

GLP-1 Treatment for Weight Loss Patient Information *TAKE THIS HOME WITH YOU*

WHAT IS A GLP-1 MEDICATION:

Glucagon-like peptide-1 (GLP-1) medications are prescribed for weight management as one part of a comprehensive lifestyle approach that includes a healthy diet and exercise. GLP-1 drugs interact with the brain to reduce appetite and make people feel full sooner and feel full longer which can lead to eating fewer calories.

GLP-1's have demonstrated the largest weight loss of any obesity medication to date with reductions of approximately 15% (semaglutide) - 20% (tirzepatide) of initial weight, accompanied by improvements in cardiovascular risks factors and physical functioning.

Regular weekly visits are required to receive your once weekly injection.

Laboratory tests will be performed prior to and during treatment, as necessary.

WHO CAN BENEFIT FROM GLP-1 TREATMENT:

Adults: Obesity (BMI ≥ 30)

Adults: Overweight (BMI ≥ 27)

and 1 of the following

Hypertension

Cardiovascular disease

Abnormal lipids (cholesterol, triglycerides)

Obstructive sleep apnea

History of heart attack, stroke or blood vessel problem

Children: ≥ 12 years with weight at 95th percentile

WHO SHOULD NOT TAKE GLP-1 MEDICATIONS:

Medullary Thyroid Carcinoma (MTC)-self or family history. MTC is a rare genetic cancer of the thyroid. GLP-1 medication has caused thyroid cancer in rodents. It is not known if GLP-1 medications will cause thyroid cancer in people.

Symptoms of thyroid tumors include: lump in the throat/neck, difficulty swallowing, difficulty breathing, persistent hoarseness, and other. Seek appropriate evaluation for such signs or symptoms if present.

Multiple Endocrine Neoplasia syndrome type 2 (MEN-2)-self or family history. MEN-2 is a rare, genetic disorder that can cause tumors in the thyroid gland and other glands.

Pregnancy/Breastfeeding- Do not take GLP-1 medication if you are pregnant or plan to become pregnant as GLP-1's may cause fetal harm. When pregnancy is recognized, discontinue GLP-1 medications. Discontinue GLP-1 medications at least 2 months before a planned pregnancy.

Already taking a GLP-1 medication- Adlyxin[®], Byetta[®], Bydureon[®], Mounjaro[®], Ozempic[®], Rybelsus[®], Trulicity[®], Victoza[®], Wegovy[®], Zepbound[®].

Severe allergic reaction/angioedema/anaphylaxis-do not take this medication if you have had a serious allergic reaction to the medicine or any of its ingredients.

COMMON SIDE EFFECTS/HOW TO MANAGE:

Most side effects are gastrointestinal and are not serious.

To help avoid gastrointestinal side effects of GLP-1 drugs:

You may not be aware of how early you become full! Eat slowly and stop when you first start to feel full, eat smaller portions and avoid being too active immediately after eating.

You may notice your urine output is less while taking a GLP-1 medication. Drink more water than you think you need, and then drink more!

Nausea- can be managed by avoiding strong smells and eating crackers, mint, or ginger-based food or drinks about a half hour after taking a GLP-1 drug. If nausea interferes with your daily activities, a prescription medication may be needed.

Vomiting- vomiting can be managed with prescription medication to control nausea. It is VERY important to not become dehydrated! Drink small amounts of electrolyte solutions like pedicure or Gatorade. Do not drink only bottled water as this will do little to help your body rehydrate, you need salt, etc.

Eat smaller, more frequent bland meals, like the BRAT Diet: Bananas, Rice Applesauce and Toast. *If you are unable to keep down fluids, you may need to seek medical attention for IV rehydration.*

Diarrhea- It is VERY important to not dehydrate from water loss with diarrhea. Hydration can be managed by drinking plenty of electrolytes, by avoiding dairy products, and by eating high-fiber foods until symptoms go away. It is not recommended to take medications like Lomotil or the like to control diarrhea. GLP-1 medications slow the digestive system and anti-diarrheal medications can further slow your system. This may potentially increase your risk of bowel obstruction, pancreatitis, gall stones, kidney failure, etc. *If you feel you are unable to keep water in, seek medical attention as you may need IV rehydration.*

Constipation- can be managed by increasing fiber in your diet (fiber supplements) and drinking plenty of water.

Heartburn-manage with over the counter antacids, Pepcid/Tagamet/Zantac and Prilosec medications.

Flatulence/Bloating-over the counter Gas-X, any medication with simethicone

LESS COMMON/ADVERSE EVENTS:

The majority of adverse events are seen in those experiencing severe gastrointestinal side effects like vomiting and diarrhea, leading to dehydration needing urgent medical attention.

Pancreatitis-People taking GLP-1 reported pancreatitis, but studies do not show it was directly caused by the GLP-1. Symptoms of pancreatitis can include **upper abdominal pain which may feel like it's boring through to your back**, nausea, vomiting, fever, dark urine, clay-colored stools. If pain is severe and vomiting is frequent, seek medical attention.

Gallbladder Disease-Occurrence of gallbladder disease was reported in 1.6% of patients. The occurrence of gallstones and gallbladder inflammation was higher in those with severe digestive symptoms. Symptoms of gallbladder disease can include severe, persistent **right upper abdominal pain which may feel like its spreading to your right back or shoulder**, flatulence, pain after fatty foods, nausea, vomiting, fever, yellowing of the skin or eyes.

Kidney Failure-Mainly due to dehydration from severe vomiting, and/or diarrhea. Signs of kidney trouble may include low back or side pain, abdomen pain, **little to no urine output, urine with dark color, and strong odor**. It is very important to stay hydrated, drink at least 32 oz of water per day to avoid constipation and dehydration.

Bowel Obstruction-Part of how GLP-1 helps you feel full is that it slows the movement of food through your digestive system.

Depression or suicidal thoughts-You should pay attention to any mental changes, especially sudden **changes** in your mood, behaviors, thoughts, or feelings. If your underlying depression worsens, stop GLP immediately. Call your healthcare provider right away if you have any mental changes that are new, worse or worry you.

SEEK URGENT MEDICAL ATTENTION WHEN:

Stomach pain- is common and is typically diffuse, crampy, gas-type pain that comes and goes. If stomach pain is any of the following:

- Severe, persistent/recurrent

- Felt in Upper middle or left abdomen, can be felt through to the back

- Felt in Right upper abdomen, can be felt around to right shoulder blade

Especially if accompanied by any of following:

- Protracted nausea and vomiting, resulting in dehydration

- Vomiting yellow or green bile

- Protracted diarrhea, resulting in dehydration

- Clay-colored stools

- No bowel movements

- No or very little urine output/dark/odor

Mood changes-if you experience depression, worsening of depression, thoughts of suicide or self-harm, seek medical care immediately.

**If you believe you are experiencing a medical emergency, call 911
or go to the nearest emergency room immediately.**

Side Effects of GLP-1's

Side Effects \geq 2% Adults on Semaglutide for Weight Management

	Placebo	semaglutide 2.4 mg
	%	%
Nausea	16	44
Diarrhea	16	30
Vomiting	6	24
Constipation	11	24
Abdominal Pain ^a	10	20
Headache	10	14
Fatigue ^b	5	11
Dyspepsia	3	9
Dizziness	4	8
Abdominal Distension	5	7
Eructation	<1	7
Hypoglycemia in T2DM ^c	2	6
Flatulence	4	6
Gastroenteritis	4	6
Gastroesophageal Reflux Disease	3	5
Gastritis ^d	1	4
Gastroenteritis Viral	3	4
Hair Loss	1	3
Dysesthesia ^e	1	2

^aIncludes abdominal pain, abdominal pain upper, abdominal pain lower, gastrointestinal pain, abdominal tenderness, abdominal discomfort and epigastric discomfort

Side Effects \geq 3% in Pediatric Patients 12 or older on Semaglutide for Obesity

	Placebo	2.4 mg
	%	%
Nausea	18	42
Vomiting	10	36
Diarrhea	19	22
Headache	16	17
Abdominal Pain	6	15
Nasopharyngitis	10	12
Dizziness	3	8
Gastroenteritis	3	7
Constipation	2	6
Gastroesophageal Reflux Disease	2	4
Sinusitis	2	4
Urinary tract infection	2	4
Ligament sprain	2	4
Anxiety	2	4
Hair Loss	0	4
Cholelithiasis	0	4
Eructation	0	4
Influenza	0	3
Rash	0	3
Urticaria	0	3

Side Effects \geq 2% in Adults taking Tirzepatide for Obesity & Weight Management

Adverse Reaction	Placebo	5 mg	10 mg	15 mg
	%	%	%	%
Nausea	8	25	29	28
Diarrhea ^a	8	19	21	23
Vomiting	2	8	11	13
Constipation ^b	5	17	14	11
Abdominal Pain ^c	5	9	9	10
Dyspepsia	4	9	9	10
Injection Site Reactions ^d	2	6	8	8
Fatigue ^e	3	5	6	7
Hypersensitivity Reactions	3	5	5	5
Eructation	1	4	5	5
Hair Loss	1	5	4	5
Gastroesophageal Reflux Disease	2	4	4	5
Flatulence	2	3	3	4
Abdominal Distension	2	3	3	4
Dizziness	2	4	5	4
Hypotension ^f	0	1	1	2

^aIncludes diarrhea, frequent bowel movements.

^bIncludes constipation, feces hard.

^cIncludes abdominal discomfort, abdominal pain, abdominal pain lower, abdominal pain upper, abdominal tenderness.

^dIncludes multiple related adverse event terms, such as injection site bruising, injection site erythema, injection site pruritus, injection site pain, injection site rash, injection site reaction.

^eIncludes asthenia, fatigue, lethargy, malaise.

^fIncludes blood pressure decreased, hypotension, orthostatic hypotension.

YOUR COPY

Informed Consent GLP-1 for Weight Loss

Glucagon-like peptide-1 (GLP-1) medications are prescribed as one part of a comprehensive lifestyle approach that includes a healthy diet and exercise. GLP-1's have demonstrated the largest weight loss of any obesity drug to date, semaglutide 15% and tirzepatide 20% of initial weight, accompanied by improvements in cardiovascular risks factors and physical functioning.

I understand Precision Aesthetics is NOT prescribing brand name medications: Ozempic, Wegovy, Mounjaro, Zepbound. We are prescribing a generic medication from a compounding pharmacy in California. Compounded prescription medications, although containing the same ingredient as a branded medication, have not been FDA approved. The manufacturing facility itself is FDA monitored along with third party testing on the medication itself.

I understand this is a completely self-pay treatment program. I understand the cost of the GLP-1 medication may increase based upon pharmacy costs, supply and demand, shipping, availability, etc, which will increase my out of pocket expense.

Any medication needed to treat side effects ie: prescription medication to treat nausea, is not included in the cost of treatment. Your health insurance is likely to cover this cost, but there is no guarantee of coverage. Your health insurance may cover the cost of laboratory testing, but there is no guarantee of coverage.

Before using this medication, you will undergo a complete medical history and physical examination. If laboratory studies have been performed recently, please provide results at Initial Consultation, as you may not need another re-testing. If laboratory studies are needed, I understand I will need to present these results at/before next appointment.

GLP-1 MEDICATIONS ARE FOR

Adults with obesity (BMI ≥ 30)

Adults who are overweight (BMI ≥ 27) with-high blood pressure, high cholesterol and/or triglycerides, obstructive sleep apnea or, heart and blood vessel disease.

Adolescents ≥ 12 years of age with BMI ≥ 95 th percentile standardized for age and sex (usually weight ≥ 130 pounds males, ≥ 135 pounds females.)

WHO SHOULD NOT TAKE GLP-1

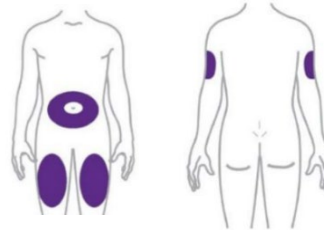
Medullary thyroid cancer (MTC)-Personal or Family History

Multiple Endocrine Neoplasia Type 2 (MEN-2)-Personal or Family History

Pregnancy/Breastfeeding

Already taking: Adlyxin (lixisenatide), Byetta (exenatide), Bydureon (exenatide), Mounjaro (tirzepatide), Ozempic (semaglutide), Rybelsus (semaglutide), Trulicity (dulaglutide), Victoza (liraglutide), Wegovy (semaglutide), or Zepbound (tirzepatide).

GLP-1 medications are given by **shallow injection**.
You may choose your injection site.



COMMON SIDE EFFECTS

Digestive: nausea, diarrhea, vomiting, constipation, abdominal pain, headache, dyspepsia, dizziness, abdominal distension, belching, burping, hypoglycemia, flatulence, gastroenteritis, and gastroesophageal reflux disease (GERD).

Other: headache, fatigue, dizziness, runny nose, soreness at Injection site

I understand symptoms may be worse when I first start the medication or increase the dose.

UNCOMMON ADVERSE EVENTS

Anaphylaxis/severe allergy/angioedema-do not take this medication if you have had a serious allergy reaction to it or any of its ingredients.

Pancreatitis- (usually from excessive alcohol use, high triglycerides or genetics).

Symptoms of pancreatitis (inflammation of the pancreas) could include severe upper abdominal pain, sometimes radiating through to the back, and which may or may not be accompanied by persistent or frequent vomiting, dark colored urine, clay-colored stools. Seek immediate emergency medical attention if symptoms are severe or worrisome.

If pain and vomiting are severe and acute pancreatitis is suspected, stop medication and seek urgent medical attention. Laboratory tests will be performed to monitor pancreas function prior to, during treatment, and as needed throughout treatment.

Gallbladder Disease-Occurrence of gallbladder disease was reported in 1.6% of patients. The occurrence of gallstones and gallbladder inflammation was higher in those with severe digestive symptoms. Symptoms of gallbladder disease can include right upper abdominal pain which may feel like its spreading to your right back or shoulder, flatulence, pain after fatty foods, nausea, vomiting, fever, yellowing of the skin or eyes. Seek immediate emergency medical attention if symptoms are severe or worrisome. Laboratory tests will be performed to monitor liver function prior to, during treatment, and as needed throughout treatment.

Kidney Failure-Mainly due to dehydration from severe vomiting, and/or diarrhea. Signs of kidney trouble may include low back or side pain, abdomen pain, difficulty in urination, urine with dark color, odor, decrease in urination frequency and amount. It is very important to stay hydrated, drink at least 32 oz of water per day to avoid constipation and dehydration. Seek immediate emergency medical attention if symptoms are severe or worrisome. Laboratory tests will be performed to monitor kidney function prior to, during treatment, and as needed throughout treatment.

Depression or suicidal thoughts-You should pay attention to any mental changes, especially sudden changes in your mood, behaviors, thoughts, or feelings. If your underlying depression worsens, stop GLP-1 immediately. Seek immediate emergency medical attention if experiencing thoughts or self-harm. Tell your provider right away if you have any mental changes that are new, worse or worrisome.

By signing this form, I voluntarily consent to treatment. I have been fully informed of the potential risks, benefits, and complications. All of my questions/concerns have been addressed to my satisfaction. I release PRECISION OCCUPATION MEDICAL GROUP/PRECISION AESTHETICS, Donell Deremer PAC, Dr. Ron Goldstein, Dr Shahriar Bamshad, staff members and all agents from any liability or claims arising from the treatment.