

# PRE & POST TREATMENT INSTRUCTIONS

# **\*** SEMAGLUTIDE

- Semaglutide is used to lower blood sugar levels in adults with Type 2 Diabetes.
- It works by mimicking a hormone known as GLP-1 which is released in the gut after eating. The GLP 1 then interacts with the part of the brain responsible for regulating your appetite, informing you when you're full.
- The GLP -1 also increases the secretion of insulin to decrease the release of glucagon (helps your body make more insulin when your blood sugar is too high)
- Semaglutide aids in weight loss by slowing down the gastric emptying, regulating the appetite, and reducing food cravings.
- This medication works best when taken in conjunction of proper diet and exercise
- Injections are administered once weekly into the fat layer of the skin



# ▶ BENEFITS

- Slows down gastric emptying
- Decreases appetite
- · Improves insulin resistance
- Reduces food cravings
- · Average weight loss 1-2 lbs per week when incorporated with proper diet and exercise

### WHO IS CANDITATE?



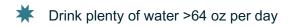
- · Talk to your provider before you take Semaglutide. Inform of any health conditions or problems you may have including if you:
  - or a member of your family has or has had medullary thyroid carcinoma (MTC)
  - Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
  - Have type 1 diabetes.
  - Have ever had diabetic ketoacidosis (increased ketones in the blood or urine).
  - Have a high heart rate (fast pulse).
  - Have ever had pancreatitis.
  - Are breastfeeding or plan to breastfeed.
  - Are pregnant or plan to become pregnant.
  - Have end stage renal disease.
  - Have gastrointestinal (digestive) problems, including severe vomiting, diarrhea and/or
  - dehydration.
  - Have hepatic (liver) disease.
  - Have diabetic retinopathy.

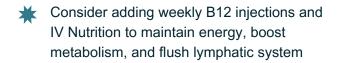


#### Possible Side effects:

- Nausea
- Vomiting
- Constipation
- Fatigue
- · Excess gas
- Diarrhea
- Heartburn
- Pancreatitis

# POST-PROCEDURE





Eat small, frequent high protein, high fiber meals

Avoid heavy fried foods, sugary foods, high carbohydrate food

Do not consume alcoholic beverage while taking medication

Add weight training to exercise regimen will help increase lean muscle and maintain your new body

