

GLP-1 INJECTIONS

PATIENT INFORMATION & INSTRUCTIONS

INITIAL DOSING SCHEDULE

Weeks	Dosing	Date	Weeks	Dosing	Date	Weeks	Dosing	Date
Week 1 & 2	10 Units		Week 9 & 10	50 Units		Week 17 & 18	90 Units	
Week 3 & 4	20 Units		Week 11 & 12	60 Units		Week 19 & 20	100 Units	
Week 5 & 6	30 Units		Week 13 & 14	70 Units		Week 21 & 22	110 Units	
Week 7 & 8	40 Units		Week 15 & 16	80 Units		Week 23 & 24	120 Units	

Tirzepatide/B12/Glycine 10mg/5mg/500mcg/ml (2ml Vial)

B12 was added to help reduce nausea. Glycine was added to help prevent muscle loss during weight loss. Beyond use date is 90 days refrigerated from date product is made. After time for sterility and quality assurance testing, beyond use date of product should be 65-83 days at time of filling. One vial will last 4-8 weeks, depending on individualized dosing schedules.

For any issues or concerns feel free to reach out:

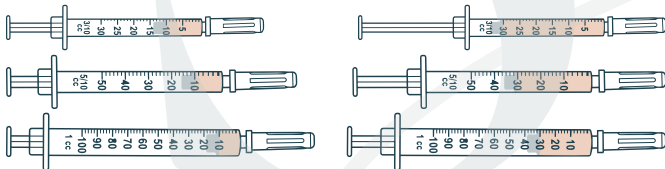
Smart Skin Dermatology (385)-273-3376

Strive Pharmacy (480) 626-4366

SYRINGES

Syringes:

Insulin syringes come in 3 common sizes. We have seen patients being shipped all 3 types as supplies vary. Regardless of size, units will match the numbers printed.



Example 10 units

Example 30 units

WHAT IS TRIZEPATIDE

Tirzepatide is a once-weekly injectable med for:

- Type 2 diabetes
- Chronic weight management

It's unique because it activates two hormone paths:

- GLP-1 receptor
- GIP receptor

This "dual incretin" action is what sets it apart from older medications that only target GLP-1.

HOW IT WORKS (SIMPLIFIED)

Tirzepatide affects several systems in your body:

- **Slows stomach emptying you feel full sooner,** stay fuller longer
- **Reduces appetite signals in the brain** less hunger and fewer cravings
- Improves blood sugar control by:
 - Increasing insulin release when needed
 - Decreasing glucagon (raises blood sugar)
 - Reducing glucose production in the liver
- **May increase energy use (via GIP effects)** contributes to weight loss
- Tirzepatide is engineered to stay active for **about a week**, unlike natural hormones that last minutes.

BENEFITS

- Significant weight loss
- Lower A1C (average blood sugar)
- Reduced appetite and food cravings
- Improvements in cardiometabolic health (blood pressure, lipids, etc.)

GLP-1 INJECTIONS

PATIENT INFORMATION & INSTRUCTIONS

HOW TO ADMINISTER INJECTIONS

1) remove cap from vial (1st time only) & throw away



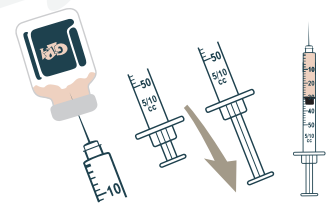
2) clean the top of the vial using an alcohol prep pad



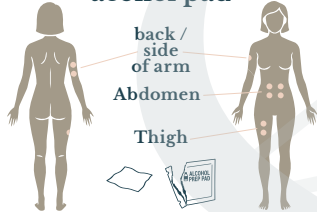
3) remove cap from top of needle



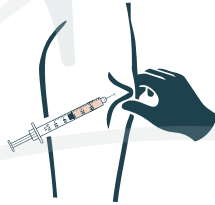
4) invert vial and push needle through rubber stopper. pull back on plunger until desired units are in the syringe



5) choose body location for injection & clean with alcohol pad



6) Pinch area and inject medication



7) throw away syringe into a puncture proof item such as an old plastic milk carton to avoid a needle poking through a garbage bag or incidental poke



POSSIBLE SIDE EFFECTS

- **Common:** Nausea, constipation, diarrhea, vomiting, acid reflux, stomach discomfort
- **Rare:** Low blood sugar, dehydration, gallbladder issues, pancreatitis

WHO SHOULD NOT USE IT

Avoid or use extreme caution if you have:

- Personal/family history of:
 - Medullary Thyroid Cancer
 - Multiple Endocrine Neoplasia Type 2
- History of:
 - Pancreatitis
- Active eating disorders:
 - Bulimia Nervosa
 - Anorexia Nervosa

Also:

- Not for type 1 diabetes or diabetic ketoacidosis
- Do not combine with other GLP-1 medications
- Not to be used when pregnant or breastfeeding

IMPORTANT PRECAUTIONS

- **Surgery / anesthesia:**
 - It slows gastric emptying, most providers recommend stopping it 1-2+ weeks before procedures to reduce aspiration risk.
- **Kidney issues:**
 - Risk increases if severe dehydration occurs from vomiting/diarrhea.

More Info:



Resources:



PHONE
Call or text us
at 385.273.3376

SMART *Skin*
DERMATOLOGY

LOCATION
3200 W Clubhouse Dr. #100
Lehi, UT 84048