



IDEAL

WEIGHT CENTER

Patient Discharge Instructions for Semaglutide | Tirzepatide Injections

Dosing instructions:

Follow label instructions on all meds. If your medicine states 'or as directed' please confirm with the office before injecting. Please read the label.

Changing or increasing dosages does not always mean increasing volume. We may have ordered a stronger concentration. Please read the label and call the office to confirm if you have any questions.

Hydrate! Hydrate! Hydrate!

You need a minimum of 128 ounces of water per day (1 gallon) or 0.5 ounces per pound of body weight.

Multivitamins are essential...

Take a "one a day" or multivitamin of your choice. Avoid "gummy" vitamins or children's vitamins which could have sugar in them.

Nausea is common...

Dramamine or any anti-nausea medicine works well for the minimal nausea associated with Semaglutide or Tirzepatide. You have been provided with a prescription for 3 refills for Zofran.

Refill of medication

The first vial will last your 4-5 weeks depending on the starting dose and medication. (Tirzepatide is ONLY 4 weeks). We will set up your auto renew to place your next order to guarantee delivery and no lapse in administration.

When you receive your medicine: **Follow all handling/storage instructions on label**. Compounding pharmacies are required by law to state "Freeze Medication" for any sterile compound. This is only for medicines not being opened within 30 days of pickup.

Dosing schedules:

Semaglutide: You will increase dosage weekly as directed; Please follow the label instructions. Patients should remain on 0.5 mg for at least 2 full months before considering a dosage increase.

Tirzepatide: 2.5 mg weeks 1-4, 5mg weeks 5-8. We immediately order the 5 mg vial at the auto renew date on day 21. You do not need to call the office. Subsequent weeks after being on 5 mg we will text you to inquire if you want to raise the dose or stay at the current dose.

DO NOT TAKE EITHER MEDICINE IF YOU BECOME PREGNANT!

High Protein Snacks:



Catalina
Crunch
Snack Mix



Fairlife
Protein
Shakes