



SEMAGLUTIDE AND B12 DOSING

1. Swab the top of the vial with an alcohol pad each time before drawing up your medication from the vial with a syringe
2. Swab your skin with an alcohol pad each time prior to injection
3. The needle is very small and you can inject at a 90 degree angle

MONTH 1, weeks 1-4: 0.25mg weekly
(10 unit line on syringe)



MONTH 2, weeks 5-8: 0.5mg weekly
(20 unit line on syringe)



MONTH 3, weeks 9-12: 1mg weekly
(40 unit line on syringe)



MONTH 4, weeks 13-16: 1.7mg weekly
(68 unit line on syringe)

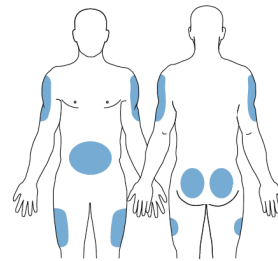


MONTH 5, weeks 17+: 2.4mg weekly
(96 unit line on syringe)



INJECTION SITES

Subcutaneous



VITAMIN B12 INJECTION

The typical Vitamin B12 dose is 750mcg weekly. If this is your dose it you will draw up to the 75 line on the syringe.



NOTE: The amount of liquid in the vials is a very small amount. This is the reason insulin syringes are used for dosing. It may not seem like a lot but rest assured it is the correct dosage and concentration.