



## Semaglutide Instructions

### Pre-Treatment Instructions:

#### Initial Evaluation & Monitoring:

- Bloodwork Review: Your initial bloodwork will be reviewed at your first injection appointment. This helps assess your baseline health and eligibility for Semaglutide therapy.
- Weekly Injection Appointments:
  - Expect a brief check-in where we will obtain height, weight, and vital signs.
  - We will review your progress and any updates regarding your wellness journey.
- 3-Month Follow-Up Bloodwork:
  - Routine lab work will be performed, including CBC (Complete Blood Count), CMP (Comprehensive Metabolic Panel), and Hemoglobin A1C to monitor your body's response to treatment.
- Annual Bloodwork Monitoring:
  - Continued in-office monitoring of key health markers to ensure long-term safety and effectiveness.

#### General Pre-Treatment Guidelines:

- Do not skip meals. Eating a balanced meal before your injection may help reduce nausea and other gastrointestinal side effects.
- Hydrate well before and after your injection to support metabolic function and reduce potential side effects.
- Avoid alcohol or limit intake, as it can exacerbate nausea and affect blood sugar levels.
- Inform your provider if you have a history of thyroid disorders, pancreatitis, kidney disease, gallbladder disease, or gastrointestinal issues before starting treatment.
- If you are pregnant, trying to conceive, or breastfeeding, Semaglutide is not recommended.

## Post-Treatment Instructions:

### What to Expect:

- Mild redness, swelling, or itching at the injection site is normal. If symptoms persist beyond 24-48 hours or worsen, inform the clinic.
- Digestive side effects such as nausea, vomiting, diarrhea, constipation, heartburn, burping, bloating, and abdominal pain are common, especially in the first few weeks. These usually improve over time as your body adjusts.
- Some patients may experience decreased appetite and early satiety (feeling full quickly). Ensure you are consuming enough nutrients despite appetite suppression.
- You may feel fatigue or mild headaches—stay hydrated and ensure adequate nutrition.

### How to Manage Side Effects:

- For nausea:
  - Eat small, frequent meals rather than large portions.
  - Avoid greasy, spicy, or heavy foods. Opt for bland foods like toast, rice, and broth-based soups.
  - Ginger tea, peppermint tea, or electrolyte drinks may help soothe the stomach.
- For constipation:
  - Increase fiber intake with fruits, vegetables, and whole grains.
  - Drink plenty of water and consider a mild stool softener if needed.
- For diarrhea or bloating:
  - Stick to easily digestible foods like bananas, rice, applesauce, and toast ("BRAT" diet).
  - Avoid dairy if it worsens symptoms.
- For dizziness or fatigue:
  - Ensure you are eating enough, especially foods rich in protein and healthy fats.
  - Monitor blood sugar levels if you have a history of hypoglycemia.

### Activity & Lifestyle Considerations:

- Exercise is encouraged, but listen to your body. If you feel weak or lightheaded, adjust intensity accordingly.
- Stay hydrated to support kidney function and minimize side effects.
- If you are experiencing persistent side effects that interfere with daily activities, contact your provider for adjustments in dosage or supportive care options.

## When to Contact Your Provider:

- Severe or persistent nausea, vomiting, or dehydration (unable to keep fluids down).
- Signs of pancreatitis (severe abdominal pain that radiates to your back, nausea, vomiting).
- Signs of thyroid issues (lumps or swelling in the neck, difficulty swallowing, hoarseness).
- Rapid heart rate, extreme fatigue, or dizziness that does not improve with hydration and food.

### Follow-Up and Long Term Care:

- Continue attending weekly injection visits and scheduled bloodwork check-ins to monitor your progress.
- Long-term success with Semaglutide is best achieved through a balanced diet, regular physical activity, and lifestyle modifications.
- Discuss with your provider any changes in medication, dosage adjustments, or concerns during your follow-up visits.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email [info@seamistmedspa.com](mailto:info@seamistmedspa.com) with EMERGENCY DR. SIMPSON.