



SEMAGLUTIDE

FAQ

- WHAT IS IT?** A glucagon-like peptide. In other words, helps the pancreas to release the right amount of insulin and slows absorption of glucose by slowing stomach emptying.
- AM I TAKING MEDICINE FROM TRUE TYPE 2 DIABETICS? HOW LONG WILL I BE ON THIS MEDICINE?** No. This is compounded (made) in a pharmacy specifically for you. Maintenance looks different for everybody. Some will stay on this or a similar medication long term, while others will wean off.
- WILL I GAIN WEIGHT BACK WHEN I STOP MEDICATION?** Our N.P. will discuss which option for you to come off your medication is best, but typically when goal weight is reached it is recommended to maintain on medication for a few more months, and then to lower dose over a time to help not to have rebound weight gain. In some cases, continuing the medication to maintain weight loss will be the answer.
- I HAVEN'T LOST ANY WEIGHT OR HAD ANY SYMPTOMS STARTING SEMAGLUTIDE?** When starting Semaglutide it's given in "starter dose", then increased over time. The starter dose is just to get your body adjusted to the medication to reduce symptoms that may occur.
- WHAT ARE COMMON SIDE EFFECTS?** Nausea, fatigue, headache, constipation, or diarrhea are some of the more common, These symptoms may resolve on their own over time or OTC medicine can be taken to ease side effects.

I. SEMAGLUTIDE HIGHLIGHTS:

- FDA approved for weight loss
- Up to 3 times more effective than other medications for weight loss
- Suppression of appetite and food cravings
- Delays stomach emptying, so you feel full longer
- Increases insulin sensitivity
- Proven weight loss of up to 10-15% body weight
- Decreases visceral fat

II. THINGS TO DO:

- Eat nutritious foods, including protein and vegetables
- Drink enough water

III. FEELING NASUATED?

- Take B6 25mg x 4 daily by mouth. If this doesn't reduce nausea, please contact the office
- Change location of injection. If doing in abdomen, try in thigh or if assisted can inject into back of arm.
- Can inject ½ of your dose twice per week rather than a full dose once a week (example: if your dose is 20U per week, inject 10U on Monday and the remaining 10U on Thursday)

Scan the QR code for instructional videos!

<https://www.youtube.com/@reflectionsmedicalspa>