General

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.

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.

Weight Loss on Semaglutide

What is the typical weight loss timeline with semaglutide?

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 semaglutide 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 semaglutide 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.

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 semaglutide?
The dosing schedule for semaglutide 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 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.

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.

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.

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.

Safety & Monitoring

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.

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.

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

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.

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.

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.

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.

How to Inject Compounded Semaglutide

How is compounded semaglutide administered?

It is given as a subcutaneous injection ("under the skin")—often once per week—using a tiny needle and syringe that comes with the vial. With just a bit of practice, most patients find the process easy and quick.

Where should the injection go?

Semaglutide is injected into the fatty layer of the abdomen, thigh, or upper arm. Rotating the injection site can help prevent irritation or lumps.

What are the step-by-step injection instructions?

- Wash your hands thoroughly and gather your supplies (medication vial, fresh syringe, alcohol swab).
- Clean the skin at the injection site with an alcohol swab.
- Draw the prescribed dose following the specific unit markings and instructions your provider has supplied (don't worry—it gets easier with practice).
- Pinch up the skin, insert the needle at a 90-degree angle, and inject the medication slowly and steadily.
- Remove the needle, then dispose of it safely in a sharps container.
- If you are unsure about a step, reach out—support is always available.

Administering the Injection

Does it matter what time of day I give my injection?

The injection can be given any time of day, but should be the same day each week for consistency.

Can I reuse the needle or syringe?

Never reuse needles or syringes. Always use a new, sterile needle and dispose of used ones safely in a sharps container.

What should I do if I see air bubbles in the syringe?

Tap the syringe gently to bring bubbles to the top and push them out before injecting—small air bubbles typically aren't a risk, but your provider can help if you're unsure.

What if the site bleeds, bruises, or gets sore?

Mild bleeding or minor bruising is normal and can be minimized by rotating sites and using proper technique. Persistent or painful swelling should be reported to your provider.

How often do I inject, and can I change the day?

Most patients inject semaglutide just once a week, on the same day each week. If you need to change injection days, just make sure at least 48 hours has passed since your last injection.

I'm nervous about injections. Is this normal?

Absolutely. Many patients feel this way at first. Our team is always ready to guide and support you—step-by-step videos and extra training are available to make things easier.

Who can I contact if I have a question or need refill help?

Reach out to your care team through our SkinnyRx telehealth platform at any time. Never hesitate to ask questions—your comfort and safety are our priority.

Storage and Handling

Do I need to refrigerate compounded semaglutide?

Yes—store it in the refrigerator to keep it effective. Do not freeze, and let it come to room temperature before injecting if needed. The medication should be kept in the refrigerator between 36°F and 46°F (2°C and 8°C), and never frozen

How do I safely handle the medication and supplies?

Always wash hands before preparing injections, and use a clean, flat surface to avoid contamination.

What should I do if I accidentally touch the needle or spill the medication?

Dispose of contaminated supplies in a sharps container and never reuse needles or syringes—request replacements as needed

Can I take the semaglutide with me while traveling?

Yes, but carry it in a cooler pack with ice, and avoid leaving it in a hot car or direct sunlight.

How long can semaglutide be unrefrigerated?

If accidentally left out, it is generally stable at room temperature for a maximum of 24 hours—ask the pharmacy or provider if unsure

Should children or pets be kept away from semaglutide and supplies?

Yes—store medication and sharps containers safely out of reach.

What if my medication looks cloudy or has particles?

Do not use it—contact your pharmacy or provider for a replacement.

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How Do I Take Compounded Oral Semaglutide?

How should I take my compounded oral semaglutide dose?

Place the indicated amount of medication under your tongue (sublingually) and hold it

there for at least 90 seconds (up to 2 minutes), then swallow. This allows for better absorption and results.

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.

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.

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 semaglutide?

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.

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

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How to Take Semaglutide Tablets

When should I take my semaglutide 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 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 semaglutide 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.