

# AURORA WEIGHT LOSS PROGRAM GUIDE

Thank you for choosing Aurora Medical Spa. We are excited to help you on your weight loss journey. The following information has been put together to help you reach your goals. It will address frequently asked questions, how to inject properly, and disposal of your needles. You are always welcome to call us if you have any questions.

## FAQs

### How do I get my medications?

- We have partnered with a compounding pharmacy to provide all our patients with their Semaglutide medication. The pharmacy will ship your medication to you directly. Shipping times vary throughout the year, it typically takes 5-7 business days to receive your medication.

### My medication still hasn't been delivered. How do I check the status?

- Please contact the pharmacy for this information. Once we send the prescription to them, we do not have any way of viewing the status of your medication. You should receive email updates with tracking information from them.

### Medication Storage

- Your medication should be stored in the refrigerator when not in use. If you happen to be traveling, it does **NOT** need to be packed on ice. Just place the medication in the refrigerator when you arrive at your destination.

### How frequently do I take my medication?

- Semaglutide is a once-weekly injection. You may take it in the morning, afternoon, or evening—whichever time works best with your schedule.

### What if I miss a dose?

- Don't panic! The medication has a 4-day window of time in which to take your dose and stay on track with your dosing regimen. If you are 5 days past your dosing date, then the recommendation is to skip that current week and resume the next week on your regular dosing day.

# AURORA WEIGHT LOSS PROGRAM SIDE EFFECTS

## What are the most common side effects of Semaglutide?

- Nausea and constipation are the most common side effects; however, you may experience some other gastrointestinal side effects, such as vomiting and diarrhea (these are less common).

### Nausea

- Nausea is the most common side effect. Sometimes you will experience nausea because you are eating too much, or even possibly eating too little. You need to make sure that you are at least eating 1,200 calories per day.
- The nausea is usually transient and resolved within 24-48 hours. If it persists or is severe, then please contact our office so that we can discuss anti-nausea medication.
- If you are vomiting, then please contact us promptly so that we can discuss medication options that may help.
- Do **NOT** take another dose of Semaglutide until you call the office and are advised when to restart.

### Constipation prevention while taking Semaglutide

- Make sure you are drinking plenty of fluids to help you stay hydrated and prevent constipation.
- Exercising 3-4 times per week will also help prevent constipation.
- Eating 25 grams of dietary fiber daily will help prevent constipation.

### What if I'm already constipated?

- Start taking over-the-counter Miralax 1-2 times per day until you have regular bowel movements.
- Once you are having regular bowel movements, **STOP** taking the Miralax.
- Begin following all the recommendations under the "Prevention" headline.

### Diarrhea

- Diarrhea is defined as 3 or more loose or watery stools per day. While diarrhea is not a
- common side effect, it still may occur. It is very important that you stay well-hydrated. If you are experiencing diarrhea, please call the office for further instructions.
- Do **NOT** take another dose of Semaglutide until you have spoken with our office.

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## Injection Instructions

- **Step 1:** Lay everything out on a clean surface. This should include your alcohol pads, insulin needle, and Semaglutide vial.
- **Step 2:** After removing the foil, insert the needle in the middle of the cap.
- **Step 3:** Flip the needle and vial upside down and gently pull back the plunger of the syringe
- **Step 4:** Make sure to pull up the correct amount of units prescribed for that particular week. Remember, your units may change.
- **Step 5:** Semaglutide is best absorbed in an area of fatty tissue. We recommend starting with the abdomen and rotating sides. Clean the area with alcohol and allow it to dry
- **Step 6:** Pinch the area of skin that you cleansed and inject the needle all the way in. Push slowly to inject. Once done, wipe away any possible blood with the alcohol pad provided.

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## NEEDLE DISPOSAL

### *Use an Empty Household Container with these features:*

- Stays upright
- Tight-fitting lid that cannot be punctured
- Made of heavy-duty plastic
- Does not leak
- **DO NOT USE: milk jugs/water bottles/glass containers/soda cans**

### *Discarding a Household Container:*

- Close the lid and tape shut. Label the container “Sharps Biohazard.”
- Put the container in the center of a full trash bag and discard it in regular trash.
- Please follow your community guidelines for sharps disposal.
- **DO NOT put sharps in recycling.**

### *Keep Your Community Safe:*

- **DO NOT throw loose sharps in the trash.**
- **DO NOT put sharps in recycling.**
- **DO NOT flush sharps down the toilet.**
- Keep out of children’s reach.