LAVISH WELLNESS & WEIGHT LOSS

SEMAGLUTIDE / TIRZEPATIDE INSTRUCTIONS

Patient Pre-Care & Treatment Protocol

Please remember that aftercare is under your control and what you do has a direct effect on the success of your treatment. For optimal weight loss results and to minimize adverse effects, please adhere to these recommendations.

BEFORE YOUR SEMAGLUTIDE / TIRZEPATIDE TREATMENT

- **Consultation & Lifestyle:** Discuss any questions or concerns with your provider. Ask about post-treatment care, follow-up schedules, and necessary lifestyle changes to maximize your results.
- **Weekly Appointments:** Be prepared to schedule and attend weekly follow-up appointments with your provider to receive your injection and monitor progress.
- **Medical Conditions:** Inform your healthcare provider of all medical conditions, especially a personal or family history of thyroid cancer, pancreatitis, gallbladder disease, or kidney issues.
- **Medication Review:** Disclose all current medications to your provider, including prescription drugs, over-the-counter medications, and dietary supplements.
- **Hydration & Diet:** Increase your water intake for at least 1 week before starting treatment. Plan to follow a balanced diet, incorporate regular physical activity, and limit alcohol and caffeine intake.
- **Treatment Administration:** Your provider will administer the injection. You may be asked to wait briefly post-injection to ensure no immediate adverse reactions occur.

GENERAL EXPECTATIONS & SLOW DIGESTION

Semaglutide and Tirzepatide work by slowing the movement of food through your stomach, decreasing appetite, and promoting weight loss. This mechanism increases the likelihood of mild gastrointestinal side effects such as nausea or constipation.

- **Bowel Movements:** You must ensure you are having at least one bowel movement daily.
- **Hydration Alert:** Please contact Lavish Wellness & Weight Loss immediately if you have trouble maintaining water intake or have not had a daily bowel movement.
- **Mild Symptoms:** Mild nausea or discomfort near the injection site can happen. If side effects become severe or persistent, contact our clinical team right away.

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Safety Warnings, Storage & Clinic Support

COMMON & SERIOUS SIDE EFFECTS

Common Side Effects: Nausea, vomiting, diarrhea, abdominal pain, constipation, heartburn, gas (burping/flatulence), or feelings of motion sickness.

EMERGENCY CARE SYMPTOMS — SEEK IMMEDIATE MEDICAL HELP

Seek immediate emergency medical care if you experience:

- Neck lump/swelling, hoarseness, difficulty swallowing, or shortness of breath.
- Severe, ongoing upper left or middle stomach pain that spreads to the back (with or without vomiting).
- Signs of severe allergic reaction: rash, itching, swelling of eyes, face, mouth, tongue, or throat.
- Decreased urination, leg/ankle/foot swelling, vision changes, dizziness, or fainting.
- Upper stomach pain, yellowing of skin or eyes (jaundice), clay-colored stools, fever, or rapid heartbeat.

IMPORTANT PATIENT RESPONSIBILITIES

- **Health & Life Changes:** Notify your provider if you suspect pregnancy, experience major diet/exercise/weight changes, get sick, develop infections, undergo injury, or encounter unusual stress. These affect blood sugar levels and dosing requirements.
- **Mental Health Monitoring:** Mood or mental health changes can occur. Call your doctor immediately if you or your family notice depression, suicidal thoughts, social withdrawal, preoccupation with death, or unusual behavioral shifts.

STORAGE INSTRUCTIONS FOR GLP-1 MEDICATIONS

GLP-1 medications dispensed in pre-drawn syringes **must be kept refrigerated between 36°F and 46°F**. If syringes are spoiled due to improper storage, they must be returned to Lavish Wellness & Weight Loss for proper disposal before replacements can be considered. The clinic is not responsible for replacements resulting from patient storage or handling errors.

PATIENT CARE & COMMUNICATION

The most important person at **Lavish Wellness & Weight Loss** is you! We are 100% committed to providing an exceptional care experience.

Clinical Enquiries & Appointments: Call us at **(951) 729-3994** with any medical questions or to schedule an in-person evaluation.

Emergency: In case of a medical emergency, please call 911 or visit the nearest emergency room immediately.

Feedback: Share your journey with us or leave a review on Google, Yelp, or Facebook!