

## MEDICAL WEIGHT LOSS

### THE TREATMENT

Semaglutide is an antidiabetic medication used for the treatment of type 2 diabetes and an anti-obesity medication used for long-term weight management. Semaglutide mimics the Glucagon-Like-Peptide (GLP) 1 hormone, released in the gut in response to eating. In higher doses, GLP-1 interacts with the parts of the brain that suppress your appetite and signal you to feel full. When used in conjunction with diet and exercise, it can cause significant weight loss in people who are obese or overweight.

### PRE-TREATMENT CONSIDERATIONS

The FDA recommends Semaglutide for weight loss if you meet one of the following criteria:

- Have a body mass index (BMI) of 27kg/m<sup>2</sup> or greater AND have at least one weight related condition such as high blood pressure, type 2 diabetes or high cholesterol
- Have a BMI of 30kg/m<sup>2</sup> or greater

### RISKS AND COMPLICATIONS

Side effects of Semaglutide are typically mild- especially when compared to the complications associated with overweight and obesity. While taking Semaglutide, people may experience:

- Gastrointestinal: Nausea/vomiting, abdominal pain, Diarrhea/constipation, dyspepsia, abdominal distension, eructation, flatulence, gastroenteritis, GERD, gastritis, lipase increase, amylase increase
- Neurological: Headache, dizziness
- Cardiac: Heart rate increase, Hypotension
- Endocrine: Fatigue, hypoglycemia (diabetic patients), alopecia
- Ophthalmic: Retinal disorder (diabetic patients)
- Skin: redness or pain at injection site

Nausea and upset stomach are the most common side effects. These may be lessened with slow and appropriate titration of the drug.

Serious Reactions include, but are not limited to:

- Thyroid C-cell tumor (animal studies)
- Medullary thyroid cancer
- Hypersensitivity reaction
- Anaphylaxis
- Angioedema
- Acute kidney injury
- Chronic renal failure exacerbation
- Pancreatitis
- Cholelithiasis
- Cholecystitis
- Syncope

### CONTRAINDICATIONS

Avoid Semaglutide if you have:

- History of medullary thyroid cancer
- History of gallbladder disease
- History of pancreatitis
- Multiple endocrine neoplasia syndrome type 2 (MEN2)

### BENEFITS AND ALTERNATIVES

Benefits include losing significant amounts of weight if you are overweight or obese. Alternatives may include weight loss surgery, exercise programs, nutrition counseling or doing nothing.

### **I UNDERSTAND THAT I HAVE THE FOLLOWING RESPONSIBILITIES:**

1. I agree to obtain prescriptions for compounded Semaglutide only from Noude Aesthetics.
2. Medical history: I will tell the provider my complete medical history, including: allergies, medications, medical/surgical/social/family history.
3. The provider may ask to review, with your permission, your medical history (medications, recent lab results, pertinent imaging results).
4. I understand that if I become pregnant or start trying for pregnancy, I must stop this medication.
5. I will be honest to the best of my ability the history the provider needs to know.
6. I will tell my provider any updated health information (medication, allergies, personal medical issues/surgeries/social history, or family history changes).
7. My provider can discuss my treatment plan with any co-treating pharmacist and/or healthcare provider
8. I will always tell other providers about all medications I am taking.
9. I may be asked to complete additional labs while on treatment to ensure it's safety.

### **DIRECTIONS FOR USE**

1. I will take my medications only as prescribed according to the directions, led by the provider.
2. If I feel my medications are not effective, or are causing undesirable side effects, I will contact my provider for instructions.
3. I will not adjust my medications without prior instruction to do so.
4. I understand that the medication must be either kept frozen or refrigerated.
5. I understand this medication must be self-injected in the subcutaneous tissue once weekly. I will not inject any less than 7 days unless directed by the provider (example: travel).
6. I will not share needles and dispose of needles safely.
7. If I'm having troubles with the administration of the medication, I will seek help from the provider.
8. The medication expires after 12 weeks. I will refer to the Beyond Usage Date (BUD).

### **SAFETY**

1. I understand it is important to keep my medication away from children (<18 years old)
2. I am the only one who will use my medication. I will not give or sell my medication to anyone else.
3. If the provider deems it appropriate to start weaning my medication or transition to maintenance dosing, I will comply.

### **DISCONTINUATION**

I understand that the provider may stop prescribing my medications if:

- I am having unfavorable side effects or it's not working to treat my medical condition
- I have been untruthful in my medical or family history
- I do not follow through with the recommended plan of care set by the provider
- I do not follow any parts of this agreement

### **HOW TO ADMINISTER**

- Administer in either the abdomen or thigh subcutaneously (in the fat) on the same day each week.

- Rotate your sites weekly (right side, left side). Always stay 2 fingers away from the belly button if administering in the abdomen.
- **STEPS FOR INJECTION**
  - Wash hands.
  - Clean the desired injection site with an alcohol pad.
  - Remove the cap from the needle.
  - While keeping the needle clean, gently pinch the area to be injected as this will help stabilize the tissue and minimize discomfort.
  - Inject the needle into the skin and then press the plunger down. Let go of the skin and withdraw the needle.
  - Place the cap back on the needle.

### **STORAGE**

Store in syringe in the back of the refrigerator (36 and 46 degrees F). Protect from light.

### **PATIENT EDUCATION**

- If you have signs and symptoms of pancreatitis, including persistent severe abdominal pain, sometimes radiating to the back with or without nausea/vomiting, please stop the medication and go to the doctor.
- Report symptoms of gallbladder disease (right upper abdominal pain, nausea/vomiting, pain with fatty foods).
- If you ever feel any thyroid lumps/bumps, stop the medication and contact your doctor.
- If your urine output significantly decreases or blood occurs in the urine, please stop the medication and contact your doctor.
- Maintain adequate hydration to prevent renal failure.
- Monitor for symptoms of hypoglycemia (low blood sugar) including fast heartbeat, feeling shaky, sweaty, nervousness, anxiety, irritability, confusion, dizziness or hunger. Consider sips of juice or a small meal if this occurs.
- Report changes in vision to your doctor.
- Report worsening depression, suicidal ideation, or unusual changes in behavior.
- Report any increase in heart rate or heart palpitations while resting.