

Venusta Health - Patient Welcome & Instructions

Welcome to Venusta Health

Your health and satisfaction are our top priorities. At Venusta, we work alongside a trusted team of doctors and consultants to help you achieve your health goals.

If you have any questions or concerns, please call us at **(954) 590-0205** or send us a WhatsApp message at **(954) 218-3600**. We look forward to assisting you. Thank you for choosing our clinic!

When You Receive Your Package

- Make sure your name and date of birth match the label on the medication.
- Follow the instructions on the medication box to determine how many **units** to inject.
- Store your medication in the refrigerator. **Do NOT freeze.**

How to Draw Up Your Medication

1. Wash Your Hands: Always start with clean hands to maintain sterility.
2. Gather Supplies: Insulin syringe, alcohol pads, and your medication vial.
3. Check the Medication: Ensure it is the correct product and dosage.
4. Remove the Cap: Take off the caps from both the vial and the syringe.
5. Draw Air: Pull air into the syringe equal to your prescribed dose.
6. Insert Syringe: Push the air into the vial to equalize pressure.
7. Draw Medication: Flip the vial upside down and draw your dose.
8. Check for Bubbles: Tap gently and push any air bubbles out.
9. Recap the Needle: Carefully recap the needle until ready for use.

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How to Administer Your Subcutaneous Medication

[Watch the Instructional Video](#)

How to Draw up Medication:

[Watch Video - How to Draw up medication](#)

Note from Your Provider

Please follow up after your 3rd injection to review your progress. During this check-in, we will evaluate your response to treatment and may adjust your dosage based on your tolerance and weight loss progress.

What is a GLP-1?

GLP-1 medications help support weight loss and metabolic health by:

- Slowing digestion so you feel fuller longer
- Reducing cravings and appetite
- Stimulating insulin production
- Improving A1C and other cardiometabolic measures
- Increasing energy expenditure

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Common Side Effects

- Nausea, diarrhea, constipation, vomiting
- Injection site reactions, headache, fatigue
- Dizziness, stomach pain, low blood sugar
- Increased heart rate, changes in lipase levels

Seek urgent medical attention if you experience:

- Severe abdominal pain
- Vomiting undigested food
- Persistent or worsening symptoms

Important Warnings

Do not take GLP-1 medications (Semaglutide, Tirzepatide, etc.) if you:

- Are pregnant or breastfeeding
- Have a personal or family history of medullary thyroid cancer or MEN2
- Have a history of pancreatitis or chronic malabsorption syndrome
- Are currently using other GLP-1 medications
- Have or had significant liver, kidney, or pancreas issues

For Females of Reproductive Age

If you are using an oral contraceptive, we recommend switching to a non-oral method or adding a barrier method for the first 4 weeks after starting treatment.

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**This medication is not insulin and should NOT be used if you have type 1 diabetes or develop diabetic ketoacidosis. Semaglutide should not be used with any other GLP-1 medications.

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RISK OF THYROID C-CELL TUMORS. If you or any family members have been diagnosed with Multiple Endocrine Neoplasia Syndrome Type 2 or Medullary thyroid cancer, you should not take Semaglutide. If you have ever had pancreatitis, consult your medical provider, as using Semaglutide can increase the risk of developing pancreatitis.

We do our best to respond within 24 hours of your request; however, due to the nature of the business, occasionally it may be up to 48 hours. If you need urgent or emergent care, please seek in-person medical attention.

Please Note: Telehealth is designed to augment your primary care provider and should NEVER be used as a sole source of healthcare. You need to have routine in-person exams for a complete hands-on evaluation and close monitoring, which is a restriction in telemedicine.

Additionally, any time a medication is added or discontinued, it is essential that you schedule a time to let your primary care know of any changes.