

## Semaglutide

### Injection “How To”

- Wash your hands with soap and water and make sure the skin you are injecting is clean and dry.
- You can inject the stomach or the thigh, avoid the belly button area if injecting in the stomach.
- Keep in mind to avoid areas that are bruised. Bruising is common so don't be alarmed, just rotate injection sites.
- Locate the area that you are going to inject, pinch the skin tightly.
- Swiftly insert the needle into the skin, slowly plunging the Semaglutide into the injection site.
- Make sure you have pushed all the medicine into the skin, release your pinch and remove the needle. Cover with a band-aid if bleeding is present.

### Quick Facts

- Semaglutide is a weight loss medication received through once weekly self-administered injections. This medication is approved by the FDA to be safe and effective in assisting with weight loss.
- Semaglutide aids in weight loss by mimicking a natural hormone in our body called glucagon like peptide (GLP-1) which reduces your appetite by slowing gastric emptying and causes you to feel fuller longer.
- The average weight loss is 1-2 pounds a week. Weight loss will in-turn lower your A1C, decrease your body mass index and can help with overall inflammation in the body. This medication combined with a healthy diet and exercise routine will put you on the fast track to losing weight.

### Diet Tips and Tricks

- ◇ Drink lots of water.
- ◇ Decrease foods high in fat and decrease sugar intake.
- ◇ Decrease processed foods.
- ◇ Increase lean meats, fruits and vegetables.
- ◇ Increase your overall activity level.

### **You cannot take Semaglutide if you:**

- ◆ Are on Insulin or sulfonylureas for diabetes.
- ◆ Have diabetic retinopathy.
- ◆ Have a personal or family history of thyroid cancer.
- ◆ Have a personal or family history of pancreatitis.
- ◆ Have a personal or family history of Multiple Endocrine Neoplasia type 2.
- ◆ Are pregnant, planning to become pregnant or breast feeding.  
(if you become pregnant, stop taking)
- ◆ Have a BMI of under 18.

## **Most Common Side Effects and How to Manage Them**

**Nausea:** If you are experiencing nausea, eat slower, smaller meals, that are low in fat. Decrease the amount of processed and packaged foods that you consume. If nausea persists, contact the clinic as we can prescribe anti-nausea medication if needed.

**Constipation:** Make sure to drink plenty of water, about half your weight in ounces per day. Increase your fiber content, Metamucil or fiber gummies are a great way to get more fiber. Make sure when you increase your fiber intake you also increase your water intake. Magnesium Glycinate will also help with constipation. Magnesium helps to increase the amount of water in the intestines which makes it easier for stool to pass through. A probiotic is also helpful in increasing the amount of healthy gut microorganisms in our body.

**Fatigue:** Is a common side effect that usually results from not eating enough calories. Make sure you are eating throughout the day even if you don't feel hungry.

**Bloating and flatulence:** Foods that are high in fat or dairy can cause these side effects. When gastric emptying is delayed, the dairy or fatty food sits in your gut longer creating more gas, bloat, discomfort and abdominal pain.

**Contact Allura** If you experience changes in vision, diarrhea that is severe, severe nausea, frequent vomiting, neck lump or swelling, dark or decreased urine output, pain in the abdomen, yellowing of the skin or eyes, fever or pale stool.

**Seek medical attention immediately** if you experience any symptoms associated with an allergic reaction. These symptoms include, skin rash, hives, itching or swelling of your face, lips, tongue or throat. Difficulty breathing or trouble swallowing.