

GLP PEPTIDE WEIGHTLOSS

This belongs to a group of medicines called 'GLP-1 receptor agonists' for weight loss. Their use is "off label or out of indication" and compounded for you at the request of your weight loss specialist / doctor at a protocol suitable for you. Your doctor would have done all pre-existing blood tests to make you eligible.

It is an injection that is used once a week is used to lower blood sugar, is used on its own if your blood sugar is not properly controlled by diet and exercise alone.

Peptides are only available on prescription in Australia.

GLP peptides are provided in a vial as a pre-filled injection for sub-cut administering.

We start on a small number, and always talk to your doctor before increasing your dose. You can give yourself the injection at any time of the day – regardless of meals. Do not take an extra dose or increase the dose to make up for a missed dose. If you are not sure what to do, talk to your doctor, or pharmacist.

STORAGE INSTRUCTIONS

All GLP peptides are stored in the fridge. Storage Before opening: Keep your unopened vial and pre-filled needles in a refrigerator (2°C to 8°C). Do not freeze. Discard after 30 days.

Keep out of the reach of children. Disposal Dispose of used needles safely into a yellow plastic sharps container. If your doctor tells you to stop using this medicine or the expiry date has passed, discard any medicine that is left over or expired.

SIDE EFFECTS & REACTIONS

Do not use GLP Peptides if you are breastfeeding.

If you experience any of the symptoms of low blood sugar (hypoglycaemia), immediately eat sugary food or have a sugary drink, e.g., lollies, biscuits, or fruit juice

Hypoglycaemia may affect your ability to concentrate. Avoid driving or using machines if you get any signs of low blood sugar, including dizziness. The most common side effects are diarrhoea and nausea. These side effects are usually mild and normally decrease with continued use.

Tell your doctor if you notice any of the following and they worry you:

- decreased appetite
- headache
- vomiting (being sick)
- indigestion (dyspepsia)
- burping, flatulence or constipation
- heartburn
- painful or swollen stomach (abdomen)
- blocked/runny nose, sneezing, cough and/or sore throat (upper respiratory tract infection)
- injection site reactions
- feeling tired
- feeling dizzy
- changes to your vision or eyesight
- unpleasant, abnormal, or altered taste
- increase in pancreas blood test results
- low blood sugar (a hypo).

Tell your doctor if you experience:

- gallstones
- inflamed gall bladder.



FORMULÆ

THE ART & SCIENCE OF COMPOUNDING

When initiating treatment with GLP peptides, you may in some cases experience dehydration because of vomiting, nausea, or diarrhoea. It is important to avoid dehydration by drinking plenty of fluids. Tell your doctor immediately or go to Accident and Emergency at your nearest hospital if you notice any of the following:

- severe and persistent pain in the abdomen (stomach area) which might reach through to your back, as well as nausea and vomiting. These can be symptoms of acute pancreatitis. Pancreatitis can be a serious, potentially life-threatening medical condition.
- an allergic reaction. Symptoms may include: - skin rashes over a large part of the body - shortness of breath, wheezing - swelling of the face, lips, or tongue - fast pulse - sweating. This list includes very serious side effects.

ALLERGIC REACTIONS

If you are allergic, STOP using the injections immediately and go to hospital if required.

Symptoms of an allergic reaction may include:

- redness, swelling, rash and itching at the injection site
- rash, itching or hives on the skin
- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue, or other parts of the body.

DOSAGE AND ADMINISTRATION

Please watch this video :

<https://www.youtube.com/watch?v=Sjrlit0fYgo> on how to inject and draw up.

SUBCUTANEOUS INJECTION INSTRUCTIONS

1. Wash your hands thoroughly with soap and water.

2. Remove a vial from the refrigerator and allow it to reach room temperature for about 30 minutes.

3. Check the vial for any signs of damage or particles. Do not use if it appears compromised.

4. Clean the injection site with an alcohol swab and allow it to dry. This is optional

5. Choose an injection site (e.g., abdomen, thigh, or upper arm).

6. Hold the vial upright and remove the cap.

7. Use a new, sterile syringe and needle as per your healthcare provider's instructions.

8. Draw the appropriate dose of Tirzepatide into the syringe.

9. Pinch a fold of skin at the injection site.

10. Insert the needle at a 45-degree angle, and push it all the way in.

11. Inject the medication slowly.

12. Remove the needle and dispose of it in a sharps container.

13. Do not massage the injection site.

14. Keep a record of your injection date and site to ensure proper rotation.

FILLING THE SYRINGE WITH MEDICINE

1. Hold the syringe in your hand like a pencil, with the needle pointed up.

2. With the cap still on, pull back the plunger to the line on your syringe for your dose.

3. Insert the needle into the rubber top.

4. Push the air into the vial.

5. Turn the vial upside down and hold it up in the air.

6. Fill Insulin needle to 0.33mL, 0.66mL or 1 ml as directed.

7. Dispose of needle safely, keep out of reach of children.

PHARMACY CONTACT

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