SEMAGLUTIDE

# What is it and how does it Work?

Semaglutide is a GLP1 receptor agonist that was originally developed to treat diabetes by lowering blood glucose levels. It later received FDA approval as a weight loss medication for obese patients.

GLP-1 is an important, gut-derived, regulator that is released after the oral ingestion of carbohydrates or fats. GLP-1 enhances insulin secretion and synthesis, suppresses glucagon secretion (glucagon increases sugar production), slows gastric emptying, and reduces appetite and food intake.

GLP-1 interacts with the parts of the brain that suppress your appetite and signal you to feel full. When used in conjunction with diet and exercise, it can cause significant weight loss. It can improve or lower the risk of diabetes and heart disease in people who are obese or overweight.

# What are the side effects of Semaglutide?

The most common side effects may include nausea, diarrhea, constipation and possible ileus, vomiting, stomach/abdominal pain, headache, fatigue, upset stomach, dizziness, bloating, belching, gas, and heartburn. Gastrointestinal issues are the most common complaint among people just starting semaglutide. To limit nausea: eat bland, low-fat foods, like crackers, toast and rice, eat foods that contain water, like soup and gelatin, avoid laying down after eating, eat slowly, go outdoors for fresh air.

# Would I Make a Good Candidate?

Almost anyone dealing with obesity qualifies for treatment with Semaglutide, regardless of their age, ethnicity or Body Mass Index (BMI). The best candidates are obese adults or those suffering from Type-2 diabetes, hypertension, gastroesophageal reflux, or osteoarthritis.

# Who Should Not Take Semaglutide?

Avoid Semaglutide:

If you are pregnant, breastfeeding Or if you have:

History of Active Gallbladder disease History of Pancreatitis

A personal or family history of medullary thyroid cancer or multiple endocrine neoplasia type 2 (MEN2) syndrome

# Will I Still Need to Diet and Exercise?

Yes. In fact, it's essential. Even though semaglutide will help you manage your weight, it should not be thought of as a magic bullet for weight loss. However, if you combine your treatment with a healthy diet and solid exercise routine, you can expect to enhance your weight loss efforts.

# How Much Weight Will I Lose?

Although every person is different, patients typically lose anywhere from 10 to 15% of their body fat after regularly using Semaglutide for 6 - 8 weeks and dieting and exercising.

# Why is B12 added?

B12 is a vitamin which can help with increased energy and may also help with metabolism. In addition, it can help with some of the side effects of Semaglutide.

# Dosing and Frequency

The dosing for Semaglutide increases slowly every month until reaching the maximum dose. A dose is given once a week, taken on the same day each week, any time of day, with or without food. It is a subcutaneous injection, self-administered, in the fatty abdominal area or thigh.

**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, and 4. LASTLY THE MAINTENANCE DOSE CAN BE ONGOING DEPENDING ON YOUR GOALS

**PATIENT INSTRUCTIONS FOR SEMAGLUTIDE/CYANOCOBALAMIN**

**Month 1:** 0.5mg once a week x 4 weeks

***Inject 0.1 mL weekly x 4 weeks*** with Semaglutide/Cyanocobalamin **5 mg/1 mg/ml**

**Month 2:** 0.75mg once a week x 4 weeks

***Inject 0.15 mL weekly x 4 weeks*** with Semaglutide/Cyanocobalamin **5 mg/1mg/ml**

**Month 3:** 1 mg once a week x 4 weeks

***Inject 0.2 mL weekly x 4 weeks*** with Semaglutide/Cyanocobalamin **5 mg/1mg/ml**

**Month 4:** 1.5 mg once a week x 4 weeks

***Inject 0.3 mL weekly x 4 weeks*** with Semaglutide/Cyanocobalamin **5 mg/1 mg/ml**

# What if I cannot tolerate the side effects of an increased dose?

If you are unable to tolerate a particular dose, go back down to the previous dose and continue for 4 weeks. Then you can try to increase your dose again.

# How do I Inject the Medication?

  You will need your medication syringe and

an alcohol swab. Wash your hands. Clean the injection site with the alcohol swab. Pinch the injection site to create a firm surface. Inject at least two inches away from the belly button on either side. Insert the needle into the skin between the index finger and thumb at 90 degrees. Using a slow and constant pressure, push the plunger rod until it reaches the bottom. Gently pull the syringe out of the skin. Alternate injection sites between either side of the stomach, back of the arm, or thigh. Subcutaneous injections will typically cause very little pain because it is only injected directly under the skin. Video tutorials are also available online for injecting subcutaneous injections.

# Storage

Keep semaglutide injections out of reach of children. Store in the refrigerator in-between doses. Dispose of needles in a sharps containers available at your retail pharmacy. If not accessible, place needles in a hard, closed container, such as a sealable bottle or can.

# How does the Program Work?

To start, we will need to see you for an initial in-office consultation. (xxx)

A 4 week supply of medication will be included in the cost. We will collect payment at that visit. An order for the medication will be called into the compounding pharmacy, then shipped to our office. Typical turnaround time is 1 week. You will be contacted when the medication arrives, and we will dispense the first 4 weeks of medication to you.

After the first visit, we will require 3 follow-up visits one month apart. We will collect payment at each visit (xxx each visit) and dispense 4 weeks of medication each time.

After the first 4 monthly visits, you can continue the program, you will just need to pay xxx a month for the medication. A quick follow up questionnaire by phone at the time of ordering will be done to ensure everything is going well. We will also collect payment at the time of ordering. You can request to speak with physician during each month.

Unfortunately, we are unable to give any refund after you make your payment, and we order your medication. It is non-refundable and non-returnable.

**Weight Loss Consent**

* Prior to my treatment, I have fully disclosed any medical conditions or diseases. If I fail to disclose any medical condition that I have, I release the doctor and facility from any liability associated with this procedure.
* I agree to immediately report any problems that might occur to my medical provider during the treatment program. I further understand that not complying with the dosage recommendations and dietary restrictions could increase risks. If I do not follow these recommendations and restrictions, I agree to release the doctor and facility from any liability arising as a result of this. While adverse side effects or complications are not expected, in the event that an illness does occur, I understand that I need to contact FirstMD VIP immediately. If I experience an emergency situation, I understand that I need to go to an emergency facility.
* I understand that if there are any changes in my medical history or there are any changes in my medications or any other changes relevant to this procedure, I will advise the doctor at that time.
* I give permission for photographs of the treated area(s) to be kept in my file, and to be used for teaching purposes, and/or promotional purposes. Complete patient confidentiality will be maintained at all times.
* I understand that I can be successful without the use of appetite suppressants or injections as long as I am following a reduced calorie nutrition plan and increasing my activity level, however the use of such medications and injections may significantly help with my weight loss progress.
* I understand that there is no guarantee that this program will work for me. I understand that I must follow the program as directed in order to achieve weight loss.
* By consenting to treatment, I agree to pay, in full, for all visits and charges incurred at each visit. I understand that these charges may not be covered by my insurance.
* I have read and fully understand the above terms. All my questions have been addressed to my satisfaction. I agree to release the doctor and the facility from any liability associated with this treatment.

Client's Signature: Client's name:

Date:

* Regarding Semaglutide/B12:

I understand my physician is recommending a prescription for the medication Semaglutide/Cyanocobalamin to facilitate and promote weight loss.

Serious side effects of taking this drug may include: prolonged vomiting, inflammation of your pancreas (pancreatitis), changes in vision, low blood sugar (hypoglycemia), kidney problems, and serious allergic reactions.

Common side effects may include nausea, vomiting, diarrhea, stomach pain, constipation and possible ileus.

I agree to report any adverse reaction, side effect, or problem that might be related to Semaglutide/Cyanocobalamin.

I understand that I will be in charge of administering the prescribed drug and will

conform with the recommended dosages and methods of administration provided by my physician. The drug provided to me is a compounded drug provided by a state licensed pharmacy.

Compounding pharmacies are regulated and monitored for quality purposes by the state. The Food and Drug Administration permits its use, but the FDA does not review these drugs to evaluate their safety, effectiveness, or quality.

I understand and have been advised that I should not receive Semaglutide/Cyanocobalamin if I have a history of angioedema, anaphylaxis or other serious hypersensitivity reaction to Semaglutide/Cyanocobalamin or if I am pregnant or breastfeeding.

Semaglutide/Cyanocobalamin is contraindicated in patients with a personal or family history of certain types of thyroid cancer, specifically thyroid C-cell tumors such as medullary thyroid carcinoma (MTC) or in patients with multiple endocrine neoplasia syndrome type 2 (MEN 2). It is also contraindicated in patients with type 1 diabetes and history of pancreatitis.

I understand, in studies, some laboratory animals given semaglutide developed thyroid tumors, but it is not known if this medication increases the risk of tumors in humans Semaglutide/Cyanocobalamin should be used cautiously for people on other blood sugar lowering medications and you should limit the amount of alcohol intake while on this medication.

By signing below, I acknowledge that I am not presently suffering from any of the above conditions. I certify that I have read this form and that I understand its contents. I have been given the opportunity to ask questions about my condition, the medication to be used and the risks and side effects involved, as well as alternative treatments. I have sufficient information to give this informed consent.

I understand I am required to pay in full at time of order and that the medication is non-refundable and non-returnable.

Client's Signature: Client's name:

Date: \_