

GLP-1 RECEPTOR AGONISTS



What is Semaglutide and how does it work?

Semaglutide (generic Ozempic/Wegovy) is an FDA-approved prescription peptide for weight management. Originally used to treat Type 2 diabetes, two robust studies show its efficacy in weight management in non-type 2 diabetic patients.

The medication is a modified molecule our bodies make, GLP1. It's a protein made in the intestine and results in a decrease in blood sugars and appetite. A small change in the molecule allows the drug to last weeks in our bodies rather than minutes. It is administered via subcutaneous injection, once weekly.

What is Tirzepatide and how does it work?

Tirzepatide (Tirzepatide) is a once-weekly GIP (glucose-dependent insulinitropic polypeptide) receptor and GLP-1 (glucagon-like peptide-1) receptor agonist. Tirzepatide is a single molecule that activates the body's receptors for GIP and GLP-1, which are natural incretin hormones. Both GIP and GLP-1 receptors are found in areas of the human brain important for appetite regulation. Tirzepatide has been shown to decrease food intake and modulate fat utilization.

Do these medications actually work?

Studies show that GLP-1 receptor agonists are the most effective weight loss medications to ever be approved for use by the FDA. The results are secondary only to surgical interventions such as gastric bypass.

How long does it take?

It typically takes about two weeks for these medications to start working in the body. While taking GLP-1 receptor agonists, some people begin to see results within the first eight weeks, but most begin to see results within 12 weeks.

Are there side effects?

As with any medication, there are potential negative side effects. Everyone tolerates medications differently. The most common side effects are nausea, diarrhea, and constipation. With our program, you will have ongoing access to a practitioner (at no extra cost) who will discuss any side effects you are experiencing, and options for treatment such as adding an additional medication or adjusting your dose.

What exactly am I getting?

We offer Semaglutide compounded with Vitamin B12 and Tirzepatide in base (aka generic) form. These medications have the same active ingredient as their name brand counterparts. We utilize only reputable, regulated compounding pharmacies who obtain their ingredients from FDA approved manufacturers. You can find more information regarding compounding pharmacies on our website, as well as a link to our preferred pharmacy, WeCare. We do not utilize medication manufactured or compounded outside of the US. We do not utilize “knock off” versions containing salts or acetates.

How do you provide these medications for less than at a traditional pharmacy?

By utilizing approved compounding pharmacies, we can provide the medication with the same active ingredient for 1/3 of the cost. Our medications are packaged in patient specific, multidose vials versus the patented “pen” utilized for the name brand medications. This allows for more patient specific dosing-you aren’t limited to doses available at traditional pharmacies.

Do I have to come into the office for my injections?

We take pride in following processes which keep our patients stay safe. This includes performing first time injections on site to ensure you receive the proper dosage in a safe manner and tolerate the medication. Life threatening side effects are a risk of any medication and most often occur within the first few minutes of dosing. We want to be sure if, in the rare circumstance a patient were to experience an allergic reaction, medical professionals are on site to intervene. Your first dose can be given at the time of your initial consultation. If you prefer, you may take additional doses home with you that day. We offer the option to pick up your monthly doses in office. We can also occasionally provide home delivery. Some patients choose to continue to receive injections in the office once weekly, there is no additional cost for injection visits.

How long does an injection visit take?

Not long at all! Depending on if you have any questions, concerns or need for follow up, an injection visit should take about 5-10 minutes. We also offer evening and weekend appointments so that you can easily work it into your schedule. You will receive your injection and a very brief assessment including a check of your vital signs and a weight. This is when we will also discuss your progress and tolerance and determine if a dosage increase, or decrease is warranted.

How much do injection visits cost?

NOTHING! These are free and including in the cost of the medication.

Am I tied into a contract?

ABSOLUTELY NOT. Medications are purchased every 4 weeks. You are never obligated to continue with the program. However, because our medications are provided through licensed pharmacies and are dispensed to be patient specific (dosage based on your individual needs) medication that is ordered cannot be refunded. This is why we provide watchful oversight and assessment so that we ensure you are tolerating the medication and progressing toward your goals before completing any purchases.

What if I experience side effects?

We provide ongoing provider oversight for free. You can contact your provider by phone, email, or text at any time to discuss the availability of treatments to decrease or eliminate any adverse side effects.

What if I am happy with my progress and don't want to increase my dose?

That is no problem! We are thrilled when patients receive desired results at lower dosages. There is no cost increase if there is no dosage increase!

Will I need any lab work or testing?

Most likely no. This will be discussed at your initial consultation. If there is any indication for lab work or testing prior to starting the medication, we will provide you with necessary scripts for completing. These would be performed at the local laboratory or other site and most likely be covered by your insurance. The results would then be sent to our office for review, at which time we will discuss with you.

Should I follow a specific diet?

A high protein diet may help you tame your hunger, which could help you lose weight. You can obtain a high protein diet by adding extra protein to your meals. Examples of high protein foods include:

- Lean meats
- Seafood
- Beans
- Soy
- Low – fat dairy
- Eggs
- Nuts and seeds

While you're adding protein to your diet, you should also stock up on "smart carbs" examples include:

- Fruits
- Vegetables
- Whole grains
- Bean and legumes
- Low-fat milk and yogurt

What if I already take daily vitamins?

That's great!! Taking a daily multivitamin could also help with boosting energy levels if you are feeling fatigue. Make sure it includes Thiamine (B1) as it plays a role in metabolizing glucose (sugar) which is also part of the process used by the body to provide cells with energy.

PRICING

Price below includes four injections (1x per week x 4 weeks) of medication at the indicated dose.

Pricing is based on dosage. Medication must be purchased 4 doses (4 injections) at a time.

Established patients have the option to take up to 4 doses home for self-administration.

Medication must be paid for the week prior to pickup to allow enough time for ordering.

SEMAGLUTIDE

MEDICATION DOSAGE	TYPICAL SCHEDULE (Individualized per patient need)	COST OF MEDICATION (4 weeks of treatments)
0.25 mg/week	WEEK 1-4	\$300
0.5 mg/week	WEEK 5-8	\$325
1 mg/week	WEEK 9-12	\$350
1.7 mg/week	WEEK 13-16	\$375
2.4 mg/week	WEEK 17 on	\$400

TIRZEPATIDE

MEDICATION DOSAGE	TYPICAL SCHEDULE (Individualized to pt needs)	COST (every 4 weeks)
2.5 mg /injection	WEEK 1-4	\$400
5 mg /injection	WEEK 5-8	\$450
7.5 mg /injection	WEEK 9-12	\$500
10 mg /injection	WEEK 13 -16+	\$550
* 12.5 mg /injection	WEEK 16 +	\$600
* 15 mg /injection	WEEK 19 +	\$650

* Most patients will not require a dosage >10mg, however dosing is available up to 15 mg

DOSING

SEMAGLUTIDE

Dosage Consideration:

- Semaglutide is administered once weekly, preferably on the same day each week, at any time of day
- It is injected subcutaneously in the abdomen, thigh, or upper arm.
- Initiate at 0.25 mg once weekly for 4 weeks.
- In 4 week intervals, increase the dose until a dose of 2.4 mg is reached.
- The maintenance dose of Semaglutide is 2.4 mg once weekly.

Dosing Schedule:

- Week 1 through week 4: Inject 5 units (0.25mg/0.05mL) once weekly
- Week 5 through week 8: Inject 10 units (0.5mg/0.1mL) once weekly
- Week 9 through week 12: Inject 20 units (1mg/0.2mL) once weekly
- Week 13 through week 16: Inject 34 units (1.7mg/0.34mL) once weekly
- Week 17 onwards: Inject 48 units (2.4mg/0.48mL) once weekly

TIRZEPATIDE

Dosage Consideration:

- Tirzepatide is administered once weekly, preferably on the same day each week, at any time of day
- It is injected subcutaneously in the abdomen, thigh, or upper arm.
- Initiate at 2.5 mg once weekly for 4 weeks.
- In 4 week intervals, increase the dose until a maximum dose of 15 mg is reached.
- The maintenance dose of Tirzepatide is 10-15 mg once weekly.

Dosing Schedule:

- Week 1 through week 4: Inject 5 units (0.25mg/0.05mL) once weekly
- Week 5 through week 8: Inject 10 units (0.5mg/0.1mL) once weekly
- Week 9 through week 12: Inject 20 units (1mg/0.2mL) once weekly
- Week 13 through week 16: Inject 34 units (1.7mg/0.34mL) once weekly
- Week 17 onwards: Inject 48 units (2.4mg/0.48mL) once weekly

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
- Constipation

SAFE DOSING

New users of GLP-1 drugs always begin with small starter doses before gradually titrating up (increasing) their dosage. It takes the body some time to adjust to these potent medications, and those infamous gastrointestinal side effects tend to be at their very worst in the first few days of a new higher dose. With longer pauses, the worry is that your body might lose some of the tolerance that originally allowed you to step up your dosage. Going back to a high dose after a wait of several weeks could be more than your body is ready to handle, resulting in extremely uncomfortable side effects.

Therefore, please be aware of the following policy regarding “skipping” doses, or stopping then restarting medications:

- If you miss a dose of medication, you may be required to decrease your dose. This will be at the discretion of the prescribing practitioner.
- If you miss 2 or more doses (weeks) you WILL be required to decrease your dosage. The appropriate dosage will be determined by the prescribing practitioner.
 - * Patients may have to restart after missing 2 or more doses
- If you miss 6 weeks or more, and want to resume the medication, you will be required to restart the dosing escalation schedule at the lowest dose. (0.25mg – semaglutide, 2.5mg- tirzepatide)

Semaglutide and Tirzepatide are prescription medications, and it is the responsibility of the prescribing practitioner to ensure patient safety and appropriate doses. We appreciate your understanding.

SAFETY INFORMATION

Important Safety Information

SEMAGLUTIDE

Semaglutide may cause serious side effects, including:

Possible thyroid tumors, including cancer. Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, semaglutide and medicines that work like semaglutide caused thyroid tumors, including thyroid cancer. It is not known if semaglutide will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people

Do not use semaglutide if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)

Do not use semaglutide if:

you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

you have had a serious allergic reaction to semaglutide or any of the ingredients in semaglutide.

Before using semaglutide tell your healthcare provider if you have any other medical conditions, including if you:

have or have had problems with your pancreas or kidneys

have type 2 diabetes and a history of diabetic retinopathy

have or have had depression, suicidal thoughts, or mental health issues

are pregnant or plan to become pregnant. semaglutide may harm your unborn baby. You should stop using semaglutide 2 months before you plan to become pregnant

are breastfeeding or plan to breastfeed. It is not known if semaglutide passes into your breast milk

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. semaglutide may affect the way some medicines work and some medicines may affect the way semaglutide works. Tell your healthcare provider if you are taking other medicines to treat diabetes, including sulfonylureas or insulin. semaglutide slows stomach emptying and can affect medicines that need to pass through the stomach quickly.

What are the possible side effects of semaglutide?

semaglutide may cause serious side effects, including:

inflammation of your pancreas (pancreatitis). Stop using semaglutide and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back

gallbladder problems. semaglutide may cause gallbladder problems, including gallstones. Some gallstones may need surgery. Call your healthcare provider if you have symptoms, such as pain in your upper stomach (abdomen), fever, yellowing of the skin or eyes (jaundice), or clay-colored stools

increased risk of low blood sugar (hypoglycemia) in patients with type 2 diabetes, especially those who also take medicines for type 2 diabetes such as sulfonylureas or insulin. This can be both a serious and common side effect. Talk to your healthcare provider about how to recognize and treat low blood sugar and check your blood sugar before you start and while you take semaglutide Signs and

symptoms of low blood sugar may include dizziness or light-headedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, or feeling jittery

kidney problems (kidney failure). In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration

serious allergic reactions. Stop using semaglutide and get medical help right away, if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue, or throat; problems breathing or swallowing; severe rash or itching; fainting or feeling dizzy; or very rapid heartbeat

change in vision in people with type 2 diabetes. Tell your healthcare provider if you have changes in vision during treatment with semaglutide

increased heart rate. semaglutide can increase your heart rate while you are at rest. Tell your healthcare provider if you feel your heart racing or pounding in your chest and it lasts for several minutes

depression or thoughts of suicide. You should pay attention to any mental changes, especially sudden changes in your mood, behaviors, thoughts, or feelings. Call your healthcare provider right away if you have any mental changes that are new, worse, or worry you.

The most common side effects of semaglutide may include: nausea, diarrhea, vomiting, constipation, stomach (abdomen) pain, headache, tiredness (fatigue), upset stomach, dizziness, feeling bloated, belching, gas, stomach flu, heartburn, and runny nose or sore throat.

INDICATION AND SAFETY SUMMARY WITH WARNINGS

Tirzepatide is an injectable medicine for adults with type 2 diabetes used along with diet and exercise to improve blood sugar (glucose).

It is not known if Tirzepatide can be used in people who have had inflammation of the pancreas (pancreatitis). Tirzepatide is not for use in people with type 1 diabetes. It is not known if Tirzepatide is safe and effective for use in children under 18 years of age.

Warnings - Tirzepatide may cause tumors in the thyroid, including thyroid cancer. Watch for possible symptoms, such as a lump or swelling in the neck, hoarseness, trouble swallowing, or shortness of breath. If you have any of these symptoms, tell your healthcare provider.

Do not use Tirzepatide if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC).

Do not use Tirzepatide if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

Do not use Tirzepatide if you are allergic to it or any of the ingredients in Tirzepatide.

Tirzepatide may cause serious side effects, including:

Inflammation of the pancreas (pancreatitis). Stop using Tirzepatide and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.

Low blood sugar (hypoglycemia). Your risk for getting low blood sugar may be higher if you use Tirzepatide with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin.

Signs and symptoms of low blood sugar may include dizziness or light-headedness, sweating, confusion or drowsiness, headache, blurred vision, slurred speech, shakiness, fast heartbeat, anxiety, irritability, or mood changes, hunger, weakness and feeling jittery.

Serious allergic reactions. Stop using Tirzepatide and get medical help right away if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue or throat, problems breathing or swallowing, severe rash or itching, fainting or feeling dizzy, and very rapid heartbeat.

Kidney problems (kidney failure). In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.

Severe stomach problems. Stomach problems, sometimes severe, have been reported in people who use Tirzepatide. Tell your healthcare provider if you have stomach problems that are severe or will not go away.

Changes in vision. Tell your healthcare provider if you have changes in vision during treatment with Tirzepatide.

Gallbladder problems. Gallbladder problems have happened in some people who use Tirzepatide. Tell your healthcare provider right away if you get symptoms of gallbladder problems, which may include pain in your upper stomach (abdomen), fever, yellowing of skin or eyes (jaundice), and clay-colored stools.

Common side effects

The most common side effects of Tirzepatide include nausea, diarrhea, decreased appetite, vomiting, constipation, indigestion, and stomach (abdominal) pain. These are not all the possible side effects of Tirzepatide. Talk to your healthcare provider about any side effect that bothers you or doesn't go away.

Tell your healthcare provider if you have any side effects. You can report side effects at 1-800-FDA-1088 or www.fda.gov/medwatch.

Before using Tirzepatide:

Your healthcare provider should show you how to use Tirzepatide before you use it for the first time.

Talk to your healthcare provider about low blood sugar and how to manage it.

If you take birth control pills by mouth, talk to your healthcare provider before you use Tirzepatide. Birth control pills may not work as well while using Tirzepatide. Your healthcare provider may recommend another type of birth control for 4 weeks after you start Tirzepatide and for 4 weeks after each increase in your dose of Tirzepatide.

MANAGING SIDE EFFECTS

NAUSEA: This is the most common side effect reported when starting the program. A prescription for Zofran will be sent to your pharmacy of choice. Take one tablet every 8 hours as needed for any nausea or vomiting. If this is not effective, you can increase to two tablets.

CONSTIPATION: It is recommended that every patient starts a stool softener when starting the medication to avoid constipation. We recommend over the counter Colace (docusate sodium). Take one tablet every day. Do not take more frequently than every 12 hours.

If this is not effective, you can utilize any over the counter medication. It is recommended to start with a stool softener then progress to adding a laxative if needed. NEVER use a laxative alone without a stool softener. Commonly utilized medications include SennsS, Miralax, and Milk of Magnesia. If these medications are not effective please contact the office for instruction. Do not go longer than 3 days without a bowel movement.

DEHYDRATION: You must drink plenty of water when taking this medication. It will relieve many of the side effects including constipation, headache, dizziness. Unless otherwise instructed you should drink at least 120 ounces of water each day (or 15 eight ounce glasses). Adequate fluid intake is also important to protect the health of your kidneys.

DIET CONSIDERATION:

Some patients report their side effects worsen after eating certain foods. Listen to your body. Avoid frequent heavy meals, greasy foods and high carbohydrate/fatty foods. This will also help you to develop healthy eating habits and increase your likelihood of maintaining your healthy weight when stopping the medication. Protein intake is extremely important. Maintaining muscle mass is important during weight loss to improve your metabolism and increase likelihood that you will be able to maintain your new weight. Without enough protein, you MAY not lose weight no matter how little you are eating.

COMPOUNDING MEDICATIONS

A lot of people ask how we're getting semaglutide and tirzepatide since it's currently so backordered and how we can provide it at such a reduced price.

We're ordering our semaglutide and tirzepatide from a compounding pharmacy. Never heard of a compounding pharmacy?

That's ok, let us explain!

What is a compounding pharmacy?

While most pharmacies offer some level of compounding, most compounding is done in pharmacies that have made the investment in equipment and training to do so safely and efficiently. The preparations offered by these compounding pharmacies can be nonsterile (ointments, creams, liquids, or capsules that are used in areas of the body where absolute sterility is not necessary) or sterile (usually intended for the eye, or injection into body tissues or the blood).

All licensed pharmacists learn during their training and education to perform basic compounding. In addition, most pharmacies have some compounding tools, such as a mortar and pestle for grinding materials, graduated cylinders for measuring liquids, balances for weighing solids, spatulas for mixing materials, and ointment slabs on which to work. With such tools and through applying their knowledge, all pharmacists routinely prepare nonsterile compounded preparations when requested by prescribers.

Of the approximately 56,000 community-based pharmacies in the United States, about 7,500 pharmacies specialize in compounding services. This means the pharmacists in those facilities spend most or all their time compounding special preparations for patients. Preparations made in these pharmacies are more likely to include both sterile and nonsterile dosage forms. Compounding also takes place in hospital pharmacies and at other health care facilities.

Who regulates compounding pharmacies? Do compounding pharmacies follow the same regulations as drug manufacturers?

The practice of compounding is regulated by state boards of pharmacy. Community and hospital compounding pharmacists are allowed exemptions to the Federal Food, Drug, and Cosmetic Act of 1938 if they comply with the regulations outlined in Section 503A. All pharmacists and pharmacies engaged in compounding are subject to oversight by both federal and state authorities.

Pharmacists engaged in compounding are expected to follow applicable standards and regulations for the types of preparations that are compounded. FDA has oversight for the integrity and safety of the drugs (called Active Pharmaceutical Ingredients, or APIs, by FDA) used in compounded preparations.

In addition, the United States Pharmacopeial (USP) Convention issues standards that apply to compounding. This private, nonprofit organization defines the chemical purity of drugs and issues practice standards. USP develops standards for the identity, quality, strength, and purity of medicines, dietary supplements, and food ingredients that may be used in compounding preparations. These standards are relevant to compounding pharmacists.

USP General Chapter <797> is a national standard for the process, testing, and verification of any compounded sterile preparations. It provides guidance on preventing microbial contamination and other variances in compounded sterile preparations, regardless of setting (e.g., hospitals, community pharmacies) or who is performing the compounding (pharmacists, nurses, pharmacy technicians, or others).

USP General Chapter <795> provides similar guidance for nonsterile preparations that are compounded in health care settings. It describes categories of compounding (simple, moderate, complex), defines concepts such as beyond-use date and stability, and provides criteria for compounding pharmacists to follow in preparing various drug preparations.

We purchase our medication from FDA regulated compounding pharmacies that are members of the United States Pharmacopeial (USP) Convention and are licensed and monitored by their state pharmacy board. We do not utilize

any “knock off” preparations including semaglutide salts or semaglutide acetate. All of our medication ingredients come from United States manufacturers.

What are the benefits of using a compounding pharmacy?

#1 It is more personalized:

Commercialized medicines are produced with a standard dosage. These are very difficult to adjust based on patient needs. By utilizing a compounded form of medication, we can adjust to any dosage appropriate for you. It also allows us to add additional medication (Vitamin B12) to help reduce side effects, boost the positive effects and provide other additional beneficial actions.

#2 It costs less:

Compounding pharmacies have access to pure, premium medical-grade chemicals that often have lower costs. This makes compounded medicines less expensive than commercialized drugs.

Independent compounding pharmacies tend to eliminate the use of designer dyes and preservatives patented by drug manufacturing companies. Without the cost of patenting and expensive drug components, compounded medications are significantly cheaper than those available in the market.

Is it legal to purchase, administer and take compounded semaglutide?

ABSOLUTELY! Our reputation is on the line and patient safety is our #1 priority. While the pharmaceutical companies have spread a lot of false information in the media, what we provide is completely legal and regulated. We do not utilize any “knock off” varieties. We provide compound semaglutide- we do not provide or claim to provide Ozempic or Wegovy.

For additional information please visit the FDA website here:

<https://www.fda.gov/drugs/human-drug-compounding/compounding-and-fda-questions-and-answers>

OFFICE INFORMATION

Provider: Kimberly Minkler, APRN FNP-C

Phone number: 716-514-4042

If there is no answer, please leave a message. Patients may also text the above number.

Additional contact information

Email: info@PathfinderHC.org

Fax: 716-463-2060

How to book an appointment online:

pathfinder-healthcare.square.site

or

pathfinderhealthcare.org/book-now