

UNDERSTANDING

Tirzepatide

Tirzepatide is a once-weekly injectable dual glucagon-like peptide 1 (GLP-1) receptor and glucose-dependent insulintropic polypeptide (GIP) receptor agonist. It works by increasing insulin production and lowering glucagon secretion as well as targeting areas in the brain that regulate appetite and food intake. A small change in the molecule allows the drug to last weeks in our bodies rather than the natural version our bodies make, which lasts minutes.

Tirzepatide works in the following ways:

1. Delays how quickly the stomach digests food, leading to a feeling of fullness and satisfaction with smaller meal sizes.
2. Slows intestinal motility so you will feel fuller longer after meals.
3. Dual action receptors allow for lower blood sugars, in part by reducing the production of sugar in the liver.
4. Stimulates insulin secretion by the pancreas.
5. GIP increases energy expenditure, resulting in weight loss.

SAMPLE DOSE ESCALATION SCHEDULE*

Tirzepatide/Glycine/B12 10 mg/5 mg/500 mcg/mL Available as 1 mL (10 mg), 2 mL (20 mg), 3 mL (30 mg), and 4 mL (40 mg)		
WEEKS	WEEKLY DOSE	# OF UNITS
1-4	2.5 mg	25
5-8	5 mg	50
9-12	7.5 mg	75
13-16	10 mg	100
17-20	12.5 mg	125
21-24	15 mg	150

*This is a dose titration example. Strive Pharmacy recommends using variable dose vials to achieve the lowest effective dose, even if it deviates from the dosing schedule. This helps to limit side effects and improve adherence.

Example On How To Prescribe TIRZEPATIDE/GLYCINE/B12 10 MG/5 MG/500 MCG/ML

RX #1	RX #2	RX #3	RX #4	RX #5	RX #6
Inject 25 units (0.25 mL) subcutaneously one time weekly for 4 weeks	Inject 50 units (0.50 mL) subcutaneously one time weekly for 4 weeks	Inject 75 units (0.75 mL) subcutaneously one time weekly for 4 weeks	Inject 100 units (1.0 mL) subcutaneously one time weekly for 4 weeks	Inject 125 units (1.25 mL) subcutaneously one time weekly for 4 weeks	Inject 150 units (1.5 mL) subcutaneously one time weekly thereafter
1 x 1 mL	1 x 2 mL	1 x 3 mL	1 x 4 mL	2 x 3 mL	2 x 3 mL

Side Effects/Contraindications:

The most common side effects include nausea and constipation. Patients also report acid reflux, stomach pain, vomiting, and diarrhea. The risk of serious side effects increases in patients with hypoglycemia, kidney problems, and risk of allergic reactions.

* Cyanocobalamin 500 mcg/mL added to reduce nausea side effects.

* Glycine 5 mg/mL added to help inhibit the deterioration of protein tissue that forms muscles. Studies show that administering glycine during calorie restriction may be beneficial for preserving muscle mass and loss of fat tissue.

Benefits of Tirzepatide

- * Decreased appetite and cravings
- * Weight loss
- * A1C reduction
- * Improved cardiometabolic measures

Max vials per order:

VIAL SIZE	MAXIMUM VIAL AMOUNT PER ORDER	TOTAL AMOUNT (MG) PROVIDED
1 mL	2 vials	20 mg
2 mL	2 vials	40 mg
3 mL	3 vials	90 mg
4 mL	4 vials	160 mg

Ask about our LifeFile online portal to easily prescribe this medication!

WARNING

*This medication is **NOT** insulin and should not be used if you have type 1 diabetes **OR** if you develop diabetic ketoacidosis. Tirzepatide should not be used with any other GLP-1 medications.

*Use caution in patients with history of diabetic retinopathy.

RISK OF THYROID C-CELL TUMORS

If you or any family members have been diagnosed with Multiple Endocrine Neoplasia Syndrome Type (MEN 2) or Medullary Thyroid Cancer (MTC), you should not take tirzepatide. If you have ever had pancreatitis consult with your medical provider as using tirzepatide can increase the risk of developing pancreatitis.