**GLP-1 Patient Guide**

* If you have met with a licensed healthcare provider who has determined that a compounded GLP-1 medication is a good fit for you, then the following information may be helpful. Speak with your healthcare provider about specific dosing and administration to determine what is right for you.
* **About this GLP-1 Medications:** GLP-1 medications are prescription only drugs. GLP-1 medications like compounded tirzepatide and semaglutide belong to a class of medications known as glucagon-like peptides (GLP-1) receptor agonists. It mimics the GLP-1 hormone that is released in the gastrointestinal tract in response to eating. One role of the GLP-1 is to prompt the body to produce more insulin, which reduces blood glucose (sugar). GLP-1 in higher amounts also interacts with the parts of the brain that reduce appetite and signal a feeling of fullness. Compounded medications are not FDA-approved and may only be obtained with a prescription from a licensed healthcare provider.
  + **\*Compounded drugs are not FDA-approved and do not undergo safety, effectiveness, or manufacturing review. A licensed healthcare provider will determine whether a GLP-1 prescription medication is medically necessary for you.**

**Medication Storage Guidelines:**

**Injection:** Store the medication in a refrigerator for preservation, allowing it to warm up to room temperature before use. Avoid freezing the medication and protect it from light and heat. Store it between 36°F to 46°F (or 2°C to 8°C) to ensure keep the medication out of reach of children and pets to prevent unintended access or accidental ingestion.

**What to Expect:** Consult with your healthcare provider about how to administer the GLP-1 and potential dosage adjustments that are medically necessary for you. Consult a healthcare provider for personalized advice.

***Extreme sensitivity reactions*** – if you experience any sever sensitivity reactions, such as a rash, difficulty breathing, or swelling of the mouth, face, or throat, CALL 911 immediately. Once stabilized, notify your doctor and pharmacist.

**Injecting Your GLP-1 Medication**

**Preparation** - Start by washing your hands thoroughly with soap and water to ensure your hands are clean. Gather your supplies:

* + Compounded GLP1 vial
  + Insulin syringe and alcohol wipes that came with the set
  + Sharps disposal container (if possible)

Disinfect the vial (ALWAYS!)

Ensure that you are using the syringe that came with the set. Don't reuse syringes.

Check the vial for any unusual particles or discoloration. If you notice anything unusual, do not use it and call the Pharmacy immediately.

Remove the seal on the top of the vial and disinfect with the alcohol wipes by swiping once.

The syringe has 2 orange caps covering the plunger and the needle.

Remove both orange caps on the syringe.

Pull back the plunger to the required dose marked on the syringe, filling the syringe with air.

**Drawing the Medication -**Hold the syringe like you would hold a pen, then slowly inject the needle into the middle of the rubber stopper. Make sure the needle does not bend.

Push the air into the vial. This step helps reduce the resistance for the next steps.  
Turn the vial and syringe upside down.

Now you are ready to draw your medication.

Pull the plunger back just a little past the required dose.

Then, push the excess back into the vial until you hit the mark of the required dose.

Note: This is to remove all air bubbles.

Carefully remove the needle from the vial.

If any bubbles are still visible, flick the syringe to remove them.

**How to read an insulin syringe** - Each small dash/mark on the syringe represents 1 unit. You will consult with your healthcare provider about how to measure and administer the intended dose of compounded GLP-1.

Units are NOT the same as mg or mL. Only use 'UNITS' for dosing. For example: if your prescribed dose calls for 25 units, make sure you only draw the medication up to the 25th mark.

**Injection Process -**If you choose your stomach area as your injection site, make sure to inject two inches away from the belly button on either side.

Disinfect the site with alcohol wipes and let it dry for a few seconds.

Pinch the injection site with clean hands to create a firm surface.

At a 45-degree angle, insert the needle into the skin between the index finger and thumb.

In a slow yet constant pressure, push the plunger until you've fully injected the medication.

Gently pull the syringe out.

Carefully replace the needle cap.

Discard the capped syringe in a sharp’s container

Do NOT throw away in the regular trash.

**Patient FAQs**

**Q: Is it typical to experience a decrease in appetite when starting the medication, and what suggestions can be offered to ensure adequate protein intake?** Absolutely! To boost your protein intake, consider having protein shakes in the morning, carrying beef sticks and protein bars for snacks, and including a few servings of nuts in your daily diet.

**Q: Are there any recommended supplements to take while starting the medicine?** Yes. Korbiotic. Korbiotic is a powerful probiotic supplement designed to promote weight loss and improve gut health.

Korbiotic focuses on internal healing, addressing both weight loss and gut health simultaneously. It offers a range of benefits for both men and women, helping users achieve their wellness goals.

**Q: How much Protein should I eat each day?** We recommend eating 1g for each 1lb of your ideal body weight. That means if you want to weigh 150lbs you should consume 150g of protein daily.