication you have received. (Semaglutide or Tirzepatide)  
STEP 2. Follow the chart below for dosing according to which medication you received.  
STEP 3. Keep your medication refrigerated and follow the injection directions in the bag.

Week	Dose
<b>Weeks 1 - 4</b>	12.5 units
<b>5-8</b>	25 units
<b>9-12*</b>	50 units
<b>12-16</b>	65 units
<b>*WEEK 12</b>	TIME TO REORDER

## IMPORTANT:

- If you are losing 2-3 pounds a week you do not have to increase your dose.
- If you feel nauseous you can decrease your dose as well.
- Increasing your dose to quickly can worsen side effects so try to stick to the schedule.
- If you are tolerating the medication well and want to increase more quickly you can. If you do this you will run out of medication early.
- PLEASE ALLOW A MINIMUM OF 1 WEEK TO GET YOUR MEDICATION DELIVERED.

# WARNINGS

- 1) Clear the use of this medication with your personal physician before starting it's use.
- 2) Keep yourself hydrated! 64 ounces or more of water per day is recommended.
- 3) If you experience severe abdominal pain, nausea, vomiting, diarrhea, constipation shortness of breath, swelling or any other concerning symptoms stop the medication immediately and call 911 or go to the nearest ER.
- 4) Mild nausea is expected and is why we start out slow. Extreme nausea and vomiting requires treatment and should not be ignored.
- 5) Feel free to reach out with any non emergent questions and we will be glad to help.

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