

Peptide Consultation Checklist

Printable prep list for recovery goals, injury history, and current medications (BPC-157 and related peptides).

Injury & recovery goals

- ☐ Describe the injury or recovery issue (location, onset, imaging if any).
- ☐ Note current pain level, limitations, and training modifications.
- ☐ List physical therapy, surgery, PRP, or other treatments already tried.
- ☐ Write your top recovery goals for the next 4-12 weeks.

Medical history to bring

- ☐ Full medication and supplement list.
- ☐ History of cancer, active infection, clotting disorders, or uncontrolled illness.
- ☐ Prior peptide use (BPC-157, TB-500, sermorelin, tesamorelin, etc.).
- ☐ Allergy history and any prior injection site reactions.

Training & rehab context

- ☐ Current sport / lifting plan and coach or PT involvement.
- ☐ Timeline for return to full training or competition.
- ☐ Questions about stacking with TRT, GLP-1, or other therapies.

If a peptide protocol is prescribed

- ☐ Review reconstitution and subcutaneous injection resources.
- ☐ Confirm dosing schedule, vial storage, and sharps disposal.
- ☐ Know how to contact your Vita Bella care team with questions.

Educational prep sheet only - not medical advice. Bring this list to your Vita Bella consultation. Your licensed provider will personalize labs, dosing, and next steps. Never start, stop, or change medication without clinician guidance.