

Semaglutide Starter Checklist

Printable onboarding prep for your GLP-1 consultation and first weeks on therapy.

Before your consult

- ☐ List your primary goals (weight, metabolic health, energy, joint comfort).
- ☐ Note current weight, height, and recent vitals if available.
- ☐ Gather a full medication and supplement list (including diabetes meds).
- ☐ Write down allergy history and prior GLP-1 / weight-loss medication use.
- ☐ Flag history of pancreatitis, gallbladder disease, severe GI disease, or thyroid cancer / MEN2.
Share anything your clinician should know before prescribing.
- ☐ Bring recent labs if you have them (A1C, lipids, CMP, thyroid as available).

Lifestyle foundations to discuss

- ☐ Typical daily protein intake and meal pattern.
- ☐ Current exercise routine (especially resistance training).
- ☐ Sleep quality, stress load, and alcohol use.
- ☐ Any history of disordered eating or food restriction concerns.

First-week starter tasks

- ☐ Confirm your prescribed dose and injection day in the patient portal.
- ☐ Review subcutaneous injection instructions and rotate sites.
- ☐ Stock a sharps container and alcohol swabs.
- ☐ Plan protein-forward meals and hydration for reduced appetite days.
- ☐ Know how to message your Vita Bella care team about side effects.
- ☐ Schedule your follow-up / lab check-in as directed.

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.