



SEMAGLUTIDE & B12 BLEND DOSING

Guide for the once weekly injection



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

FIRST PRESCRIPTION DOSING

The vial for the lower doses is a lower concentration requiring more units per dose than the higher concentrated vial

Weeks 1-4: 0.25mg weekly
(25 unit line on syringe)



Weeks 5-7: 0.50mg weekly
(50 unit line on syringe)



PLEASE READ CAREFULLY

MONTHS 3+ the vial concentration is higher requiring less units per dose than the lower concentration vial

Weeks 8-12: 1mg weekly
(20 unit line on syringe)



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

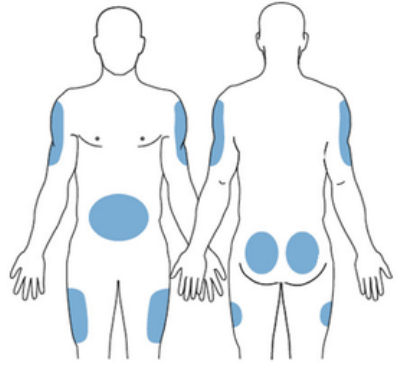


MONTH 5, weeks 17+: 2.4mg weekly
(48 unit line on syringe)



INJECTION SITES

Subcutaneous



- The medication is mixed with B12 which is red in color and is not a clear solution, this is normal.
- The lower concentration vial has a yellow top and the higher concentration vial has a purple top. Please make sure you are drawing up the correct dose from your vial.
- Injection site reactions are common, especially if you are injecting in your stomach.
- You can inject the medication either in the morning or at night before bed, ideally with an empty stomach to prevent nausea.
- Please refer to the dosing guide on this page prior to administering your dose to ensure you are dosing the correct units.
- Remember to stay hydrated, eat small frequent meals and track your protein and calories using a tracking app.