

Midwest 360 Wellness & Rejuvenation

Semaglutide

For weight loss

Getting Started

What is Semaglutide? What is Semaglutide? Semaglutide is an injectable glucagon-like peptide-1 (GLP-1) agonist that's administered once weekly for obesity.

How does it work for weight loss? GLP-1 is an incretin hormone that plays a role in your appetite and digestion. Incretins — hormones released by your small intestine — are sent out by your body after you've eaten a meal to help lower your blood sugar by triggering insulin and blocking other sources of sugar. It also slows down how quickly food leaves your stomach (called gastric emptying). The result of these actions causes you to feel full — lowering your appetite and causing you to lose weight. Medications like GLP-1 agonists are referred to as incretin mimetics since they “mimic” these effects.

How fast does Semaglutide work for weight loss? If you're taking Semaglutide for chronic weight management, you can expect to see some results in 4-8 weeks, though the low initial doses of this drug treatment mean the initial results will be subtle and only appear a few weeks in. Larger amounts of excess weight come off in subsequent weeks.

Duration of Semaglutide Therapy and when to stop? Semaglutide is a hormone-based medication; it works best when taken consistently over a long period of time for its benefits to be incorporated into the body. Examples of when to stop Semaglutide medication and other anti-obesity medications are when the weight loss goal has been achieved, lifestyle changes have been incorporated and maintained, or when the medication is not tolerated. Utilizing GLP medications as a tool to build healthy habits is the key to success. This approach will enable you to succeed as you wean down or discontinue the medication!

Missed doses of Semaglutide Therapy? If a scheduled Semaglutide injection is missed for more than 2 days, take one as soon as possible. If the dose is less than 2 days away, skip the missed dose but make sure that the next scheduled injection is taken. Contact your provider if there are questions or concerns related to dosing.

SEMAGLUTIDE

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Potential side effects? Gastrointestinal (GI) side effects tend to happen most frequently when using this medication — the most common being nausea, constipation, and vomiting. You may experience these effects more strongly when your provider raises your dose.

Additional common side effects can include Stomach pain, indigestion, & bloating.

****if you experience severe nausea/vomiting or abdominal pain, please stop the medication and contact us or go to the ER.**

How do I deal with nausea?

*Vitamin B complex or Bioboost injections (B vitamins plus amino acids) ask your provider.

*Small, frequent meals

*Lower the amount of alcohol you consume

*low-fat meals

*Bland diet-bananas, rice, toast

*Ginger, Unisom

*** If needed, a prescription called Zofran (ondansetron) can be prescribed by your weight loss provider, and you can take 1 tablet under the tongue every 6 hours as needed for nausea. Please use it only for severe nausea, as this can cause constipation. Contact Midwest 360 Wellness & Rejuvenation for a prescription if needed.*

How do I deal with constipation?

*Stay hydrated

*Continue with exercise

*High-fiber diet

*Magnesium citrate supplement 200 mg daily

*Over-the-counter stool softeners like MiraLAX, Colace, Senna. Please refer to package directions for dosing.

How do I administer? You'll give yourself the injection once a week, on the same day each week. It can be given at any time of day, and you can take it with or without food. It is injected just under the skin (subcutaneously) in your abdomen or inner thigh. Since semaglutide slows down how quickly food leaves your stomach, you may experience side effects like nausea and vomiting. The goal is to have limited unfavorable side effects while losing 1-2 lbs/week (and feel the benefits of the medication i.e less appetite, cravings, and portion sizes). We will do this at the **lowest dose that is effective**. We may need to adjust your dose every 4 weeks to achieve that goal.

SEMAGLUTIDE

For weight loss



My Semaglutide Dosing

THE GOAL IS TO LOSE 1-2 LBS PER WEEK (weight loss typically starts into the 2nd month of treatment)

- 0.25 mg sub-Q once weekly for 2-4 weeks, then
- 0.5 mg sub-Q once weekly for 2- 4 weeks, then
- Can increase the dosage by 0.25 increments after the first 2- 4 weeks on the current dose and dose adjustment as discussed with the prescribing provider up to a **max dose of 2.4 mg per week**.

Typically, if tolerating medication every 4 weeks, you may increase to the next dose.

HOW TO KNOW IF YOU SHOULD INCREASE AT YOUR NEXT INJECTION?

If you haven't felt the effects of the medication (ie no weight loss and minimal side effects), YOU MAY INCREASE YOUR DOSE

SHOULD I STAY AT THE SAME DOSE?

If you are losing weight and feel less hungry, you are on the right dose! If you are losing weight (1-2 lbs per week), ***do NOT increase your dose***. You may later plateau, and then you will need to increase your dose. A higher dose *does not* mean faster/more weight loss.

SHOULD I DECREASE?

If you are experiencing too many side effects (ie constipation, nausea, vomiting, reflux)

Decrease your dose down to the previous amount or try injecting your upper thigh.

SEMAGLUTIDE

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DOSING ON INSULIN SYRINGE (using 2.5 mg/ml solution)

- a. 0.25 mg10 units
- b. 0.5 mg20 units
- c. 0.75 mg.....30 units
- d. 1 mg40 units
- e. 1.25mg50 units
- f. 1.7 mg.....68 units
- g. 2 mg..... 80 units
- h. 2.4 mg.....96 units

NEW TO GLP's--Starting dose draw up to **10** units on syringe.

This example syringe shows **20** units of medicine!

Take off the caps



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My Semaglutide Diary (example) dose adjustments will vary....

** Keep notes for your provider! This will help us know the best dose for you! Vial 2.5 mg/1 ml

Week	Dose	My actual dose	Location	Weight	Side effects
1	10 units (0.25mg)		right		
2	10 units (0.25mg)		left		
3	20 units (0.5 mg)		right		
4	20 units (0.5 mg)		left		
5	30 units (0.75mg)		right		
6	30 units (0.75mg)		left		
7	30 units (0.75mg)		right		
8	30 units (0.75mg)		left		
9	40 units (1 mg)		right		
10	40 units (1 mg)		left		
11	50 units (1.25 mg)		right		
12	50 units (1.25 mg)		left		
13	60 units (1.5 mg)		right		
Can titrate up by 0.25mg. Max dose 2.4 mg/week=96 units	70 units (1.75mg) 80 units (2 mg) 90 units (2.25 mg) 96 units (2.4 mg)=max dose				

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