

# MEDICAL WEIGHT LOSS INJECTIONS (SEMAGLUTIDE AND TIRZEPATIDE)

## PRE-TREATMENT CARE:

1. Inform Your Provider: Inform your treatment provider of any medical conditions, allergies, or medications you are currently taking, especially if you have a history of thyroid cancer, pancreatitis, or any other serious health condition.
2. Blood Tests: Complete any required blood tests or lab work as recommended by your healthcare provider to ensure you are a suitable candidate for treatment.
3. Dietary Habits: Maintain a balanced diet leading up to your treatment. Consult with your healthcare provider for any specific dietary recommendations or restrictions.
4. Hydration: Stay well-hydrated by drinking plenty of water before starting your treatment. This helps in minimizing any potential side effects.
5. Avoid Alcohol: Limit or avoid alcohol consumption prior to starting the medication as it can affect your liver and overall health.
6. Medication Review: Discuss all medications and supplements you are currently taking with your healthcare provider to avoid any potential interactions.
7. Exercise Routine: Establish a regular exercise routine, as physical activity will complement the effects of the medication and promote better results.
8. Medical History: Provide a detailed medical history to your healthcare provider, including any history of digestive issues or gastrointestinal diseases.

## POST-TREATMENT CARE:

1. Monitor Side Effects: Be aware of potential side effects such as nausea, vomiting, diarrhea, or constipation. Contact your healthcare provider if these symptoms are severe or persistent.
2. Dietary Adjustments: Follow any dietary guidelines provided by your healthcare provider. This may include eating smaller, more frequent meals to manage potential gastrointestinal side effects.
3. Hydration: Continue to drink plenty of water to stay hydrated and support your body's metabolic processes.
4. Avoid Alcohol: Limit or avoid alcohol consumption during your treatment to prevent any adverse effects on your liver and overall health.
5. Regular Exercise: Maintain a consistent exercise routine to support weight loss and overall health. Consult with your provider for recommended activities.
6. Monitor Blood Sugar: If you have diabetes or are at risk, regularly monitor your blood sugar levels as directed by your healthcare provider.
7. Medication Adherence: Take your medication exactly as prescribed by your healthcare provider. Do not skip doses or discontinue use without consulting your provider.
8. Follow-Up Appointments: Attend all scheduled follow-up appointments to monitor your progress and make any necessary adjustments to your treatment plan.
9. Report Symptoms: Report any unusual symptoms or side effects to your healthcare provider immediately, such as severe abdominal pain or signs of pancreatitis.
10. Support System: Consider joining a support group or seeking counseling to help manage any emotional or psychological aspects of weight loss.

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