

Micro-dosing of Ozempic

Micro-dosing means using a smaller than normal dose of the medication. We recommend doing this when someone cannot tolerate the medication due to side effects. The most common side effects of Ozempic are nausea (feeling sick) and diarrhea. These side effects usually improve with time.

There are many benefits of the medication (lowering blood sugars, weight loss, and for some people heart and kidney protection) so it is important to try to stay on the medication, if possible.

If you are not noticing any improvement in side effects and cannot stay on the medication at the normal starting dose, we can recommend micro-dosing to more gradually introduce the medication.

There are many “clicks” between the marked doses on the Ozempic pen. There are 19 “clicks” between 0 and 0.25mg and 18 “clicks” between 0.25mg and 0.5mg. On the 1mg pen there are 74 “clicks” between 0 and 1mg.

Use ____ clicks once a week and if tolerating well, continue to increase by ____ clicks every ____ weeks, until at the recommended dose of ____mg once weekly.

Once you are on a dose of 0.25 mg weekly, please discontinue your _____ (Onglyza/Trajenta/Januvia)

