

What to Expect with Semaglutide / Tirzepatide

What is Semaglutide and Tirzepatide therapy

These medications are within the “GLP-1” class of medications which works to increase the feelings of fullness, reduce hunger, and slow gastric (stomach) emptying. These medications can help with reaching and maintaining your weight loss goals.

Benefits you might experience include:

- Weight loss
- Decreased appetite and cravings
- Improved glucose control
- Possible reduction in cardiovascular risk

Differences between Semaglutide and Tirzepatide

Both of these medications work on the same receptor, GLP-1, while the newer medication, Tirzepatide works on an additional mechanism called GIP. Due to this dual action, Tirzepatide has been shown in studies to be more effective for weight loss than its counterpart Semaglutide.

Dosing -

Dosing with semaglutide and tirzepatide medications is important as we always want to start our dosage low and slow to avoid and minimize any symptoms and side effects. Your dosing, and when you titrate your dose, is something you should be discussing with your provider. We have included **EXAMPLE** dosing information below - Note: each individual responds differently to the medication. If you have any questions regarding dosing, please reach out to your provider by logging into the patient portal and sending them a message.

Semaglutide (2.5mg/mL)

- 0.25 mg - 0.1mL - weeks 1-4
- 0.5 mg - 0.2mL - weeks 5-8
- 1mg - 0.4mL - weeks 9-12
- 1.9mg - 0.8mL - weeks 13-16
- 2.5mg - 1.0mL - weeks 16-68
- *Maximum dosage to be 2.5mg weekly

Tirzepatide (10mg/mL)

- 2.5 mg - 0.25mL - weeks 1-4
- 5 mg - 0.50mL - weeks 5-8
- 7.5 mg - 0.75mL - weeks 9-12
- 10 mg - 1.0mL - weeks 13-16
- 12.5mg -1.25mL - weeks 16-20
- 15 mg - 1.5mL - weeks 21-68
- *Maximum dosage to be used 15mg weekly

5 PATHS TO WEIGHT LOSS SEMAGLUTIDE 2.5MG/ML

ORDERING THIS VIAL... WILL LAST...

Staying at Starting dose 0.25mg (0.1ml)

1ml	10 weeks	Start at 0.1ml and hold
-----	----------	-------------------------

From start to staying at 0.5mg (0.2ml)

1ml	6 weeks	Start at 0.1ml (4 weeks) then up dose to 0.2ml
-----	---------	--

1ml	5 weeks	Hold at 0.2ml
-----	---------	---------------

From start to staying at 1mg (0.4ml)

1ml	6 weeks	Start at 0.1ml (4 weeks) then up dose to 0.2ml (2 weeks)
-----	---------	--

2ml	6 weeks	Continue 0.2ml (2 more weeks), then up to 0.4ml (4 weeks)
-----	---------	---

3ml	7 weeks	Hold at 0.4ml (7 weeks)
-----	---------	-------------------------

From start to staying at 1.75mg (0.7ml)

1ml	6 weeks	Start at 0.1ml (4 weeks) then up dose to 0.2ml (2 weeks)
-----	---------	--

2ml	6 weeks	Continue 0.2ml (2 more weeks), then up to 0.4ml (4 weeks)
-----	---------	---

3ml	4 weeks	Up dose to 0.7ml (for 4 weeks)
-----	---------	--------------------------------

5ml	7 weeks	Hold at 0.7ml (for 7 weeks)
-----	---------	-----------------------------

From start to staying at 2.5mg (1.0ml)

1ml	6 weeks	Start at 0.1ml (4 weeks) then up dose to 0.2ml (2 weeks)
-----	---------	--

2ml	6 weeks	Continue 0.2ml (2 more weeks), then up to 0.4ml (4 weeks)
-----	---------	---

3ml	4 weeks	Up dose to 0.7ml (for 4 weeks)
-----	---------	--------------------------------

5ml	5 weeks	Up dose to 1.0ml (for 5 weeks)
-----	---------	--------------------------------

5 PATHS TO WEIGHT LOSS TIRZEPATIDE 5MG/0.5ML

ORDERING THIS VIAL... WILL LAST...

Staying at Starting dose 2.5 (0.25ml)

1ml	4 weeks	Start at 0.25ml (for 4 weeks)
-----	---------	-------------------------------

2ml	8 weeks	Hold at 0.25ml (for 8 weeks)
-----	---------	------------------------------

From start to staying at 5.0mg (0.5ml)

1ml	4 weeks	Start at 0.25ml (for 4 weeks)
-----	---------	-------------------------------

2ml	4 weeks	Up dose to 0.5ml (for 4 weeks)
-----	---------	--------------------------------

3ml	6 weeks	Hold at 0.5ml (for 6 weeks)
-----	---------	-----------------------------

From start to staying at 7.5mg (0.75ml)

1ml	4 weeks	Start at 0.25ml (for 4 weeks)
-----	---------	-------------------------------

2ml	4 weeks	Up dose to 0.5ml (for 4 weeks)
-----	---------	--------------------------------

3ml	4 weeks	Up dose to 0.75ml (for 4 weeks)
-----	---------	---------------------------------

6ml	8 weeks	Hold at 0.75ml (for 8 weeks)
-----	---------	------------------------------

From start to staying at 10mg (1.0ml)

1ml	4 weeks	Start at 0.25ml (for 4 weeks)
-----	---------	-------------------------------

2ml	4 weeks	Up dose to 0.5ml (for 4 weeks)
-----	---------	--------------------------------

3ml	4 weeks	Up dose to 0.75ml (for 4 weeks)
-----	---------	---------------------------------

5ml	5 weeks	Up dose to 1.0ml (for 5 weeks)
-----	---------	--------------------------------

6ml	6 weeks	Hold at 1.0ml (for 6 weeks)
-----	---------	-----------------------------

From start to staying at 12.5mg (1.25ml)

1ml	4 weeks	Start at 0.25ml (for 4 weeks)
-----	---------	-------------------------------

2ml	4 weeks	Up dose to 0.5ml (for 4 weeks)
-----	---------	--------------------------------

3ml	4 weeks	Up dose to 0.75ml (for 4 weeks)
-----	---------	---------------------------------

5ml	5 weeks	Up dose to 1.0ml (for 5 weeks)
-----	---------	--------------------------------

5mL	4 weeks	Up dose to 1.25ml (for 4 weeks)
-----	---------	---------------------------------

5mL	4 weeks	Hold to 1.25ml (for 4 weeks)
-----	---------	------------------------------

From start to staying at 15mg (1.5ml)

1ml	4 weeks	Start at 0.25ml (for 4 weeks)
-----	---------	-------------------------------

2ml	4 weeks	Up dose to 0.5ml (for 4 weeks)
-----	---------	--------------------------------

3ml	4 weeks	Up dose to 0.75ml (for 4 weeks)
-----	---------	---------------------------------

5ml	5 weeks	Up dose to 1.0ml (for 5 weeks)
-----	---------	--------------------------------

5mL	4 weeks	Up dose to 1.25ml (for 4 weeks)
-----	---------	---------------------------------

6ml	4 weeks	Up dose to 1.5ml (for 4 weeks)
-----	---------	--------------------------------

6ml	4 weeks	Hold at 1.5ml (for 4 weeks)
-----	---------	-----------------------------

Possible Side Effects of taking Semaglutide / Tirzepatide

Side effects of taking Semaglutide / Tirzepatide are normally minimal and can include nausea and vomiting. Titration of the medication (starting slow) has a big impact on

your tolerance and the symptoms associated with taking too much too fast. Other symptoms to keep an eye out for and to notify your physician about are:

- Abdominal pain
- Constipation or diarrhea
- Headaches
- Dizziness/lightheadedness
- Hypoglycemia (aka low blood sugar) - sometimes embodied in symptoms of dizziness or lightheadedness

For all side effects and risks please see the section at the end of this guide. **Please read through fully to make sure you completely understand and accept the risks and side effects versus the potential benefits. If you do not completely understand the potential risks and side effects, then please discuss them with your provider before deciding whether to take this medication.**

Frequently Asked Questions (FAQs) around Semaglutide / Tirzepatide

How fast will I lose weight with these medications?

These medications work best when used adjunctively to a healthy lifestyle that includes exercise and healthy eating. Everyone will lose weight at different speeds. Losing weight too quickly is not healthy. Have realistic expectations to include losing 1-3 lbs per week, although some experience more or less weight loss. The studies show that you can expect a higher weight loss with higher dosages, so stick with it through your weightloss journey.

You provided Ondansetron (generic of zofran) with my script of semaglutide / tirzepatide - Is this for all nausea?

Ondansetron or zofran is only for the treatment of MILD nausea that is common when taking this medication. - If you have severe nausea, actively vomiting, and/or experiencing pain with nausea - stop the medication immediately and seek immediate in person medical help.

I just started Semaglutide / Tirzepatide, when can I increase my dose?

This medication works best with the least amount of side effects when the dose is slowly increased. This will allow your body to acclimate to the medication and minimize any side effects noticed. Usually, the dose is adjusted every 4 weeks but discuss this with your provider, especially if you've used these medications recently or in the past. Typically, the frequency of adverse effects are more pronounced at the beginning of treatment and decreases gradually as therapy continues.

Is there anything I can do to mitigate my symptoms?

Limiting certain foods can have a big impact on how you feel, especially the first couple of days after your injection. Avoiding spicy, greasy, fatty foods can help. Also avoiding too much carbonation from drinks can also have an impact on possible nausea and vomiting symptoms.

Can I take Semaglutide / Tirzepatide long-term?

While most studies indicated that taking these medications long-term is safe, this is a decision for you and your physician. Just note that when stopping Semaglutide / Tirzepatide your hunger can increase and it is easy to backtrack with weight loss. Discuss this further with your provider to better evaluate a plan going forward.

Additional Risks and Side Effects:

In addition to the listed side effects and risks mentioned above, this is a more comprehensive list.

Please read through fully to make sure you completely understand and accept the risks and side effects versus the potential benefits. If you do not completely understand the potential risks and side effects, then please discuss them with your provider before deciding whether to take this medication.

Black Box Warning (stringent FDA Warning) -

- In rodents, semaglutide causes dose-dependent and treatment-duration-dependent thyroid C-cell tumors at clinically relevant exposures. It is unknown whether semaglutide causes thyroid C-cell tumors, including medullary thyroid carcinoma (MTC), in humans as human relevance of semaglutide-induced rodent thyroid C-cell tumors has not been determined. **Semaglutide is contraindicated in patients with a personal or family history of MTC or in patients with Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).** There is the potential risk for MTC with the use of semaglutide and evaluation of symptoms of thyroid tumors should be looked out for (eg, a mass in the neck, dysphagia (difficulty swallowing), dyspnea (difficulty breathing), persistent hoarseness of voice)

Other adverse reactions:

- Acute Kidney Injury
- Diabetic Retinopathy
- Gallbladder disease to include biliary tract disease, cholelithiasis, and cholecystitis
- GI effects to include Abdominal pain, constipation, diarrhea, nausea, vomiting, decreased appetite, dysgeusia (changes to taste), and dyspepsia (indigestion).
- Hypersensitivity to include anaphylaxis and angioedema
- Pancreatitis to include acute pancreatitis, hemorrhagic pancreatitis, and necrotizing pancreatitis.
- Additional Reactions seen (listed by percentage of incidences)
 - >10%
 - Gastrointestinal - Abdominal pain, constipation, diarrhea, nausea, vomiting
 - Nervous system - Fatigue
 - Respiratory - Nasopharyngitis (inflammation of the nasal passages and pharynx)
 - 1% to 10%
 - Cardiovascular - Hypotension (low blood pressure)
 - Dermatologic - Alopecia (hair loss), Skin rash
 - Endocrine / Metabolic - Diabetic retinopathy, vitreous hemorrhage, blindness, hypoglycemia (low blood sugar)

- Gastrointestinal - Abdominal distension, cholelithiasis (gallstones), decreased appetite, dysgeusia (changes to taste), eructation or flatulence (gas), gastritis, gastroenteritis (infection/inflammation of the GI system), Gastroesophageal reflux disease (GERD aka heartburn).
- Genitourinary - Urinary tract infection (UTIs)
- Hepatic - Increased liver enzymes
- Immunologic - Antibody development
- Infection - Influenza
- Nervous system - Anxiety, dizziness
- Neuromuscular and Skeletal - Sprain of ligament
- Respiratory - Sinusitis (inflammation of the sinuses)
- <1%
 - Gastrointestinal - Acute pancreatitis, hemorrhagic pancreatitis, necrotizing pancreatitis
 - Local - Discomfort at the injection site
- Other without frequency determination
 - Hemorrhoids, increased gastrointestinal enzymes (amylase, lipase)
 - Increased heart rate, bullous pemphigoid, biliary tract disease, cholecystectomy, delayed gastric emptying, gallbladder disease, intestinal obstruction, hepatic injury, angioedema, acute interstitial nephritis, acute kidney injury.

References

1. Prasad-Reddy L, Isaacs D. A clinical review of GLP-1 receptor agonists: efficacy and safety in diabetes and beyond. *Drugs Context*. 2015;4:212283. Published 2015 Jul 9. doi:10.7573/dic.212283
2. Ard J, Fitch A, Fruh S, Herman L. Weight Loss and Maintenance Related to the Mechanism of Action of Glucagon-Like Peptide 1 Receptor Agonists. *Adv Ther*. 2021;38(6):2821-2839. doi:10.1007/s12325-021-01710-0
3. Filippatos TD, Panagiotopoulou TV, Elisaf MS. Adverse Effects of GLP-1 Receptor Agonists. *Rev Diabet Stud*. 2014;11(3-4):202-230. doi:10.1900/RDS.2014.11.202
4. Nauck, M.A., D'Alessio, D.A. Tirzepatide, a dual GIP/GLP-1 receptor co-agonist for the treatment of type 2 diabetes with unmatched effectiveness regrading

glycaemic control and body weight reduction. *Cardiovasc Diabetol* 21, 169 (2022). <https://doi.org/10.1186/s12933-022-01604-7>