



ELITE HEALTH SOLUTIONS

PATIENT RESOURCES FOR GLP-1 type MEDICATIONS

1. Strength vs Dose of medication

The **STRENGTH** of your medication is measured in milligrams (mg). This is typically seen in compounded Semaglutide as 0.25mg, 0.5mg, 1mg, 1.5mg, and 2.5mg

The **DOSE** of your medication is the volume that is to be administered. This is typically seen in milliliters (mL) or in units.

It is important to know that the dose fully depends on the **strength of your compounded medication**. Just because you are increasing the STRENGTH, this does not mean your dose increases, as the medication vial may have more/less medication (higher concentration) than your previous vial size.

EXAMPLE:

- Week 1-4, you may be instructed to administer a weekly dose of 0.25mL for a strength of 25mg.
- Week 9-12, you may be instructed to administer a weekly dose of 0.20mL for a strength of 1mg. This simply means that your week 9-12 vial of compounded medication has a much higher concentration of the medication.

Calculations: Each vial of compounded medication will have a label with the strength of the medication and anything it is mixed with. Example would be the following; Semaglutide / Cyanocobalamin / 1mg / 0.5mg /mL

This tells you that there is 1mg of Semaglutide per mL and there is 0.5mg of Cyanocobalamin per mL

2. Insulin Syringe

Insulin syringes come in different sizes; 30-units or .3mL, 50-units or .5mL, or 100-units or 1mL. This just refers to the maximum amount of fluid the syringe can hold.

Regardless of size, .25mL dose of medication will still be the same .25mL in a larger or smaller syringe volume size. You will need to find the amount line on the syringe you are using for that particular dose.

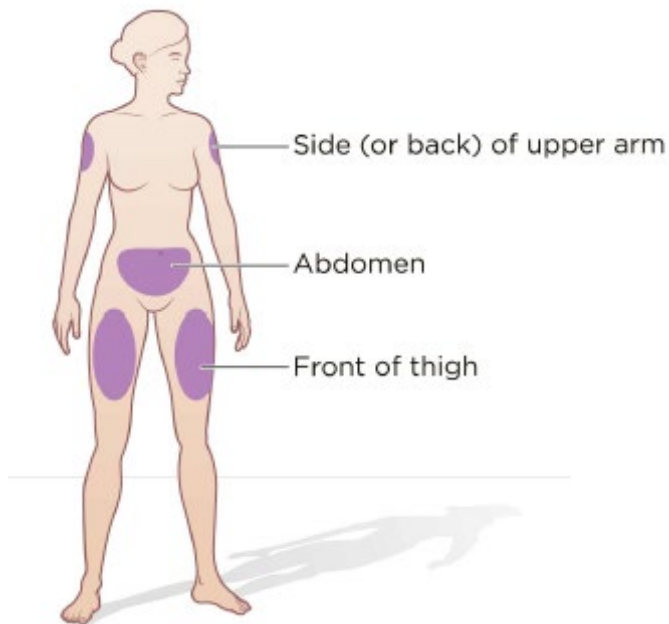




3. Injection Location

Compounded Semaglutide is administered as a subcutaneous (SQ) injection. These injections are typically self-administered with little discomfort. Pinch 1" of skin and inject needle, depress syringe, remove & discard needle in an approved sharps container.

Locations to inject:



- **Back of upper arm**

- Typically a location for another person to inject
- Self-administration may be better on outside area of opposite arm

- **Abdomen**

at least 2" away from belly button

- **Front of thigh**

make sure at least 1" of skin can be pinched

4. How to Draw up and Administer Medication

- Medication must be stored in a refrigerator. Always wash your hands.
- When ready to administer medication, have your syringe & alcohol prep pad ready
 - Open the top of the medication vial (if 1st use) and always wipe the top of the vial with 70% isopropyl alcohol pad. Keep the pad on top of the medication until you are ready to draw up the medication.
 - Carefully uncap the syringe and insert it at a 90-degree angle into the medication vial – with the vial on a flat surface
 - Carefully invert the medication vial so it is above the syringe; pull back on the syringe to the number of milliliters (mL) or units required. Carefully remove the needle from the vial.
 - At your chosen injection site on your body, wipe the area with 70% isopropyl alcohol, pinch 1" of skin (don't touch the cleaned area), and inject the needle fully into the skin that is pinched up.
 - Depress the syringe to inject medication. When the syringe is empty, carefully pull the needle out of the skin and discard it into an approved sharps container.



TIPS FOR GREATEST SUCCESS

- Understand this medication is NOT a “quick fix” and is not designed for “rapid weight loss”
 - Some patients may see faster results than others initially.
 - The first month is considered an **acclimation dose** and is designed for your body to get used to the medication. It is not a therapeutic dose. ***If you lose weight while on this dose, that is a bonus!!***
- The key to long-term success is to put healthy food-relationship habits in place while using a GLP-1 medication.
 - **Track your food and water intake** (free smartphone apps will help with this)
You need to be in a caloric deficit but need a minimum number of calories actually to lose weight.
 - **Take body measurements!!** Your body will lose fat that you can’t “see” (internal/visceral fat) first. You will likely lose inches and not see the scale move (that means you are preserving muscle) at some point. Scale-stalling is common, but it doesn’t mean you aren’t losing fat.
 - Set an alarm for every 2 hours to eat/drink (trust us, you will need this!!)
 - **You must increase your water intake!! 90-120oz per day minimum**
 - If you don't drink enough water each day, you risk becoming dehydrated. Warning signs of dehydration include urine that's dark yellow in color, weakness, low blood pressure, **dizziness**, or confusion. Checking your urine color helps – it should be very pale yellow.
 - **Increase your protein!!** You need 0.5g of protein per pound of body weight per day.
You will want to set a goal for 30g of protein per meal
 - If you are not getting a high protein diet, you will likely lose muscle mass (which will cause the scale to go down, but it also means you are keeping fat – we want to lose fat not muscle!!)
There are also other side effects to not getting enough protein that can affect your overall health.
 - Hair loss becomes a real thing without enough protein per day
 - Track your food! Read nutrition labels!
 - High protein – low fat – lower carbohydrates – low sugar
 - **Avoid sugar....** Soda, alcohol, processed food, sweets. Read your nutritional labels
 - **Avoid carbonated beverages....**this can cause very uncomfortable gas / burping / diarrhea
 - Lower your fat intake
 - Lower your caffeine intake (caffeine will dehydrate the body)
- **Increase your daily activity**
 - This should be anything MORE than you currently do!
For some, this may be arm & leg raises from a chair. This could be simple walking for 10-15 minutes. This could be starting a gym/fitness routine. You should increase your physical activity as tolerated. When what you are doing becomes easier, you go further, or you feel good – it’s usually time to increase. **Some activity is better than no activity.**



How to handle common side effects

Not all patients have side effects. You may experience some of these, and some may be due to things you are eating



FOR ANY/ALL ADVERSE SIDE EFFECTS, PLEASE CONTACT YOUR PRIMARY CARE PROVIDER OR LOCAL URGENT CARE / EMERGENCY DEPARTMENT

Elite Health Solutions providers are not replacing your primary care provider.

QUICK TIPS:

- **Take measurements** – your body size will get smaller faster than the scale will move
 - Most patients have not actually “stalled” in weight loss – they just aren’t measuring their body and relying on the scale
 - Fat takes up more space than muscle – if you eat enough protein to preserve muscle, you lose fat = smaller body
- **Increase protein** – the goal is .5g of protein per pound of body weight (ex: 200 pounds = 100g of protein per day). No more than 30-35g of protein per meal (the body can’t use any more).
 - **A lack of protein can cause hair loss**
- **Increase water** – constipation is a real thing and can happen quickly. Enough said.
- **Increase physical activity** – any activity is better than no activity
- **Think you have stalled????**
 - Are you eating ENOUGH calories per day (we can’t starve ourselves)
 - Are you eating enough PROTEIN (start tracking this!)
 - Are you drinking enough WATER
 - Have you been taking MEASUREMENTS
 - the scale won’t move as quickly as your body size