



Weight Loss Treatment Instructions

GLP-1 Therapy: Semaglutide (Ozempic®, Wegovy®) & Tirzepatide (Mounjaro®, Zepbound®)

Before Starting Treatment

1. Medical Preparation:

- Ensure you have completed a **comprehensive medical evaluation** with your provider, including discussion of your medical history, medications, and weight loss goals.
- Inform your provider if you have a history of:
 - **Pancreatitis** or gallbladder disease
 - **Thyroid cancer or endocrine tumors** (personal or family history)
 - **Kidney or liver disease**
 - **Gastrointestinal disorders** such as severe gastroparesis
- If you are taking **insulin, oral diabetes medications, or other weight loss agents**, your regimen may need adjustment before starting GLP-1 therapy.

2. One Week Prior to Starting:

- Begin focusing on **hydration** — drink at least 64 oz of water daily.
- Eat **balanced, smaller meals** to help your body adjust to reduced appetite.
- Reduce **alcohol intake** and avoid binge eating.
- If you experience **chronic constipation**, increase dietary fiber and fluids before your first dose.

3. Day of First Injection:

- Eat a **light meal** before your injection.
- Wear comfortable clothing that allows easy access to your abdomen or thigh.
- Do not inject into areas with **scars, bruises, or irritation**.
- If using an **auto-injector or prefilled pen**, follow instructions carefully and ensure your medication is at **room temperature** before injection.

After Starting Treatment

1. Immediately After Injection:

- Mild **redness, swelling, or tenderness** at the injection site may occur and usually resolves within a few hours.
- Avoid rubbing or massaging the area.
- Rotate injection sites each week to prevent irritation.

2. First Few Weeks:

- Common, **temporary side effects** may include:

- Nausea or mild stomach upset
- Decreased appetite or early fullness
- Constipation, bloating, or mild diarrhea
- Fatigue or mild headache
- To minimize side effects:
 - Eat **small, slow, protein-rich meals**.
 - Avoid **greasy, fried, or high-sugar foods**.
 - Stay **well hydrated** (aim for at least 64 oz water daily).
 - Avoid lying down for 1 hour after eating.

3. Lifestyle Recommendations:

- Maintain a **high-protein, low-processed diet** with adequate vegetables and hydration.
- Incorporate **regular physical activity** (cardio + resistance training) as tolerated.
- Prioritize **7–9 hours of sleep** per night.
- Avoid alcohol or limit to occasional, moderate use.

4. Dose Adjustments:

- Your provider will **gradually increase your dose** every 4–6 weeks, depending on your tolerance and progress.
- Notify your provider if side effects are **persistent or severe** before advancing to a higher dose.
- Never adjust your dose without medical direction.

Ongoing Treatment and Monitoring

1. What to Expect:

- Appetite suppression may begin within the first **1–2 weeks**.
- Noticeable weight changes typically occur over **4–8 weeks**.
- Average treatment duration varies but often continues for **6–12 months** or longer for sustained results.

2. Important Precautions:

- **Do not skip meals** — this can increase nausea and fatigue.
- **Do not double doses** if you miss an injection. Instead, resume at your next scheduled dose (or per provider instructions).
- Report **severe abdominal pain, persistent vomiting, or dark urine** immediately — these may indicate rare but serious side effects.
- Notify your provider of **any upcoming surgeries or new medications**.

After Weight Loss / Maintenance Phase

- Once your goal weight is reached, your provider will determine an appropriate **maintenance plan** — this may include a lower dose or transition off the medication.
- Continue focusing on:
 - **Sustainable nutrition** (protein-focused, whole foods)
 - **Regular physical activity**

- **Adequate hydration and stress management**
- Weight regain is possible without continued lifestyle support — ongoing medical follow-up is recommended every **4–6 weeks initially, then quarterly**.

Follow-Up and Safety

Contact your provider immediately if you experience:

- Severe abdominal pain radiating to the back (possible pancreatitis)
- Persistent nausea, vomiting, or dehydration
- Signs of gallbladder issues (upper right abdominal pain, yellowing of skin/eyes)
- Shortness of breath, chest pain, or dizziness
- Hard or painful injection site reactions

Routine follow-up visits are recommended every **4–6 weeks** to monitor:

- Weight and body composition
- Blood pressure and heart rate
- Blood sugar and metabolic markers
- Tolerance and dosage progression

Key Reminders

Stay hydrated — **64 oz+ water daily**

Eat small, high-protein meals and avoid overeating

Take medications as prescribed — **do not skip or double doses**

Report any unusual side effects promptly

Maintain **consistent exercise and nutrition habits** for long-term success