

SEMAGLUTIDE/TIRZEPATIDE

Treatment Instructions

Please remember that aftercare **is under your control** and what you do has a direct effect on the success of your treatment. For optimal results, and to minimize the chances of adverse effects, please adhere to the following instructions and recommendations:

After Your Treatment:

Attend follow-up appointments to ensure the treatment works effectively and discuss ongoing concerns or questions.

If you experience any of the following symptoms seek emergency care: a lump or swelling in the neck, hoarseness, difficulty swallowing or shortness of breath.

Common Side Effects: Nausea, Vomiting, Diarrhea, Abdominal Pain, Constipation, Heartburn, Gas (Burping / Flatulence), Feelings of Motion Sickness.

Some side effects can be serious. If you experience any of these symptoms seek emergency medical treatment: Ongoing pain that begins in the upper left or middle of the stomach but may spread to the back, with or without vomiting. Rash including itching; swelling of the eyes, face, mouth, tongue, or throat. Difficulty breathing or swallowing, decreased urination or swelling of legs, ankles, or feet. Vision changes, fainting or dizziness. Pain in the upper stomach, yellowing of skin or eyes or fever. Clay colored stools or rapid heartbeat.

Discuss with your Look Lab Med Spa Provider: If you think you may have become pregnant. If there is a large change in your diet, exercise, or weight; or if you get sick, develop an infection or fever, experience unusual stress, or are injured. These changes and conditions can affect your blood sugar and the amount of Semaglutide or Tirzepatide injection you may need.

Your mental health may change while you are using Semaglutide or Tirzepatide injection for weight loss. You, your family, or your caregiver should call your doctor right away if you experience any of the following symptoms:

- Depression
- Talking or thinking about wanting to hurt yourself or end your life
- Withdrawing from friends and family
- Preoccupation with death and dying
- Any other unusual changes in behavior or mood
- Be sure that your family or caregiver knows which symptoms may be serious so they can call the doctor if you are unable to seek treatment on your own.

Semaglutide or Tirzepatide injection also work by slowing the movement of food through the stomach, and may decrease appetite, and cause weight loss. This might

increase the likelihood of nausea and constipation. You need to be sure you are having a bowel movement at least once a day.

Please contact Look Lab immediately if you are having trouble with your water intake and/or have not been able to have a bowel movement.

Before Your Semaglutide or Tirzepatide Treatment:

It's important to discuss any questions or concerns you may have with your provider during the appointment. This is an opportunity to ask about post-treatment care and follow-up appointments, as well as any lifestyle changes that may be necessary to maximize the benefits of the treatment

Be prepared to schedule and attend weekly follow up appointments with your provider to receive your injection and monitor your progress

Inform your healthcare provider about any medical conditions, especially a history of thyroid cancer, pancreatitis, gallbladder disease or kidney issues

Make sure to discuss all medications you are currently taking with your provider including any over the counter drugs and supplements

Increase your water intake at least 1 week before starting treatment

Be prepared to follow a balanced diet and incorporate physical activity

You should limit your alcohol and caffeine intake while on Semaglutide or Tirzepatide

During the appointment, the provider will administer the Semaglutide or Tirzepatide injection, and you may be asked to wait for a short period to ensure no immediate adverse reactions

It's normal to experience some discomfort or mild side effects after the injection, such as nausea or injection site reactions. However, contact Look Lab Med Spa immediately if you experience severe or persistent side effects

After the appointment, follow the healthcare provider's instructions for post treatment care

Storage of GLP-1 Medication: GLP-1 medications dispensed in pre-drawn syringes must be kept refrigerated between 36°F and 46°F. If I fail to store them properly and the product becomes spoiled, I must return the spoiled syringes to Look Lab for proper disposal before any replacement can be issued. Look Lab is not responsible for replacement due to patient mishandling or storage error.

Communication: The most important person at Look Lab is you, the patient! We are 100% committed to giving you the perfect experience! Please let us know how we're doing by emailing us at info@LookLab.com or leave us a review on any social media platform (Google, Yelp, FaceBook).

Please notify our clinical staff at **833.999.5665(LOOK)** immediately with any medical questions you may have and always feel free to make an in-person appointment for an evaluation if you have a concern.

In case of an emergency please visit the emergency room.

Anything you forgot to ask? Send us a direct message on Instagram **@LookLabMedSpas**