



## 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 CANDIDATE?

- ★ 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

- ★ Drink plenty of water >64 oz per day
- ★ Consider adding weekly B12 injections and IV Nutrition to maintain energy, boost metabolism, and flush lymphatic system
- ★ 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

