DOMINION HEALTH
Primary Care Clinic

GLP-1 Injection Guide

What This Medication Does

- Reduces appetite
- Helps you feel full sooner
- Supports weight loss over time

Works best with healthy eating, movement, and follow-up visits.

How to Take It

- Inject **once weekly** on the same day each week

*** KEEP MEDICATION REFRIGERATED***

How to Inject (Under the Skin Only)

Injection Sites (rotate weekly):

- Abdomen (2 inches from belly button)

Steps:

1. Wash hands
2. Check medication
3. Clean skin with alcohol

4. Remove green cap
5. Insert needle straight in skin
6. Press and hold button (about 5–10 seconds)
7. Recap needle and dispose

DOSING SHEET

Dose	**Units**
2.5mg	10
5mg	20
7.5mg	30
10mg	40
12mg	50
15mg	60

Common Side Effects

• Nausea
• Full feeling
• Constipation
• Diarrhea
• Mild stomach discomfort

These are most common when starting or increasing dose and usually improve.

To Reduce Nausea:
• Eat smaller meals
• Eat slowly
• Avoid greasy/fried foods
• Stop when comfortably full
• Drink water

Call Our Office Immediately If You Have:

- Severe or persistent stomach pain
- Ongoing vomiting
- Signs of dehydration (dizziness, very dark urine)
- Signs of allergic reaction (swelling, rash, trouble breathing)

Do NOT Use If:

- Personal/family history of medullary thyroid cancer
- Multiple Endocrine Neoplasia type 2 (MEN2)
- Pregnant or planning pregnancy