Semaglutide Protocol

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- We are excited to support you on your weight loss journey! Semaglutide is a helpful tool, but it works best when paired with healthy lifestyle changes. Below is some guidance to help you feel safe, supported, and confident while using this medication.

Who can use Semaglutide

- Adults age 18–64 with a BMI of 27 or higher.
- Your provider will review your medical history to make sure it's safe for you.

Side Effects: What to Expect

It's normal to experience some side effects when starting Semaglutide. Here's how to know what's okay, what to watch, and when to get help:

Mild (Usually Manageable)
Nausea, burping, constipation, diarrhea, bloating, heartburn, tiredness, mild headache, or mild injection site irritation.

Moderate (Monitor)
Trouble sleeping, stronger headaches, low blood sugar (shaky, sweaty, dizzy), or ongoing fatigue.

Severe (Seek Help Immediately)
Severe: stomach pain, yellowing skin/eyes, dark urine, swelling of face or throat, trouble breathing, fainting, vision changes, or very fast heartbeat.

Stop the medication and go to the ER or urgent care right away.

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Mild Side Effects and Management

	Side Effect	Management
Mild	Nausea	• Consider taking anti-nausea medication with a little food • Stay hydrated with clear fluids • Avoid strong odors • Eat small bland meals • Rest • Ginger or peppermint tea
	Diarrhea	• Stay hydrated - aim for water, clear borths or oral rehydration solutions (ORS) that contain electrolytes • Eat bland foods (BRAT diet) • Avoid dairy, greasy, high fiber, spicy foods • Avoid sugary drinks: soda, juices • Monitor symptoms • Consider some OTC remedies
	Constipation	• Increase fiber intake • Stay hydrated • Engage in regular physical exercise • Establish a regular bathroom routine • Take fiber supplements. Increase fiber gradually to avoid bloating or discomfort
	Abdominal Pain	• Monitor symptoms (severity, location, duration and other changes) • Eat smaller, bland meals • Avoid spicy, heavy, fatty foods • Stay hydrated • Use a warm compress • Rest • Use OTC remedies for immediate relief

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Mild Side Effects and Management

	Side Effect	Management
Mild	Indigestion/Upset Stomach	• Eat smaller meals • Avoid trigger foods • Hydrate • Stay upright
	Fatigue	• Stay hydrated • Rest • Eat a balanced diet • Manage stress
	Flatulence	• Avoid food that causes gas • Eat slowly • Try probiotics • Stay hydrated • Exercise
	Decreased Appetite	• Eat smaller more frequent meals • Focus on nutrient dense foods • Stay hydrated • Enhance flavors of your meals • Include your favorite foods • Be mindful of your body's natural hunger signals
	Vomiting	• Stay hydrated - aim for water, clear borths or oral rehydration solutions (ORS) that contain electrolytes slowly throughout the day • Rest • Eat bland, easy-to-digest foods (crackers, toast, rice, bananas) • Avoid rich, spicy or greasy foods • Avoid large volumes of food or fluid

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Moderate and Severe Side Effects

	Side Effect	Assessment
Moderate	Gastrointestinal Issues	These include nausea, vomiting, diarrhea, constipation, and abdominal pain. These symptoms are common and often occur when starting the medication or increasing the dose
	Fatigue and Dizziness	Patients may feel unusually tired or dizzy as their body adjusts to the medication
	Indigestion and GERD	Symptoms such as heartburn and acid reflux can also occur
	Appetite Changes	Appetite changes from oral tirzepatide may include a noticeable decrease in hunger or an overall reduced desire to eat
	Headache	Headaches from oral tirzepatide are typically mild to moderate, potentially presenting as tension-type or localized pain. They may vary in intensity and can be accompanied by light sensitivity or nausea

Severe Side Effects	
Severe gastrointestinal problems	Thyroid Problems
Gallbladder disease	Kidney Problems
Severe allergic reactions	Pancreatitis
Vision changes	Hypoglycemia

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General Tips for Success

Along with your medication, here are some habits that can boost your results:

- Eat balanced meals: Focus on lean protein, vegetables, fruit, and high-fiber foods.
- Hydrate well: Aim for at least 64 oz (about 2 liters) of water daily.
- Stay active: Walking, light strength training, or any movement you enjoy will help.
- Sleep matters: Aim for 7–8 hours per night to support weight loss and energy.
- Go slow with portions: Smaller, slower meals can reduce nausea and help with appetite control.

Storage: Please store in cool, dry, dark place. (Heat, humidity and sunlight reduce shelf life.)

Frequently Asked Questions

General

1. What is compounded semaglutide?

It's a custom-made version of semaglutide prepared by a licensed compounding pharmacy. It can be taken as a once-weekly injection or a once-daily pill.

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

- Is it safe to use compounded Semaglutide long-term?
  Long-term safety should be assessed by your SkinnyRX provider, considering your personal potential benefits and risks.

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Frequently Asked Questions

Dosing & Adjustments

3. 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.

4. 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.

5. Can I switch from oral to injectable (or vice versa)?
   - Yes, but the transition depends on how long you've been taking semaglutide and your current dose. Your provider will decide the safest way to switch.

6. What if I want to stop semaglutide?
   - 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.

7. How long do I need to take semaglutide?
   - Some patients use it long-term. Others taper once they reach and maintain their goal weight for several months. Your plan will be personalized.

8. What if I miss a dose?
   - Injectable: If within 5 days, take it as soon as possible. If it's close to your next dose, skip and resume your normal schedule.
   - Oral: If you miss a dose the same day, take it as soon as possible. If you miss an entire day, skip it—do not double up.

A Note of Encouragement

Every journey looks different. Small, steady progress adds up, and we're here to support you every step of the way. You've taken a big step toward your health goals — and we're wishing you the best of luck along the way!

Frequently Asked Questions

Safety & Monitoring

9. How do I know if my side effects are normal?

- 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.

10. Do I need lab work while on semaglutide?
Your provider may order labs (like A1c, kidney function, or liver function tests) depending on your medical history.

11. Can I drink alcohol while on semaglutide?
Alcohol may worsen nausea, low blood sugar, or dehydration. It's best to limit or avoid alcohol, especially during dose adjustments.
Special Situations

12. What if I've already been on semaglutide from another provider?
You'll need to share your medication history (dose, timing, last use). Your provider will confirm where to safely restart.

13. What if I had to stop for a few weeks?
If it's been less than 2 weeks, you may resume your current dose. If longer, your provider may restart you at a lower dose to avoid side effects.

14. Can I use semaglutide if I have other medical conditions?
Your provider will review your health history (diabetes, kidney, liver, or GI conditions) to confirm if semaglutide is safe for you.

15. What if I become pregnant or want to conceive?
Semaglutide should not be used during pregnancy or breastfeeding. Let your provider know immediately if you're planning pregnancy.