

# GLP-1 POST-CONSULTATION

GLP-1 agonists for weight loss might be an addition to traditional weight loss approaches such as diet and exercise. As an FDA-approved medication, GLP-1 agonists for weight loss is safe and effective if used as indicated.

For long term success the treatment needs to be **combined with lifestyle changes including nutritional, exercise and behavioral habits**. Weight loss can lead to secondary benefits by improving weight loss related health problems such as cardiovascular risk factors (including hypertension, blood glucose levels and waist circumference) and physical health-related quality of life.

## Contraindications:

**I understand** that According to the FDA, people with a history of medullary thyroid cancer or patients with a rare disorder called **multiple endocrine neoplasia type 2 syndrome, and people who are pregnant/breastfeeding/or want to become pregnant** should not use GLP-1 agonist injections. Furthermore, people who are allergic to Semaglutide, Tirzepatide or other ingredients should avoid using GLP-1 agonist injections.

## Side Effects:

**I understand** nausea, diarrhea, vomiting, stomach discomfort, and constipation are the most prevalent GLP-1 agonist injection side effects. According to a study, the most prevalent side effects of GLP-1 injections were nausea and diarrhea. However, several GLP-1 agonist injection patients did stop taking medication due to gastrointestinal problems. It is important to note that every individual responds differently to GLP-1 agonist medications, so it is important to discuss with a nurse practitioner or doctor which medication would be best for you and your goals.

## Alcohol:

**I understand** that I must **limit my alcohol intake** while taking GLP-1 agonist injections since alcohol can harm your blood sugar if combined with GLP-1 agonist injections. Alcohol can also irritate your stomach, exacerbating the medication's gastrointestinal side effects.

## Other Medications:

**I understand** that since GLP-1 agonist injections delay gastric emptying, it can affect the amount of oral medicine my body absorbs. Therefore, before starting GLP-1 agonist injections, I understand that I must make sure the **practitioner is aware of any other drugs I am taking**.

## Important:

**I understand** that GLP-1 agonist injections should not be used with other Semaglutide or Tirzepatide containing weight-loss medications, such as prescription medications, non-prescription medications, or herbal products. I will consult with my practitioner about any other medication that might fall into this category.

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## Administration Instructions:

I understand that I must follow the administration instructions given to me by my practitioner. I understand that a GLP-1 agonist injection is administered under the skin of your abdomen, upper arm, or thigh. I also understand that I should **change the injection site** each time I inject the medication. The stomach is the most preferred area for GLP-1 agonist injections. I understand that I **MUST NOT** inject GLP-1 agonist injections into a muscle or vein.

1. GLP-1 agonist injections comes in a pre-mixed vial. It is given by self-injection, once per week, on the same day each week, with or without meals.
2. You will draw the appropriate dose as prescribed by the provider.
3. GLP-1 agonist injections will be injected under your skin on your stomach (abdomen), thigh, or upper arm. Do not use the same injection site for each dose. It is okay to use the same area, but you should vary the site.
4. Read the full instructions for use in the package insert.

## Basic Steps For Injecting:

1. Wash your hands with soap and water before injecting.
2. Open the top of the vial.
3. Wipe the vial with an alcohol wipe.
4. Wipe the area you will be injecting with the medication. Let it dry.
5. Take the cover off the needle. Hold the syringe with your writing hand, and remove the cap, like taking the cap off a pen. Hold the medication vial with your other hand.
6. Insert the tip (at a 90-degree angle) of the needle into the center of the rubber piece.
7. Flip the vial upside down and start pulling the plunger back until you see the appropriate amount of medication. Make sure the bevel (tip) is in the liquid.
8. Insert the needle all the way into the skin of the abdomen, thigh or upper arm.
9. Once the needle is all the way in, push the plunger down slowly to inject the medication.
10. Remove the needle at the same angle you put it in.
11. If blood appears at the site, press lightly with gauze or cotton ball. DO NOT rub the site.
12. Carefully dispose of the syringe/needle in an FDA approved sharps container. Do not throw needles in your household trash.
  - I. Do not put the needle caps back on needles to prevent needle sticks.
  - II. Keep away from children and pets.