

# Tirzepatide Injections

## Boosts Weight Loss and More!

**With the help of Tirzepatide, you may finally lose weight and keep it off!**

**Tirzepatide-** is unique because it is the first dual action drug in it's class. It acts as a glucagon-like peptide-1 (**GLP-1) receptor agonist** and **a glucose-dependent insulinotropic polypeptide (GIP) receptor agonist**.

GLP-1 and GIP are both incretin hormones, which are hormones that are released after eating.

Tirzepatide works by mimicking their effects including telling the pancreas to release insulin after eating and signaling the liver to lower the amount of glucose it's making, which helps lower blood sugar. They also signal the brain to help slow down gastric emptying, decrease food intake and, modulate fat utilization which leads to weight loss.

A Tirzepatide regimen can also lead to healthier blood sugar levels, which can help patients feel more energetic throughout their day. Stabilized and controlled blood sugar levels can also help improve other areas of overall health.

**During the increase in dosage, patients should be aware of any unwanted side effects such as:**

- Loss of appetite (i.e., constant feelings of fullness that go beyond the desired results)
- Light-headed or dizzy sensations
- Persistent lethargic feeling
- Gastrointestinal discomfort
- Diarrhea

## Titration Dosing Schedule:

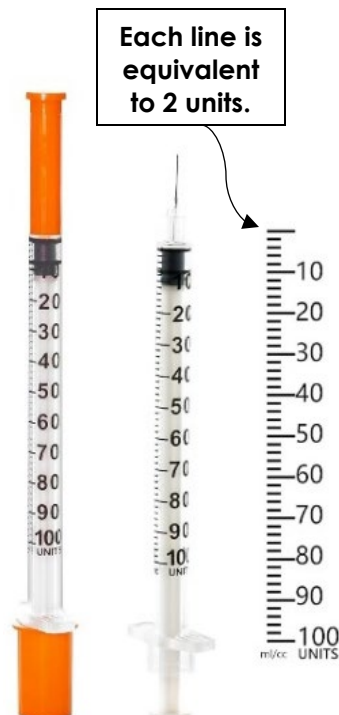
Tirzepatide 25mg/Pyridoxine HCL 4mg per mL

- (2mg) once weekly
- Week 5 through week 8: Inject 16 units (4mg) once weekly.
- Week 9 through week 12: Inject 24 units (6mg) once weekly.
- Week 13 through week 16: Inject 34 units (8.5mg) once weekly.

**Week 17 through week 20: Inject 44 units (11mg) once weekly**

- Week 21 through 24: Inject 54 units (13.5 mg) once weekly.
- Week 24 onwards: Inject 58 units (14.5 mg) once weekly.

Please note, this is for reference only. Always follow your provider's instruction.



### Our Vial Sizes:

- 0.8 mL vial = 80 units per vial
- 2.4 mL = 240 units per vial



# INSTRUCTIONS FOR SUBCUTANEOUS SELF-INJECTIONS

## Step 1: Gather Supplies

Wash your hands with soap and water and assemble the following items:

- 1 medication vial
- 2 alcohol prep pads
- 1 syringe
- Sharps container

(TIP: You can also use an empty detergent or bleach container, or a metal coffee can with a lid if you don't have a sharps container.)



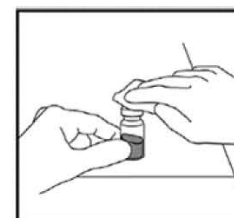
## Step 2: Prepare the Syringe

Pull the tab on the center of the vial cap to expose the top of the rubber stopper.

Use an alcohol pad to wipe the top of the vial (see image at **right**). This will kill any bacteria on the vial.



Take the syringe out of its package. Remove the cap from the needle. Be very careful not to let anything touch the needle. If anything touches the needle, throw the entire syringe away in the sharps container and use a new one.



Holding the vial upright and the syringe downward, insert the needle through the circle in the center of the rubber stopper. Push the plunger down to inject the **air** into the vial. You do this because the vial is pressurized. You must replace the amount of medication you remove from the vial with air.

Turn the vial and syringe upside down (see image at **right**). Slowly pull the plunger down past your prescribed dose. This will help remove any air bubbles. Slowly push the plunger back up to your prescribed dose. Check the amount of medication in the syringe to make sure it's the correct dose.



Tap the side of the syringe to release any air bubbles. Carefully remove the needle from the vial.

## Step 3: Administer an injection by subcutaneous route.

Now slightly pinch a fold of skin where you will give the injection.

Hold the syringe at a 90-degree angle to your skin so it's standing straight out, right above the place where you'll give the injection.

Quickly jab the needle all the way into the pinched-up skin, then push the plunger all the way in so the medicine empties out of the syringe.

Take the needle out at the same angle you put it in, then let go of your skin.

If you bleed a little, put pressure on the spot with a cotton ball or a piece of gauze.

Place the syringe in the sharps container for safe disposal.

