



Ideal Weight Center's Patient Protocols For Successful Weight Management

Semaglutide for new start patients:

Month 1

Patient will titrate weekly from 0.3 to 0.5 mg per RX label instructions

Month 2

0.5 mg per week

Month 3

0.5 mg per week

After Month 3

Ideal Weight Center Staff and clinicians will consider a dosage increase after discussion regarding diet, exercise and patient effort. Dosing adjustments are at the discretion of the clinician on staff to ensure safe and healthy long term weight loss.

Tirzepatide for new start patients:

Month 1

2.5 mg per week

Month 2

5 mg per week
(ordered 21 days after initial visit to insure on time delivery)

Month 3 & Beyond

Ideal Weight Center Staff will contact patient via text to discuss reorder dosing. Increasing dosage monthly after 5 mg is not necessary for quality / sustained weight loss.

I've met my goal... what do I do now?

Contact the Ideal Weight Center office to discuss with a clinician the best solution to maintain your new weight loss success. Options include titrating down or spacing out your injections to every 10-14 days to assess tolerance without weight gain and then titrate down as tolerated.