



Weight Loss 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, labs and educational review must occur before beginning the program. The cost of the office visit is \$150. The patient is responsible for the cost of their labs at the beginning and approximately at the 6-month point and beyond that every 6 months. Costs vary month to month based on dosage and medication prescribed. We will always keep you updated on cost before you purchase so there are no surprises. Shipping is additional if we ship to your residence.

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. **Tirzepatide** is a dual agonist for the glucose dependent insulinotropic polypeptide (GIP) and glucon-like peptide-1 (GLP-1) receptors. Both of these medications have a stair-step dosage technique, meaning that typically you will go up each month in the concentration of the medication. We do have some people that remain on a lower dose and still lose weight.

Indications:

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

This is not a vanity drug. 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 the medication is stopped, weight will return if changes in eating habits have not been made. Maintenance dosing can be managed at lower doses or more spread-out doses after you have reached your weight loss goal. Weight loss does not happen quickly, even if all your friends tell you it does. Do not expect any weight loss in the first or even the second month. Your body must adjust to the medication. Even after this, weight loss will be slow. You CANNOT lose more weight by simply increasing the dose.

Semaglutide and Tirzepatide are prescription medications. They can only be used after evaluation by a licensed health practitioner in select patients. Patients on Semaglutide/Tirzepatide 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 need your labs completed for 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 eat 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. If you need your favorite snack, wait until the end of the day, after you've eaten healthy throughout the day. It can't be stressed enough the importance of eating healthy food daily as you lose weight.

Approximately 2 weeks prior to the last dose, please reach out to Beautiful You Med Spa to refill your prescription. The responsibility will be yours to reach out for your refill so that you do not miss your next dose.

_____ Date: _____

Patient Signature