



Semaglutide Patient Information

All new weight loss patients will be required to meet with the clinician first before beginning this regime. Height, weight, body fat percentage, lab and educational review must occur before beginning the program. The cost for this appointment is \$150. The patient is responsible for the cost of their labs at the beginning and at near/around the 6-month point and beyond that every 6 months. Costs for product/supplies are roughly \$300/month. Medication is shipped in 2-month increments to get started. Shipping from compounding pharmacy will require additional costs.

Semaglutide is a Glucagon like peptide 1 (GLP-1) agonist injected weekly that may aid in treating obesity when used with calorie reduction and increased physical activity.

Indications:

Patients must be age 18 or older. Patients must have a qualifiable body mass index based on height, weight, and gender with a history of self-reported unsuccessful dietary efforts to lose body weight.

This is not a vanity drug. It is a big commitment for the long term.

The optimal goal is for a person to develop behavior modification skills in their consumption of types of food and mindfully eating items that are healthy and nutrient dense. Unless this occurs, many people can expect lifelong use of this medication in managing their weight loss. If drug is stopped, weight will return if changes in eating habits have not been made. Maintenance dosing can be maintained at lower doses or more spread out dosing after you have lost the weight you have made your goal to lose.

Weight loss does not happen quickly, even if all your friends told you it does.

Do not expect any weight loss the first or even the second month. Your body has to adjust to the medication. Even after this, weight loss will be slow. You CANNOT lose more weight by simply increasing the dose.

Dosing — Semaglutide is administered subcutaneously in the abdomen, thigh, or upper arm once weekly. The initial dose is 0.25 mg once weekly for four weeks. The dose is increased at four-week intervals to the recommended dose of 2.4 mg once weekly. Patients who cannot tolerate the 2.4 mg dose or have an acceptable weight loss response with a lower dose can be maintained on the lower dose. If dose escalation is not tolerated due to side effects (e.g., nausea, vomiting), the increase in dose can be delayed by another four weeks. Continue the patient on the maximum tolerated dose if goal weight loss is achieved, although there are limited data on the efficacy of doses lower than the recommended dose in patients without diabetes.

Semaglutide is a prescription medication. It can only be used after evaluation by a physician in select patients. Patients on Semaglutide will need monthly monitoring and any severe side effects may need more frequent monitoring and possibly lead to cessation of therapy.

*It is **NOT** indicated in patients with:

- risk of thyroid cell tumors or with goiter on physical exam
- pancreatitis or history of pancreatitis
- gallbladder disease
- hypoglycemia. Caution on patients on medication for type 2 diabetes
- kidney disease
- pregnancy

- breastfeeding
 - hypersensitivity reactions
 - diabetic retinopathy
 - irregular heart rate
 - suicidal behavioral
- *this is not an exhaustive list

Labs that need to be reviewed include:

- Hb A1C or a fasting blood sugar
- Comprehensive Metabolic Panel
- CBC
- Lipid Panel (cholesterol)
- Thyroid Stimulating Hormone

You may provide copies of your labs done elsewhere if done within the last 6 months or we are contracted with *Any Lab Test Now* in Springfield. This panel through *Any Lab Test Now* is \$150 and you will need to fast for 6-8 hours before your labs are drawn. Their number is **417-889-8378**. Just let them know you are with Beautiful You Med Spa.

Side Effects

Most common reactions are nausea, diarrhea, constipation, vomiting, abdominal pain, headache, dyspepsia, fatigue, dizziness, bloating, belching, hypoglycemia.

This medication slows gastric emptying. Eating small portions will help to alleviate these side effects over time.

Lifestyle Changes You Will Have to Make

Water intake should be at least 0.5 oz per pound of body weight.

Avoid alcohol intake. This will increase side effects dramatically.

Protein intake should be at least 0.5 g per pound of body weight daily.

Eat small meals (small portion of carb and protein) every 3-4 hours.

Take a magnesium supplement each day. You may also need to take a stool softener.

Physical activity every day is important. Start with 20 minutes a day of activity. Things like walking, bicycling, yoga, tai chi, swimming, aerobics, and dance are great for cardiovascular fitness and strengthening. Adding resistant exercise with weights, exercise bands, or isometrics will help you build strength too. Aim for a target heart rate of 100 - 120 beats per minute (bpm) and build up as you become acclimated to fitness. Our bodies are made to move.

Because appetite is diminished, the food you take in each day needs to be healthy food. This includes eating the colors of the rainbow. Fruits, vegetables, lean meats, fish, and complex carbohydrates. Avoiding refined sugars and simple carbohydrates will be important to maintain good nutritional intake.

_____ Date: _____

Patient Signature