Patient Facing Tirzepatide FAQs

General

What is compounded tirzepatide?

It's a custom-made version of tirzepatide prepared by a licensed compounding pharmacy. It can be taken as a once-daily liquid or tablet.

Why compounded instead of brand-name?

Compounded versions may be prescribed when a clinician determines a compounded formulation is appropriate and a licensed compounding pharmacy prepares it pursuant to a valid prescription.

Can anyone use compounded tirzepatide?

It is primarily prescribed for adults with obesity or weight-related health issues.

Is it safe to use compounded tirzepatide long-term?

Long-term safety should be assessed by your SkinnyRx provider, considering your personal potential benefits and risks.

Weight Loss on tirzepatide

What is the typical weight loss timeline with tirzepatide?

Most people notice a reduced appetite within the first few weeks, but visible weight loss often takes 4–8 weeks to begin. Significant weight loss commonly appears in 8–12 weeks, with many patients losing about 5% of their initial weight by 3 months and 10–15% or more by 6–12 months on consistent treatment.

How fast is it normal to lose weight?

It varies—many experience 1–5 lbs lost in the first 2–4 weeks (mostly water weight at first). As treatment continues and the dose increases, weight loss usually accelerates to about 1–2 lbs per week.

Are results with compounded tirzepatide different from brand-name versions?

The overall timeline and expectations are similar, but compounded formulas are not FDA-approved; individual results and tolerability can vary.

What If I'm Not Losing Weight as Fast as Expected? Why might weight loss be slow at first?

The first weeks focus on allowing your body to adjust and minimizing side effects, so doses start low and are increased gradually. Your metabolism, medical history, life stress, and habits like eating and exercise also play important roles.

What can I do to help the medication work best?

Combining tirzepatide with a balanced diet, regular exercise, and consistent routines maximizes results. Check in with your telehealth provider for personalized advice and support on nutrition, activity, or medication adjustments.

When should I contact the clinical team about weight loss?

If you don't see any weight loss after 12 weeks, or if your progress has stalled for over a month after steady losses, reach out. There may be medication, lifestyle, or medical factors to address—the SkinnyRx clinical team is here to help.

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Is it normal for weight loss to slow down after the first few months?

Yes—most patients experience the quickest loss in the first 4–5 months. Afterwards, the pace usually slows as you approach your goal or a stable weight, but continued medication and lifestyle changes can help maintain success.

What if I regain a few pounds?

Weight naturally fluctuates; small gains are common and not a cause for alarm. Focus on long-term trends and healthy habits—your clinical team can review your plan and troubleshoot any concerns

Dosing & Adjustments

What is the dosing schedule for tirzepatide?

The dosing schedule for tirzepatide is not the same for everyone. These medicines are started at a lower dose and gradually increased, but the pace and target dose depend on your individual health profile, how well you tolerate the medication, and how your body responds to treatment. Because every weight-loss journey is different, your SkinnyRx provider will design a personalized dosing plan that is safe, clinically appropriate, and aligned with your goals.

How do dose increases work?

Most patients start at the lowest dose and increase monthly as tolerated. Your provider will guide you on when it's safe to move up. Do not increase on your own.

What if I want to decrease my dose?

If side effects are hard to manage, your provider may recommend staying at your current dose longer or lowering the dose. Never adjust without medical guidance.

Can I switch from liquid to tablet (or vice versa)?

Yes, but the transition depends on how long you've been taking tirzepatide and your current dose. Your provider will decide the safest way to switch.

What if I want to stop tirzepatide?

Stopping suddenly can lead to weight regain. If you've reached your goal, your provider may gradually taper your dose down to a maintenance level.

How long do I need to take tirzepatide?

Some patients use it long-term. Others taper once they reach and maintain their goal weight for several months. Your plan will be personalized.

What if I miss a dose?

For both liquid and tablet form, take it as soon as possible. If you miss an entire day, skip it—do not double up.

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Safety & Monitoring

How do I know if my side effects are normal?

SIDE EFFECTS		MANAGEMENT
Mild (Common)	• Nausea • Constipation • Burping • Bloating • Mild headache • Fatigue	These usually improve with time.
Moderate	• Strong headaches • Low blood sugar • Trouble sleeping	Reach out if bothersome.
Severe	• Severe stomach pain • Yellowing of skin/eyes • Swelling of face/throat • Difficulty breathing • Fainting • Vision changes • Very rapid heartbeat	Go to urgent care or ER immediately.

Do I need lab work while on tirzepatide ?

Your provider may order labs (like A1c, kidney function, or liver function tests) depending on your medical history.

Can I drink alcohol while on tirzepatide?

Alcohol may worsen nausea, low blood sugar, or dehydration. It's best to limit or avoid alcohol, especially during dose adjustments.

How Do I Take Compounded Oral Tirzepatide?

How should I take my compounded oral Tirzepatide dose?

Place the indicated amount of medication under your tongue (sublingually) and hold it there until it dissolves fully.

When should I take it?

It is usually taken once per day, ideally in the morning before eating, drinking, or taking other medicines. Some protocols allow nighttime dosing after brushing teeth—ask your provider about your specific plan.

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Should I avoid food or drink around the time of my dose?

Yes, do not eat, drink, brush teeth, or take other oral medications for at least 30 minutes after your dose for best absorption.

How to Inject Tirzepatide?

How should I take my injectable Tirzepatide dose?

Your dose is given as a small subcutaneous (under the skin) injection, usually in the fatty tissue of your abdomen, thigh, or upper arm. Use a clean needle and syringe (or pen device, if provided), and rotate injection sites each week to avoid irritation.

How To Inject Compounded Tirzepatide (Step-by-Step)

Gather your supplies	• Tirzepatide vial • New sterile needle and syringe (included) • Alcohol swabs
Wash your hands	• Use soap and warm water • Dry with a clean towel
Prepare the medication	• If using a vial: clean the rubber stopper with an alcohol swab. • Draw up the prescribed dose into the syringe.
Choose your injection site	• Common areas: abdomen, thigh, or upper arm (back of the arm if someone is helping). • Rotate sites each week to reduce irritation. • Avoid areas that are bruised, red, scarred, or hard.
Clean the skin	• Wipe the injection site with an alcohol swab and let it air dry.
Inject the medication	• Pinch a fold of skin. • Insert the needle quickly at a 90° angle (or 45° if very lean). • Push the plunger slowly until all medicine is delivered. • Count to 5 before removing the needle.
Dispose of the needle	• Place the used needle/syringe into a sharps disposal container right away.
Store your medication properly	• Keep in the refrigerator (do not freeze). • Keep away from light. • If traveling, use a cool pack but avoid direct contact with ice.
Track your dose	• Mark your injection day on a calendar or app to stay consistent.

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When should I take it?

Tirzepatide injections are typically taken **once weekly**, on the same day each week. You can take your dose with or without food. Try to pick a consistent day that works best for you and stick to it.

Do I need to avoid food or drink around the time of my dose?

No special food or drink restrictions are needed with the injectable form. You may eat and drink normally before and after your dose.

Any tips for injecting?

- Wash your hands before preparing your injection.
- Clean the injection site with an alcohol swab.
- Pinch the skin gently, insert the needle at a 90° angle (or 45° if you are very lean), and inject the medication slowly.
- Dispose of used needles in a sharps container.

What if I miss a dose?

If you miss your scheduled dose, take it as soon as you remember, as long as it's within 4 days of your usual injection day. If more than 4 days have passed, skip the missed dose and resume your regular schedule. Do not double up.

Anything else I should know?

- Store your medication in the refrigerator unless instructed otherwise.
- Do not freeze.
- Always follow the dosing schedule and instructions provided by your prescribing provider.

Dosing

What should I do if I miss a dose?

Take the dose as soon as you remember, but skip if it's almost time for your next. Do not take two doses at the same time.

Who do I contact if I'm unsure about dosing?

Reach out to your telehealth provider through the SkinnyRx's platform or patient support—it's always safer to ask if you're ever unsure.

Storage, Handling, and Safety

How do I store compounded oral Tirzepatide?

Store in the refrigerator unless otherwise directed. Keep the bottle tightly closed and away from children and pets.

Can I travel with this medication?

Yes—carry it in a cool bag if possible, and keep refrigerated upon arrival at your destination.

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Additional Common Questions

Is it okay to swallow the dose immediately?

No. For sublingual formulations, always hold the medicine under the tongue for the full recommended time before swallowing.

How do I measure my dose?

Your pharmacy provides a dosing syringe—draw up the correct amount as labeled and use as instructed.

What should I do if I forget and eat/drink too soon after my dose?

Absorption may be reduced. Wait until your next scheduled dose and try to avoid eating or drinking for 30 minutes after future doses

How to Take Tirzepatide Tablets

When should I take my Tirzepatide tablet?

Take your tablet first thing in the morning, right after waking up, and before eating or drinking anything else.

How do I take it?

Place one tablet in between the gum and cheek and let it dissolve daily at least 30 minutes before the first food, beverage or other oral medications of the day with no more than 4 ounces of plain water. Maintain consistent timing daily for best results.

How long should I wait before eating, drinking, or taking other medications?

Wait at least 30 to 60 minutes after taking the tablet before having your first meal, drink, or other oral medicines.

What should I do if I miss a dose?

If you miss a dose, skip it and take your next scheduled dose the following day. Do not take two tablets at once or “double up”.

How should I store the tablets?

Keep tablets in their original packaging until it’s time to take one, to protect them from moisture and light. Store at room temperature, in a closed container, away from heat, direct sunlight, and moisture. Do not freeze.

Can I travel with my Tirzepatide tablets?

Yes, you can travel with them. Keep tablets in their original blister pack and in a cool, dry place—avoid hot or humid environments.

What if my tablet gets wet or damaged?

Do not use tablets that are wet, split, crushed, or damaged. Use only intact tablets, and keep unused tablets protected in their packaging.