

Midwest 360 Wellness & Rejuvenation

Tirzepatide

For weight loss

Getting Started

What is Tirzepatide? Tirzepatide is an injectable that acts as a dual glucagon-like peptide-1 (GLP-1) and glucose-dependent insulinotropic peptide (GIP) receptor agonist. It is administered once weekly and used off-label to treat obesity.

How does it work for weight loss? These peptides will help lower your blood sugar after eating by **triggering an insulin release**. It also **slows down how quickly food leaves your stomach** (called gastric emptying) while also **regulating the areas of the brain that are responsible for your appetite and food intake**. The result of these actions causes you to feel full, decrease appetite, and decrease cravings —causing you to lose weight. It can cause an average 21% reduction in weight when on long-term treatment.

How fast does Tirzepatide work for weight loss? If you're taking tirzepatide for weight management, most can expect to see some results by the second month, though the low initial doses of this drug treatment mean the initial results will be subtle and only appear after the first month. Larger amounts of excess weight come off in subsequent weeks.

Duration of Tirzepatide Therapy and when to stop? Tirzepatide 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 tirzepatide 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 Tirzepatide Therapy? If a scheduled tirzepatide 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.

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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, Vitamin B6 for nausea

*** If needed a prescription called Zofran (ondansetron) can be prescribed by your weight loss provider, which 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

*Daily Magnesium Citrate supplement

*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 tirzepatide slows down how quickly food leaves your stomach, you may experience side effects like nausea and fullness. 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.**

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My Tirzepatide Dosing

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

- 2.5 mg sub-Q once weekly for 4 weeks, then
- 5 mg sub-Q once weekly x 4 weeks, then
- Can increase the dosage in 1.5-2.5 mg increments **after the first 4 weeks on the current dose** thereafter, max dose of 10 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 (1-2lbs 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)

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

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DOSING ON INSULIN SYRINGE:

- a. 2.5 mg.....25 units
- b. 5 mg.....50 units
- c. 7.5 mg.....75 units
- d. 10 mg.....100 units

NEW TO GLP'S-Starting
dose Tirzepatide 25 units
(2.5 mg)



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

** Keep notes for your provider! This will help us know the best dose for you!

Week	Dose	My actual dose	Location	Weight	Side effects
1	25 units (2.5mg)		right		
2	25 units (2.5mg)		left		
3	25 units (2.5mg)		right		
4	25 units (2.5mg)		left		
5	50 units (5 mg)		right		
6	50 units (5 mg)		left		
7	50 units (5mg)		right		
8	50 units (5mg)		left		
9 (if doing well--stay on the same dose or increase to 7.5 mg)	75 units (7.5mg)		right		
10	75 units (7.5mg)		left		
11	75 units (7.5mg)		right		
12	75 units (7.5mg)		left		
13 + dose TBD	tbd		right		

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