

Welcome to the Aurum Rose Aesthetics and Wellness Weight Loss Program

How the program works:

1. Meeting- After your initial consultation, we will schedule weekly, bi-weekly, or monthly visits based on your needs and specific program. These meetings can either be in-person, telemedicine or via phone, which ever is convenient for you.
2. Medications- Your medication will be shipped to your home and you will self inject. In person injections can be arranged if discussed in our initial meeting. Those self-injecting will be responsible for medication administration on a consistent basis. **PLEASE BE AWARE - SHIPPING TIMES CAN BE UP TO 14 BUSINESS DAYS!**
3. Membership- You signed a membership agreement/consent which states that you are aware that this is a monthly fee membership. You agree to be charged automatically and pay monthly, which includes follow ups and medication. There is no minimum time frame. You are aware of the late fee of \$50 after 3 business days.

Semaglutide dosage escalation:

Injectable semaglutide is your primary medication. Semaglutide is a glucagon like peptide 1 receptor agonist (GLP-1) that is used primarily in the treatment for type 2 diabetes. However, it is well studied and FDA approved for use in weight loss. This medication mimics the hormone in your body that tells you that you are full. This suppresses your appetite, makes you feel full, and decreases hunger sensations. It also delays gastric emptying. This means that what you eat stays in your stomach for a longer period of time. Common side effects for this medication are appetite suppression, occasional (transient) nausea, GERD, and GI upset.

Week 1-2: INJECT 0.25MG (10 UNITS ON SYRINGE)

Week 3-4: INJECT 0.5MG (20 UNITS ON SYRINGE)

Week 5-6: INJECT 1.0MG (40 UNITS ON SYRINGE)

Week 6 and beyond the dosage will be increased as tolerated and as needed depending on weight loss and appetite suppression. Please, consult with the Nurse Practitioner prior to any dosage increase. **DO NOT** increase your dosage without first speaking with the Nurse Practitioner.

For those self-injecting, the 2.5mg vial will be the first shipment you will receive.

****Further shipments will be sent on an AS NEEDED BASIS. It is YOUR responsibility to let your provider know when you will be needing refills, keep in mind there is a 14 day shipping wait!**

Side Effects: The most common adverse reactions reported in $\geq 5\%$ of patients treated with Semaglutide are nausea, diarrhea, vomiting, constipation, abdominal pain, headache, fatigue, dyspepsia, dizziness, abdominal distention, eructation, hypoglycemia in patients with type 2 diabetes, flatulence, gastroenteritis, and gastroesophageal reflux disease

What can I do for...

Constipation: high fiber diet, miralax as needed, metamucil, increase fluids

Acid Reflux: You may take anti-acids (as long as you have no allergy) such as Pepcid, tums, etc.

Nausea/Vomiting: Reduce food intake, bland diet, increase fluids. If vomiting is severe - please let Alice know as she can prescribe anti-nausea medications.

What to expect: As with any weight management program, individual results will vary and will be dependent on medical conditions and commitment to the program.

Initially there will be a significant weight drop followed by a plateau. Most people will hit their first plateau around week 6. This is NORMAL. Do not panic or quit! As long as either the scale is moving or the inches are moving you are making progress. Stick with it.

Your commitment: Your commitment to the program is important. It takes 3 months of consistent commitment for noticeable change to occur. It is worth it and you have what it takes!

How to contact us: For emergency conditions such as an allergic reaction to medications or foods, severe abdominal pain, intractable vomiting, etc please seek emergency medical care immediately by calling 911 or going to your local emergency department.

Non-emergent concerns are best handled through a phone call, text or email. These are to most reliable ways to reach the Nurse Practitioner.

Phone: 847-447-6360

Email: info@aurumroseaesthetics.com