



PUR-FORM

GLP-1 Medical Weight Loss Program

Welcome To The *Future* of Your Health

Medical Weight Loss Starter Guide

What to expect, injection instructions & tips to make the most out of your program.

GLP-1 Administration Instructions



Wash your hands thoroughly

- Check the label. Make sure you have the right medicine.
- Check the date on the vial. DO NOT use medicine that is out of date.
- DO NOT use medication if it has been prescribed to someone else.

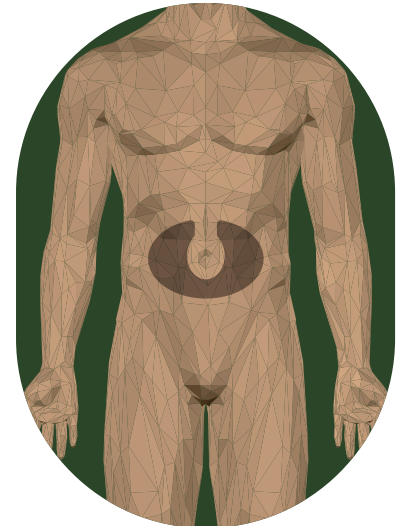
Prepare for your injection

- Remove the circular foil from the center top of the vial lid. DO NOT remove the cap from the vial.
- Wipe the rubber top clean with an alcohol pad.
- Fill the syringe with the dose provided by your provider.

Administer the injection

- Choose an injection area at least one inch away from your naval.
- Wipe the area with an alcohol pad.
- Gently pinch the area you want to inject between your index finger and thumb and with the other hand insert the insulin syringe and inject the medication.

Injection Area



Abdomen
(one inch away from
the naval)

Brain

- ↑ Synaptic transmission
- ↑ Nerve protection
- ↑ Memory
- ↑ Proliferation of neural stem cells
- ↓ Neuroinflammation
- ↑ Motor function
- ↑ Signal of satiety level

Pancreas

- ↑ Insulin synthesis
- ↑ Insulin secretion
- ↓ Blood glucose
- ↑ Islet β cell protection
- ↑ Islet β cell proliferation

Benefits of GLP-1 Agonists



GI Track

- ↓ Gastric emptying
- ↓ Gastrointestinal peristalsis

Heart

- ↑ Cardiovascular protection
- ↑ Heart rate
- ↑ Anti-inflammatory action
- ↓ Myocardial ischemia injury
- ↓ Endothelial dysfunction
- ↓ Blood lipid
- ↑ Atrial natriuretic peptide secretion

Liver

- ↓ Liver glucose production
- ↓ Liver fat content
- ↓ Plasma liver enzyme level
- ↓ Hepatic steatosis

GLP-1 Agonists Injection Expectations



WEEK 0

Your provider will assess your baseline weight and will create your personal dosing plan.

WEEK 0 - 4

Nausea, frequent burping, stomach cramping and loose stools are possible

RECOMMENDATIONS TO MINIMIZE SIDE EFFECTS:

- A bland diet can help reduce reflux and slowly introducing protein will help reduce loose stool.
 - Bland foods: crackers, toast, rice, ect. (low-fat)
 - Eat foods containing water such as clear soups
- Avoid greasy, high sugar or heavy foods at first
- Eat slowly
- Drink plenty of water

BE PATIENT

It is normal to not experience immediate appetite reduction after the first couple of injections.

DO NOT INCREASE DOSE WITHOUT SPEAKING TO YOUR PROVIDER.

WEEK 5 - 8

Your provider may recommend a dose increase at this time.

You can expect to feel full quicker and have a decreased appetite.

WEEK 9 - 17

Your provider may recommend a dose increase at this time.

Clinical trials indicate the average weight loss by 3 months is 6% of starting body weight. Results vary by patient.

WEEK 18 - 26

You will have reached your target dose by this point.

Clinical trials indicate the average weight loss by 6 months is 11% of starting body weight (actual results may differ).

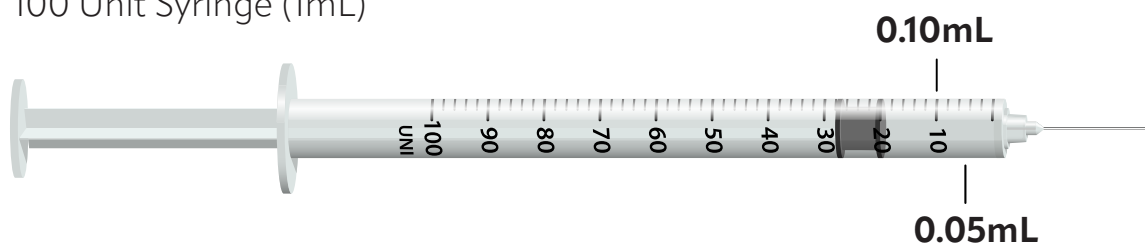
How to Read an Insulin Syringe



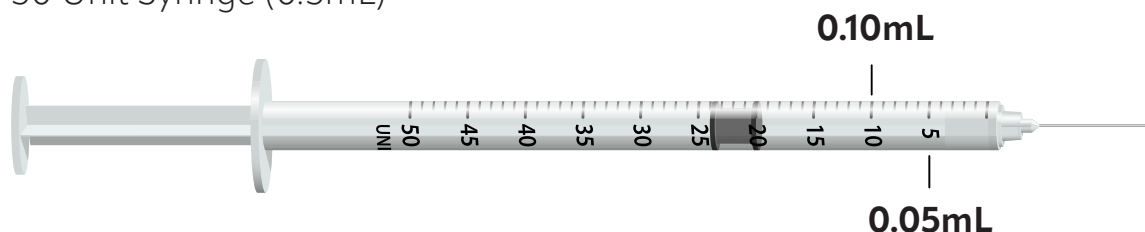
Though knowing how to read an insulin syringe isn't very difficult, it does require you to keep in mind certain points. Here's all you need to know about how to read an insulin syringe:

- The larger the syringe size, the more medication it can hold.
- When choosing a syringe, consider the number of units you require and how clearly visible the markings on the barrel are. It must be noted that the markings on the barrel of smaller syringes are set further apart and easily visible.
- Most scales on the barrel are in ml (milliliters). A 0.50 ml syringe holds 50 units while a 1.00 ml size syringe holds 100 units.
- In order to prepare the required dose of medication, the plunger must be pulled down to draw air into the syringe. It must be borne in mind that the quantity of air inside the syringe must be the same as the number of units of medication needed for the injection.
- Before measuring the correct number of units, make sure to check for any bubble in the syringe. Bubbles should be removed by gently tapping on the syringe.
- When measuring the amount of solution, always read from the top ring i.e. needle side, not the bottom ring or the section that is raised in the middle of the plunger.
- **When measuring an amount that is not exactly marked by the dash lines on the syringe, you may have to count between the lines.**

100 Unit Syringe (1mL)



50 Unit Syringe (0.5mL)



Subcutaneous Injections

What is a subcutaneous injection?

Subcutaneous injections (also known as SQ or Subq) target the fatty tissue just beneath the skin, offering a convenient and effective way to administer medications. Common injection sites include the abdomen, upper thigh, and upper arm. **Figure 5**

Step 1

Gather Your Medication and Supplies

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle). If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent. **Figure 1**

Step 2

Needle and Syringe Essentials

For subcutaneous injections, an insulin syringe marked in units is used. Unit marks on the insulin syringe barrel facilitate precise measurements of tiny amounts of liquid, ideal for medications such as insulin that require accurate dosing.

Attached to your insulin syringe is a small needle. **Figure 2**

Needle Gauge: The needle thickness is measured in gauge, varying by preference and/or body fat percentage. A higher gauge indicates a thinner needle for enhanced comfort during injection.

Needle Length: The needle's length, measured in inches, may vary based on preference and/or body fat percentage.

Example: 30 gauge, 5/16" needle.

Step 3

Prepare Your Injection Site

1. Wash your hands thoroughly.
2. Select an injection site (abdomen, upper thigh, upper arm).
3. Clean the chosen site with an alcohol wipe.

Figure 1



Figure 2

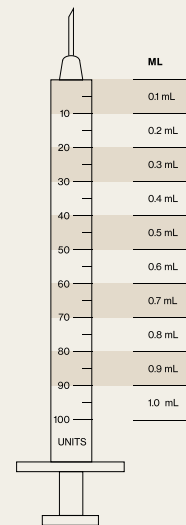
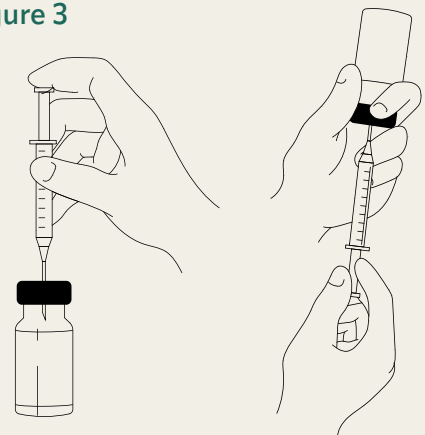


Figure 3



Step 4

Medication Preparation

1. Verify the correct medication and check expiration date (Beyond Use Date - BUD). **Figure 5**
2. If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.
3. Confirm dosing instructions on the prescription label.

Step 5

Drawing Medication From the Vial

1. Flip-off vial cap and expose the grey rubber stopper.
2. Wipe top of vial with alcohol pad.
3. Insert the needle into the rubber stopper at a 90-degree angle, then turn the vial upside down. **Figure 3**
4. Gently pull back on the syringe plunger to draw the dose. Tap the syringe gently to remove air bubbles.
5. Adjust the volume as needed to the prescribed dose.
6. Inspect your syringe for accuracy.

Step 6

Administering the Injection

1. Pinch the area of the skin where you'll be administering the shot. **Figure 4**
2. Push the needle into the pinched skin either straight up and down, at a 90-degree angle, or at a slight 45-degree angle.
3. Once the needle is in, let go of the skin.
4. Push plunger slowly to inject the medication to minimize discomfort.
5. Upon completion, remove the needle, apply pressure, and massage the area to disperse the medication.

Step 7

Clean Up

1. Wash hands.
2. Follow the specific storage instructions provided on your vial label for any unused medication. **Figure 6**
3. Dispose of used needles in a sharps container. **Figure 7**

When to Seek Medical Attention

If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat. Local irritation, redness, slight burning, swelling, and hard bumps over the shot area may be normal.

Figure 4

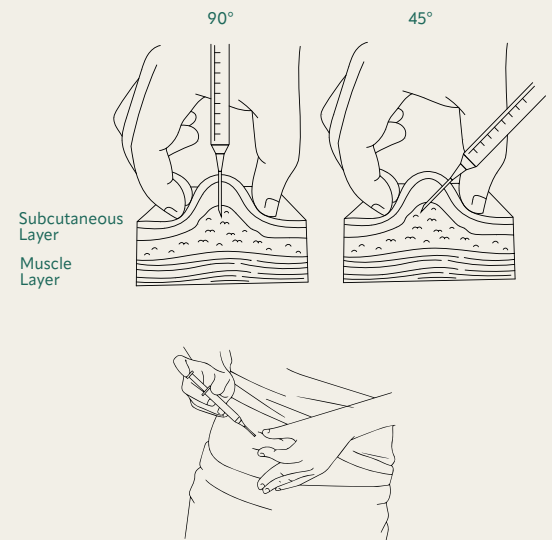


Figure 5

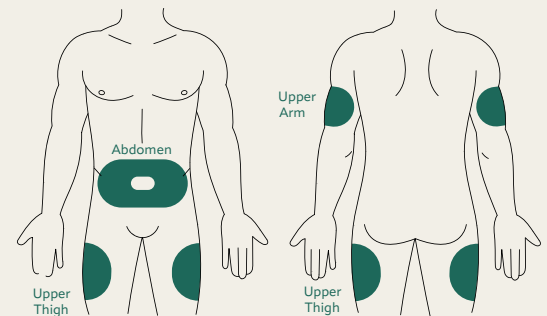


Figure 6



Figure 7



Lifestyle Recommendations



Diet

- Whenever you lose weight, you can also lose muscle. To prevent muscle loss, try to **consume at least 60 grams of protein daily**. If you are trying to build muscle while on a GLP-1 you'll want to consume even more.
- Eat **small meals throughout the day**. Large meals might make you feel stuffed or nauseous while on GLP-1s.
- **Drink plenty of water and limit alcohol**. While it is always good to limit alcohol, it is especially important while on your weight loss journey, as alcohol contains empty calories and can leave you feeling sluggish the next day.
- Increase intake of **fiber-rich foods** like fruits, vegetables, and whole grains.

Exercise

- Incorporate **strength training exercises** like bodyweight exercises, weight lifting, or resistance training to build muscle mass and support bone health.
- Try to incorporate **low-impact aerobic activities** such as walking, swimming, or cycling.

Lifestyle

- **Sleep and stress management** are often overlooked aspects of weight loss, but they are incredibly important. Poor sleep and high stress levels can disrupt your body's hormonal balance, leading to increased hunger and cravings, particularly for sugary and high-fat foods. Prioritizing good sleep and managing stress can help regulate these hormones, making it easier to stick to your diet and see the benefits of GLP-1 agonists.

Wellness Treatments to Pair with Medical Weight Loss

- Cryotherapy: Burn 500-800 additional calories per cryotherapy session
- Infrared Sauna: Enhance detoxification
- MIC injections: Boost metabolism
- Contrast therapy: Detox and recover from intense exercise