

# **IN-HOME DISCHARGE INSTRUCTIONS - Compounded Semaglutide** **(active ingredient in Ozempic or Wegovy)**

Important information you need to know before injecting Semaglutide (Ozempic or Wegovy). Read this Instructions for Use and the Medication Guide before injecting Semaglutide (Ozempic or Wegovy) and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or treatment. Talk to your healthcare provider about how to inject Semaglutide (Ozempic or Wegovy) the right way.

**IMPORTANT! This product follows a titration schedule. ALL patients MUST start with 'month 1' dose. After month 1, the dosage per injection increases gradually in month 2, 3, 4, etc. Lastly, the maintenance dose can be ongoing for up to 8 months - depending on your goals.**

## **DOSING:**

Month 1: 0.25mg (5 units on the syringe) SC once a week

Month 2: 0.5mg (10 units on the syringe) SC once a week

Month 3: 1.0mg (20 units on the syringe) SC once a week

Month 4: 1.75mg (35 units on the syringe) SC once a week

Month 5: 2.5mg (50 units on the syringe) SC once a week

Maintenance dose may be needed once you reach your goal weight: 0.25mg or 0.50mg for up to 8 weeks.

You have the option of staying at your current dose or moving up. Many patients do very well on these lower dosages listed above and continue the same dose.

**Dosing questions: email us at [lipsbymatt@gmail.com](mailto:lipsbymatt@gmail.com)**

## **If switching from Tirzepatide to Semaglutide:**

Please note Tirzepatide and Semaglutide are not the same and the doses are not interchangeable. Contact Lipsbymatt

**Note:** Do not share needles. Do not share medication. Please read the entire document; contact us with any questions or concerns . **If you are NOT sure - contact US -**

## **IF YOU HAVE A LIFE THREATENING EMERGENCY - CONTACT 9-1-1**

**BIRTH CONTROL:** Semaglutide (Ozempic or Wegovy) may reduce efficacy of oral hormonal contraceptives due to delayed gastric emptying and to switch to a non-oral contraceptive method or add a barrier method of contraception for 4 weeks after initiation and for 4 weeks after each dose escalation.

Suggest a non-oral method (ring, IUD, etc) or backup for 4 weeks after starting and each titration (dose escalation).

**DO NOT USE SEMAGLUTIDE (OZEMPIC OR WEGOVI) IF YOU ARE PREGNANT, BREASTFEEDING OR ATTEMPTING TO BECOME PREGNANT.**

## **Please note:**

Semaglutide (Ozempic or Wegovy) is in a multi-use vial that must be stored in the refrigerator. Do not share this medication with anyone.

Semaglutide (Ozempic or Wegovy) is used 1 time each week.

Dispose of multi-use vial 28 days after first puncture (more info below).

Inject under the skin (subcutaneously) only.

You or another person can inject into your stomach (abdomen) or thigh.

Another person can inject into the back of your upper arm.

Give injection once every 7 days

**MISSED DOSE:** If a dose is missed, instruct patients to administer Semaglutide (Ozempic or Wegovy) as soon as possible within 4 days (96 hours) after the missed dose. If more than 4 days have passed,

skip the missed dose and administer the next dose on the regularly scheduled day. In each case, patients can then resume their regular once weekly dosing schedule

The day of weekly administration can be changed, if necessary, as long as the time between the two doses is at least 3 days (72 hours).

Administer Semaglutide (Ozempic or Wegovy) once weekly, any time of day, with or without meals.

If you have any changes in your health conditions, contact us to discuss whether to continue with Semaglutide (Ozempic or Wegovy)

For optimum results:

Drink at least 8 - 8 oz. glasses of water per day

Recommend at least 30-45 minutes of exercise per day.

Reduce caloric intake by at least 300 to 500 calories per day.

Weigh yourself weekly and keep track of results.

Contact us 3 weeks after the first dose to discuss results and for refill of medication. This is important to ensure continued access to medication.

**It is your responsibility to tell ALL of your healthcare providers ALL medications you are taking - including Semaglutide. At this time it is not clear how long before a planned procedure or surgery you should stop taking this medication. IF YOU HAVE A LIFE THREATENING EMERGENCY - CONTACT 9-1-1**

### **Storage and handling of Semaglutide (Ozempic or Wegovy)**

Store your Multi-use Vial in the refrigerator between 36°F to 46°F (2°C to 8°C).

Do not freeze your Multi-use vial. If the Multi-use vial has been frozen, dispose of the vial.

The Multi-use vial has glass parts. Handle it carefully.

Keep your Semaglutide (Ozempic or Wegovy) multi-use vial and all medicines out of the reach of children.

### **Dispose of Multi-use vial 28 days after first puncture:**

Per USP (United States Pharmacopoeia) chapter 797 standards on beyond-use-dating and recommendations for discard dates after initial puncture, a multi-dose injectable should not be used for more than 28 days from the date of first puncture. This is in order to prevent the risk of infection to the patient upon administering compounded sterile products.

Vial is good beyond for up to 12 weeks if used only for **personal use and is not shared with any other person.** DO NOT USE BEYOND 12 WEEKS.

### **Common side effects and how to treat:**

Nausea - Eat frequent small, low fat meals or follow the BRAT diet (bananas, rice, applesauce and toast)

Excess stomach acid - Take an over the counter acid reducer such as Zantac, Pepcid or Prilosec. Do NOT take it if you are allergic to any of these medications.

Constipation: You can take a stool softener every day if needed. Take Ex-Lax as needed (do not exceed once per week). Both of these are available over the counter.

If you continue to have issues, please contact us

### **Commonly asked questions**

What if I see air bubbles in my syringe? Air bubbles are normal.

Does the medicine need to be at room temperature to inject? It is not necessary to warm the multi-use vial to room temperature.

What if there is a drop of liquid on the tip of the needle? A drop of liquid on the tip of the needle is normal. Do not touch the needle.

What if there is a drop of liquid or blood on my skin after my injection? This is normal. Press a cotton ball or gauze over the injection site. Do not rub the injection site.

### Giving Yourself the Injection

Select your injection site. This must be an area that has a layer of fat between the skin and the muscle. This is called subcutaneous. The following parts of your body have subcutaneous layers:

- outer surface of the upper arm
- top of thighs
- buttocks
- abdomen, except the navel or waistline

Do not use the same site for injections each time.

Rotate your injection sites in a regular pattern. You should be at least 1 ½ inches away from the last injection site. Jot down on your calendar where you gave you last shot. This will help prevent giving the shot in the same place too soon. Rotate sites each week.

### Preparing to inject Semaglutide (Ozempic or Wegovy):

- Remove the multi-use vial from the refrigerator

- Clean the top of the multi-use vial with an alcohol swab

- Check the multi-use vial label to make sure you have the right medicine and dose, and that it has not expired.

- Inspect the multi-use vial to make sure that it is not damaged.

- Make sure the medicine:

- Is not frozen

- Is not cloudy

- Is colorless to slightly yellow

- Does not have particles

- If you are not sure - contact us

### WASH YOUR HANDS

Select an injection site & cleanse the area (about 2 inches) with a fresh alcohol pad, or cotton ball soaked in alcohol. Make sure you have cleansed the top of the multi-use medication vial as instructed above.

Pull up dose into syringe from multi-use medication vial.

Dosing for New Patients (see first page) - Semaglutide (Ozempic or Wegovy)

Wait for the site to dry.

Plunge the needle into the multi-use vial; and draw up the medication into the insulin syringe (provided by the clinic or pharmacy) appropriate dose. **If you are NOT sure - CONTACT US before proceeding.**

Remove the needle cap.

Pinch a 2-inch fold of skin between your thumb and index finger.

Hold the syringe the way you would a pencil or dart. Insert the needle at a 45 to 90 degree angle to the pinched-up skin. The needle should be completely covered by skin. If you do this quickly, you will feel very little discomfort.

Slowly push the plunger to inject the medication. Press the plunger all the way down.

Remove the needle from the skin and gently hold an alcohol pad on the injection site. Do not rub. If there is bleeding, apply a bandage.

Immediately put the syringe and needle into the disposal container -

### **What are possible side effects from using Semaglutide (Ozempic or Wegovy)?**

These are not all the possible side effects you may feel when taking Semaglutide. If you experience any side effects not listed here, contact us. Like all medicines, this medicine can cause side effects, although not everybody gets them.

Very common: may affect more than 1 in 10 people

Feeling sick (nausea) – this usually goes away over time

Diarrhea – this usually goes away over time

Low blood sugar (hypoglycemia) when Semaglutide is **used with a sulfonylurea or insulin**. The warning signs of low blood sugar may come on suddenly. They can include: cold sweat, cool pale skin, headache, fast heartbeat, feeling sick (nausea) or very hungry, changes in vision, feeling sleepy or weak, feeling nervous, anxious or confused, difficulty concentrating or shaking. If you feel like you have low blood sugar - have some food or drink that contains sugar, such as fruit juice, to correct your blood glucose levels. After having something sugary, you may need to have a longer-acting "starchy" carbohydrate food, such as a sandwich or a few biscuits, crackers or bread. **Do NOT drive or operate heavy machinery if you are suffering from low blood sugar. For a medical emergency, call 9-1-1.**

Common: may affect up to 1 in 10 people

Being sick (vomiting)

Low blood sugar (hypoglycemia) when Semaglutide is used with an oral antidiabetic other than a sulfonylurea

Indigestion

Inflamed stomach ('gastritis') - the signs also include stomach ache, feeling sick (nausea), or being sick (vomiting)

Reflux or heartburn – also called 'gastro-esophageal reflux disease' (GERD)

Stomach pain

Bloating of the stomach

Constipation

Burping

Gallstones

Feeling dizzy

Feeling tired

Weight loss

Less appetite

Gas (flatulence)

Increase of pancreatic enzymes (such as lipase and amylase)

Uncommon: may affect up to 1 in 100 people

Change in the way food or drink tastes

Fast pulse

Injection site reactions – such as bruising, pain, irritation, itching and rash

Allergic reactions like rash, itching or hives

Rare: may affect up to 1 in 1,000 people

**Severe allergic reactions (anaphylactic reactions, angioedema). You should seek immediate medical help - CALL 9-1-1 and inform your doctor straight away if you get symptoms such as breathing problems, swelling of face, lips, tongue and/or throat with difficulty swallowing and a fast heartbeat.**

Only if severe In all cases: Stop taking drug and get immediate medical help

IF YOU HAVE ANY QUESTIONS - CONTACT US at [www.lipsbymatt](http://www.lipsbymatt) OR text 559-513-8220