

SEMAGLUTIDE & TIRZEPAPTIDE INJECTIONS – DIRECTIONS FOR USE

Directions for use: I will take my medications only as prescribed according to the directions, instructed by your practitioner.

1. If I feel my medications are not effective or are causing undesirable side effects, I will contact my provider for instructions.
2. I will not adjust my medications without prior instruction to do so.
3. I understand that the medication should be kept refrigerated as soon as it is received.
4. I understand this medication must be self-injected in the subcutaneous tissue once weekly, on the same day each week. I will not inject any less than 7 days unless directed by your practitioner. (example: travel).
5. I will not share needles and dispose of needles safely.
6. You will need to use the medication within 30 days of receiving it from your practitioner.

Refills:

1. All refills (4 syringes total).
2. I understand I may need to call to refill my medication ahead of time to avoid delays in refills.
3. I will not ask for early refills.

Payment/Cost:

1. I understand that I will pay for the refills (4 syringes) when ordering.
2. I understand the cost of the medication will increase when the dosing changes.

Safety:

1. I understand it is important to keep my medication away from children under 18 years old.
2. I am the only one who will use my medication. I will not give or sell my medication to anyone else.
3. If your practitioner deems it appropriate to start weaning my medication or transition to maintenance dosing, I will comply.

Discontinuation of medication: I understand that your practitioner may stop prescribing my medications if:

1. I am having unfavorable side effects or it's not working to treat my medical condition.
2. I have been untruthful in my medical or family history.
3. I do not follow through with the recommended plan of care set by your practitioner.
4. I do not follow parts of this agreement.

Where should I inject Semaglutide or Tirzepatide?

You should inject your Semaglutide or Tirzepatide injections into a few areas to increase the medication's efficiency and promote injection safety. The general rules behind these target areas are:

1. Inject the medication into areas with a more significant amount of fat.
2. Avoid injecting into areas with prominent veins or muscular structures.
3. The best injection sites are the abdomen, upper arms, thighs, and hips/buttocks.
4. When injecting into the abdomen, avoid the area around the navel.
5. Rotate the injection sites.
6. Do not inject into sore areas, bruises, or redness.
7. Avoid areas with prior traumas, scarring, or stretch marks.

Injection protocol: I understand this medication must be self-injected in the subcutaneous tissue once weekly, on the same day each week. I will not inject any less than 7 days unless directed by your practitioner. (example: travel).

1. Make sure you have washed your hands and/or wearing protective gloves.
2. Disinfect the area you will be injecting with an alcohol wipe.
3. The injection should be done subcutaneously (under the skin) in a fatty area. The areas include the stomach, upper back of arms, upper buttock, or thigh. Do not inject in a muscle.
4. The injection site will rotate from shot to shot for more efficient body uptake.
5. Pinch the area you will inject and hold it between your thumb and index finger.
6. Insert the needle straight into the tissue.
7. Inject the medication with the prefilled syringe.
8. Pull out the needle and discard the syringe safely.
9. Disinfect the area after injection.

Patient Signature _____ Date _____