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Tirzepatide Weight Loss Injection information:

What is Tirzepatide?

Tirzepatide is a **glucagon-like peptide-1 (GLP-1) receptor agonist** that is used for **type 2 diabetes** management and weight loss. Tirzepatide works by helping the body use insulin more effectively and reducing hunger. It is administered via a **subcutaneous (sub-Q) injection**, usually once a week.

Important Notice from the FDA

Please note that the **FDA has recently removed the rights for compound pharmacies** to manufacture Tirzepatide. As a result, Tirzepatide is no longer available through compounded medication sources. Due to this decision, **we are only allowed to prescribe and administer Tirzepatide in-office**. Therefore, to participate in this treatment program, you will be expected to come to the office for your **weekly injections**.

Dosage and Administration Schedule

Tirzepatide comes in two different doses for weekly administration: **2.5 mg** and **5 mg**. The initial dose is typically **2.5 mg** for the first month. After the first month, your healthcare provider will

evaluate your tolerance to the medication and determine whether to **increase the dose to 5 mg** per week.

- **Month 1:** Start with **2.5 mg** once weekly.
- **After Month 1:** If you tolerate the medication well, your provider will increase the dose to **5 mg** once weekly.

The decision to increase the dosage will be based on how well you respond to the treatment, so please communicate any side effects or concerns you may experience.

In-Office Administration

- **Weekly Injections:** For this program, you are required to come to the office every **week** to receive your Tirzepatide injection. We will administer the medication subcutaneously (under the skin) in the **abdomen** or **thigh**.
 - **Regular Appointments:** Injections will be given on a **weekly basis**. If you miss an appointment, please contact the office to reschedule at your earliest convenience to ensure the treatment schedule is maintained.
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Steps for Subcutaneous Injection (Administered in Office)

1. **Preparation by Healthcare Provider**
 - The medication will be prepared and administered by a licensed healthcare provider in the office.
 - The provider will clean the injection site (usually the **abdomen** or **thigh**) with an alcohol swab and allow it to dry.
2. **Injection Process**
 - Your provider will administer the **Tirzepatide injection** using a small needle. The injection will be administered **subcutaneously** (under the skin), and it will be injected in either the abdomen or thigh area.
 - The injection will take just a few seconds, and you may feel slight discomfort at the injection site.
3. **Post-Injection Care**
 - After the injection, the provider may apply gentle pressure to the injection site with a clean cotton ball or gauze.
 - Mild redness or swelling may occur, which should resolve on its own. If you notice any severe reactions such as **pain** or **swelling**, notify the provider immediately.

Precautions and Warnings

- **Avoid Alcohol and Heavy Meals:** Alcohol or large meals before receiving your injection may increase the risk of side effects such as nausea, dizziness, or low blood sugar. It is advised to avoid alcohol or eating large meals before or after the injection.
 - **Potential Side Effects:**
 - **Common side effects** include **nausea, vomiting, diarrhea, constipation, headache, or stomach discomfort**. These side effects are often temporary as your body adjusts.
 - **Serious side effects** can include **pancreatitis, kidney problems, vision changes, or severe allergic reactions**. If you experience **severe abdominal pain, blood in your stool, swelling of the face or throat**, or difficulty breathing, seek **immediate medical attention**.
 - **Not for Pregnant or Breastfeeding Women:** Tirzepatide should not be used during pregnancy or breastfeeding unless specifically prescribed by a doctor. Discuss alternative options with your healthcare provider if you are pregnant or planning to become pregnant.
 - **Discontinue Use if Necessary:** If you experience side effects that concern you, stop using Tirzepatide and consult with your healthcare provider.
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When to Contact Your Healthcare Provider

- If you experience any **severe side effects** such as abdominal pain, nausea, or vomiting that does not subside, or if you have signs of **pancreatitis** (severe stomach pain, nausea, vomiting), contact your healthcare provider immediately.
 - If you have any questions about your **dosage** or experience **unusual symptoms**, such as low blood sugar or difficulty breathing, contact your healthcare provider for guidance.
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Acknowledgment of Instructions

By signing below, you acknowledge that you have received, read, and understand the instructions for receiving your Tirzepatide injections. You agree to follow these instructions as prescribed and understand the potential side effects and risks associated with the treatment.

Patient's Signature: _____

Date: _____

Medical Assistant Signature: _____

Date: _____