

Semaglutide Injection

CARE ADVICE

For optimal results with semaglutide, maintain a healthy lifestyle. Combine the medication with regular exercise, a balanced diet, and proper hydration. Aim for 150 minutes of moderate activity weekly, eat nutrient-rich foods, and drink at least 8 cups of water daily. Consistency is key to enhancing the medication's benefits and improving overall well-being.

- **Managing Nausea:** If you experience nausea, try eating slowly and consuming smaller portions. Drinking clear liquids and avoiding lying down immediately after eating can also help. Focus on foods with higher water content and maintain a regular meal schedule while minimizing snacking between meals.
- **Fiber-Rich Diet:** Prioritize a diet rich in fiber, incorporating plenty of fruits and vegetables known for their fiber content.
- **Small, Protein-Rich Meals:** Opt for smaller meals that are rich in protein. This can help slow down digestion, which may be beneficial while taking this medication.
- **Low-Fat Choices:** Avoid high-fat foods, as they may contribute to nausea and vomiting. It's advisable to administer injections before meals rather than after, to mitigate potential side effects from consuming high-fat or high-sugar foods.
- **Moderate Alcohol Consumption:** Limit or avoid alcohol intake while using Semaglutide injections, as it can heighten the risk of hypoglycemia, dehydration, nausea, and vomiting.
- **Caffeine Awareness:** Exercise caution with caffeine consumption, as it may influence the effects of semaglutide, potentially leading to low blood sugar levels or dehydration.



Eating slowly and
consuming smaller
portions



Eat small, protein-
rich, and low-fat food



Drink plenty of
water



Limit or avoid
alcohol intake



Prioritize a diet rich
in fiber (vegetable &
fruits)



Be cautious with
caffeine consumption