

# Semaglutide Weekly Dose and Progress

Date	Dose	Location	Side effects	Weight

# Semaglutide

*for weight loss*

## What is Semaglutide?

Semaglutide is a FDA approved injectable glucagon-like peptide-1 (GLP-1) agonist that is administered once weekly for obesity. In a clinical trial, participants taking Semaglutide lost 15 percent of their body weight, on average. For the first time, a drug has been shown so effective against obesity that patients may dodge many of its worst consequences, including diabetes, researchers reported which led to FDA approval for weight loss.

## How does it work for weight loss?

GLP-1 is an incretin hormone that plays a role in your appetite and digestion. Incretins are hormones released by your small intestine - sent out by your body after you've eaten a meal to help lower your blood sugar by triggering insulin and blocking other sources of sugar. It also slows down how quickly food leaves your stomach (called gastric emptying). The result of these actions causes you to feel full - lowering your appetite and causing you to lose weight. Medications like GLP-1 agonists are referred to as incretin mimetics since they "mimic" these effects.

## How it is administered?

Semaglutide is injected once a week, on the same day preferably. It can be given at any time of the day, with or without food. It is injected just under the skin (subcutaneously) in your abdomen, upper arm, or thigh. Injection sites should be rotated weekly.

Dosing will be increased depending on several factors such as tolerance, side effects and weight loss per week.

## Side effects

Potential side effects are mostly gastrointestinal (GI) related. Most common being nausea, vomiting and constipation. You may experience more side effects as the dosing is increased.

Other side effects include: stomach cramps, bloating, dry mouth, diarrhea, heartburn.

**\*\*Any severe nausea/vomiting, or other non tolerable side effects, please notify us immediately and stop the medication, or go to the ER.**

## Ways to Deal with Side Effects

### Nausea and vomiting

- Small frequent meals
- Low fat meals
- Bland diet (bananas, toast)
- Can take OTC Unisom + B6

### Constipation

- Metamucil daily
- Probiotics daily
- Drink plenty of fluids
- OTC meds such as Miralax, Colace

### Acid Reflux

- OTC medications such as Pepcid, Tums, Prilosec can be used.

## Dosing and Expectations

- Starting Dose is 0.265mg or 10 units for Week 1
- Goal is to lose 1-2lbs weekly
- Dose will be titrated on tolerability and pounds lost
- Once at weight goal - will stay on Semaglutide for 1-3 months at goal weight to adjust your body and then can titrate off to prevent weight gain

### Dosing (2.65mg/1ml)

.265mg = 10 units

.53mg = 20 units

.795mg = 30 units

1.06mg = 40 units

1.5mg = 60 units

1.855mg = 70 units

2.12mg = 80 units

2.65 mg = 100 units

**call or text with any questions or concerns at 847-447-6360**



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