



ELITE HEALTH SOLUTIONS

PATIENT RESOURCES FOR GLP-1 MEDICATIONS

1. Strength vs Dose of medication

The **STRENGTH** of your medication is measured in milligrams (mg). This is typically seen in compounded Semaglutide as 0.25mg, 0.5mg, 1mg, 1.5mg, and 2.5mg

The **DOSE** of your medication is the volume that is to be administered. This is typically seen in compounded Semaglutide in milliliters (mL) or in units.

It is important to know that the dose fully depends on the strength of your compounded medication. Just because you are increasing the STRENGTH, this does not mean your dose increases, as the medication vial may have more medication (higher concentration) than your previous vial.

The compounded Semaglutide prescribed by Elite Health Solutions is 2.5mg/mL:

This tells you that there is 2.5mg of Semaglutide per mL of solution in the entire medication vial

- 0.25mg = 10 units on an insulin syringe
- 0.5mg = 20 units on an insulin syringe
- 1mg = 40 units on an insulin syringe
- 1.5mg = 60 units on an insulin syringe
- 2.5mg = 100 units on an insulin syringe

2. Insulin Syringe

Insulin syringes come in different sizes: 30 units or 0.3mL, 50 units or 0.5mL, or 100 units or 1mL. The size refers to the maximum amount of fluid the syringe can hold.

Regardless of size, .25mL dose of medication will still be the same .25mL in a larger or smaller syringe volume size. You will need to find the amount line on the syringe you are using for that particular dose.

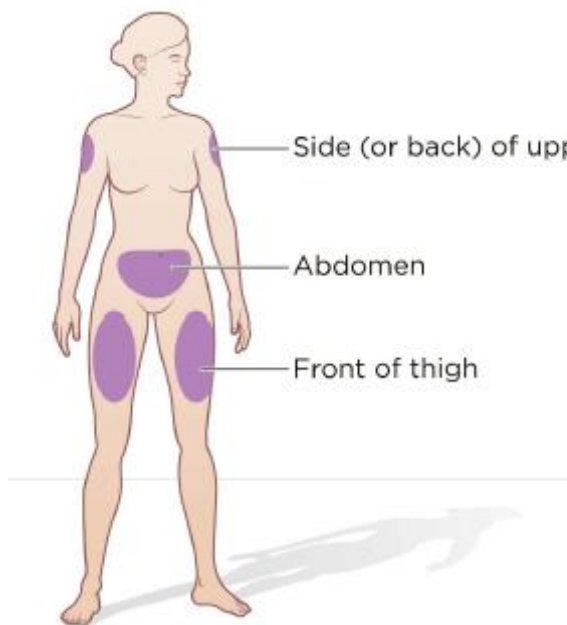




3. Injection Location

Compounded Semaglutide is administered as a subcutaneous (SQ) injection. These injections are typically self-administered with little discomfort. Pinch 1" of skin and inject needle, depress syringe, remove & discard needle in an approved sharps container.

Locations to inject:



- **Back of upper arm**

- Typically a location for another person to inject patient
- Self-administration may be better on outside area of the opposite arm

- **Abdomen**

at least 2" away from the belly button

- **Front of thigh**

make sure at least 1" of skin can be pinched

4. How to Draw up and Administer Medication

- Medication must be stored in a refrigerator.
- When ready to administer medication, have your syringe & alcohol prep pad ready
 - Wash your hands with soap & water
 - Open the top of the medication vial (if 1st use) and wipe the top with 70% isopropyl alcohol pad. Keep the pad on top of the medication until you are ready to draw up the medication.
 - Carefully uncap the syringe and insert it at a 90-degree angle into the medication vial – with the vial on a flat surface
 - Carefully invert the medication vial so it is above the syringe; pull back on the syringe to the number of milliliters (mL) or units required. Carefully remove the needle from the vial.
 - At your chosen injection site on your body, wipe the area with an alcohol pad, allow it to air dry, pinch 1" of skin, and inject the needle fully into the skin that is pinched up.
 - Depress the syringe to inject medication. When the syringe is empty, carefully pull the needle out of the skin and discard it into an approved sharps container.



TIPS FOR GREATEST SUCCESS

- Understand this medication is NOT a “quick fix” and is not designed for “rapid weight loss”
 - Some patients may see faster results than others **initially**.
 - The first month is considered an **acclimation dose** designed for your body to get used to the medication. It is not a therapeutic dose. If you lose weight while on this dose, that is a bonus!!
- The key to long-term success is to put healthy food-relationship habits in place while using a GLP-1 medication.
 - Track your food and water intake (free smartphone apps will help with this)
You need to be in a caloric deficit but need a minimum number of calories to actually lose weight.
 - Set an alarm for every 2 hours to eat/drink (trust us, you will need this until you are in a routine!!)
 - You must increase your water intake!! **90-120oz per day minimum**
 - If you don't drink enough water each day, you risk becoming dehydrated. Warning signs of dehydration include urine that's dark yellow in color, weakness, low blood pressure, **dizziness**, or confusion.
Please contact your primary physician or Elite Health Solutions with any of these symptoms.
 - You will want to set a goal for 30g of protein per meal
****patient should have 0.5mg – 1g of protein per day, per pound of body weight****
 - If you are not getting a high protein diet, you will likely lose muscle mass (which will cause the scale to go down, but it also means you are keeping fat – **we want to lose fat not muscle!!**)
There are also other side effects to not getting enough protein that can affect your overall health
 - Track your food! Read nutrition labels! Artificial sweeteners are not your friend.
 - High protein – low fat – lower carbohydrates – low sugar
 - Avoid processed sugar.... Soda, alcohol, processed food, sweets. Read your nutritional labels
 - Lower your fat intake – opt for healthy fats.
 - Lower your caffeine intake (caffeine will dehydrate the body): coffee, tea, soda
 - Best practice recommends taking a high-quality daily multivitamin
- Increase your daily activity
 - This should be anything MORE than you currently do!
For some, this may be arm & leg raises from a chair. This could be simple walking for 10-15 minutes. This could be starting a gym/fitness routine. You should increase your physical activity as tolerated. When what you are doing becomes easier, you go further, or you feel good – it's usually time to increase. **Some activity is better than no activity.**



How to handle common side effects

Not all patients have side effects. You may experience some of these, and some may be due to things you are eating 😊

• Constipation

- The GLP-1 medications delay gastric emptying (that keeps us fuller longer). This can cause constipation, and that can occur **quickly**.
- We suggest adding fiber powder into your daily routine from the beginning. Try to avoid processed powders that have a lot of added sugar and additives. Psyllium Husk powder is a single ingredient and can be added to any drink (1 teaspoon is the serving size). Any fiber will help.

NEVER USE A LAXATIVE UNLESS DIRECTED BY A PHYSICIAN

- Adding more leafy green vegetables and high-fiber foods will help greatly!
- Water – water – water – water

Please contact your primary physician or Elite Health Solutions with any of these symptoms.

• Nausea

- This could be from many things;
Your body could be getting used to the GLP-1 medication (or a new higher dose), overeating, being hungry, or dehydrated (try incorporating an electrolyte replacement drink daily).
- Related to eating: you will want to eat smaller portions/meals and ensure that they are well-balanced. Avoid food/meals that are high in sugar, fat, and carbohydrates (keep everything balanced).
Alcohol can cause adverse side effects as the GLP-1 medication will regulate blood-sugar levels; however, alcohol will lower it and can cause hypoglycemia (low sugar). Alcohol is also “empty calories,” which contribute to weight gain.
- Actual vomiting is not typical. This could be directly related to overeating or the type of beverage consumed.

Please contact your primary physician or Elite Health Solutions with any of these symptoms.

• Headache / Dizziness

- Similar to nausea, it could be from many things;
Dehydration is common, and a lack of electrolytes (Gatorade / Powerade / Vitamin Water etc..) can also cause a headache.
Not enough calories- you may be hungry, but because of the medication, you don't “feel” hungry. Try eating a small protein-dense snack or meal, and be sure to monitor/track your food intake.

Please contact your primary physician or Elite Health Solutions with any of these symptoms.



- **Gas (Burping)**
 - As food sits in the gastric system, air can be above it (burping) or behind it (gas). This should resolve as you become acclimated to the medication.
 - Carbonated beverages can cause burping from the air bubbles being trapped in the stomach.
- **Acid Reflux / Heartburn**
 - This can occur due to the gastric emptying delay as well as a direct reflection of foods eaten. If needed, an over-the-counter remedy can be used, as it should be short-term until your body acclimates and good nutritional habits are in place.

Please be sure to contact Elite Health Solutions with any symptoms that you may experience.

Call or Text: 678-239-4046

Email: results@elitehealthgeorgia.com

Website Interactive Chat: www.EliteHealthGeorgia.com

**FOR ANY/ALL ADVERSE SIDE EFFECTS, PLEASE CONTACT YOUR PRIMARY CARE PROVIDER OR
LOCAL URGENT CARE / EMERGENCY DEPARTMENT**

Elite Health Solutions providers are not replacing your primary care provider.