

Welcome to Venusta Health, where your satisfaction is our main concern. At Venusta Health we work alongside a great team of doctors and consultants to help you reach your health goals and needs.

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

In this document you will find more detailed information on the injection you are taking and its progression throughout the weeks. **Make sure to follow the instructions as prescribed in order to achieve your best results and do so safely.**

- **WHEN YOU RECEIVE YOUR PACKAGE:**

- **Make sure the name and date of birth on the medication match with yours.**
- **Follow the instructions on the medication box on how many UNITS to apply.**
- **Store the medication in the refrigerator. DO NOT freeze.**

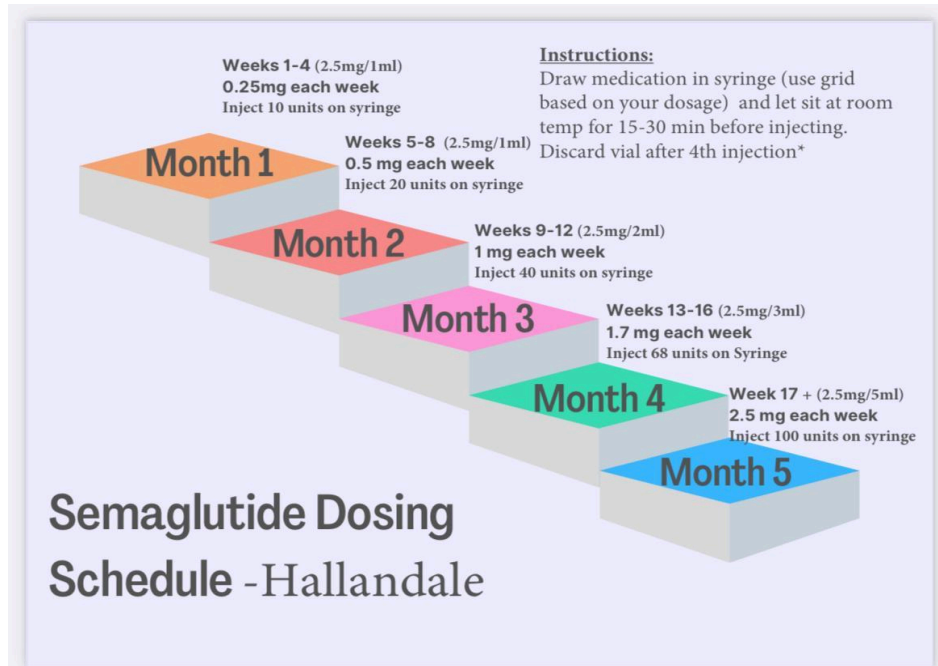
- **HOW TO DRAW UP MEDICATION:**

<https://youtu.be/QojuYh55HjA>

- **HOW TO ADMINISTER YOUR SUBCUTANEOUS MEDICATION**

https://www.youtube.com/shorts/O8xX_z9Li8o

IF YOU ORDER **SEMAGLUTIDE** PLEASE FOLLOW THIS DOSING SCHEDULE:








IF YOU ORDER **TIRZEPATIDE** PLEASE FOLLOW THIS DOSING SCHEDULE:





Insulin Syringe Mastery: Drawing Medication Like a Pro!

- 1 Wash Your Hands: Always start with clean hands to keep everything sterile! 
- 2 Gather Supplies: You'll need your insulin syringe, alcohol pads, and the medication vial.
- 3 Check the Med: Ensure it's the right medication – we gotta keep it safe! 
- 4 Remove Cap: Take off the cap from the syringe and vial.
- 5 Pull Air: Draw air into the syringe equal to your dose! This helps with the next step. 
- 6 Insert Syringe: Insert the needle into the vial and push the air in to create pressure!
- 7 Draw Medication: Turn the vial upside down and pull back the syringe plunger to your desired dose. 
- 8 Check for Bubbles: Tap the syringe gently and push any air bubbles out.
- 9 Replace Cap: Carefully recap the needle until you're ready to use.
- 10 Storage: Keep your syringe ready and cool if not using immediately! 

- **A NOTE FROM THE DOCTOR TO YOU:**

You're all set! Please follow up at your 3rd injection for updates on progress. At that time, please give an update on your initial weight, current weight, and any symptoms or unfavorable side effects. We will increase your dosage if you have tolerated your previous dosage & if appropriate. Because dosing changes are patient-driven based on how you feel, please let us know if you feel comfortable moving up in dosage based on how you have felt about your current dosage.

GLP-1 EDUCATION

What is a GLP-1?

A medication that works by increasing insulin production, lowering glucagon secretion, and targeting areas in the brain that regulate appetite and food intake. A small change in the molecule allows the drug to last weeks in our bodies rather than the natural version our bodies make, which lasts minutes.

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How Does GLP-1 Work?

GLP-1's acts in the following ways:

- Delays how quickly our stomachs digest food. Leading to a feeling of fullness and satisfaction with smaller meal sizes.
- Slows intestinal motility so you will feel fuller longer after meals.
- Dual action receptor allows for lower blood sugars, in part by reducing sugar production in the liver.
- Stimulates insulin secretion by the pancreas.

- GIP increases energy expenditure, resulting in weight loss reductions

Benefits of GLP-1 therapy:

- Decreased appetite and cravings
- Weight loss
- A1C reduction
- Improved cardiometabolic measures

>Please do not take ANY GLP-1 (semaglutide/ tirzepatide, etc) if you:

- Have a personal or family history of medullary thyroid cancer or multiple endocrine neoplasia type 2
- Are pregnant or plan to become pregnant or breastfeeding
- Have a history of an eating disorder
- Have chronic malabsorption syndrome
- Caution advised if you have or have had problems with your pancreas, kidneys, or liver.

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Females of reproductive age:

>>PLEASE READ and note you have been advised if this applies to you:

If you are using an oral hormonal contraceptive, I encourage you to switch to a non-oral contraceptive method or add a barrier method of contraception for 4 weeks after initiation and for 4 weeks after each dose escalation.

Common side effects:

-Nausea, diarrhea, constipation, vomiting, injection site reaction, low blood sugar, headache, tiredness, fatigue, dizziness, stomach pain, change in lipase levels, increased

heart rate, and heartburn.

Atypical side effects requiring an in-person emergent evaluation to include but not limited to:

Severe or ongoing abdominal pain, uncontrolled vomiting, vomiting undigested food eaten 3+ hours earlier.

****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.

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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.