



Semaglutide Weight Loss Treatment Plan

Welcome to your Semaglutide weight loss journey! This document provides important information about your dosage plan, how to administer the medication correctly, and helpful resources for managing side effects and achieving the best results.

P by Premium Health

Dosage Schedule

Follow the prescribed dosage schedule included with your medication. Typically, you will start with a lower dose and gradually increase it over several weeks. A common dosage plan is:

1

Start-Up Phase

- Week 1-2: 0.25 mg once weekly
- Week 3-6: 0.5 mg once weekly
- Week 7-10: 1.0 mg once weekly (most patients continue at this dosage level)

2

High Dose Phase

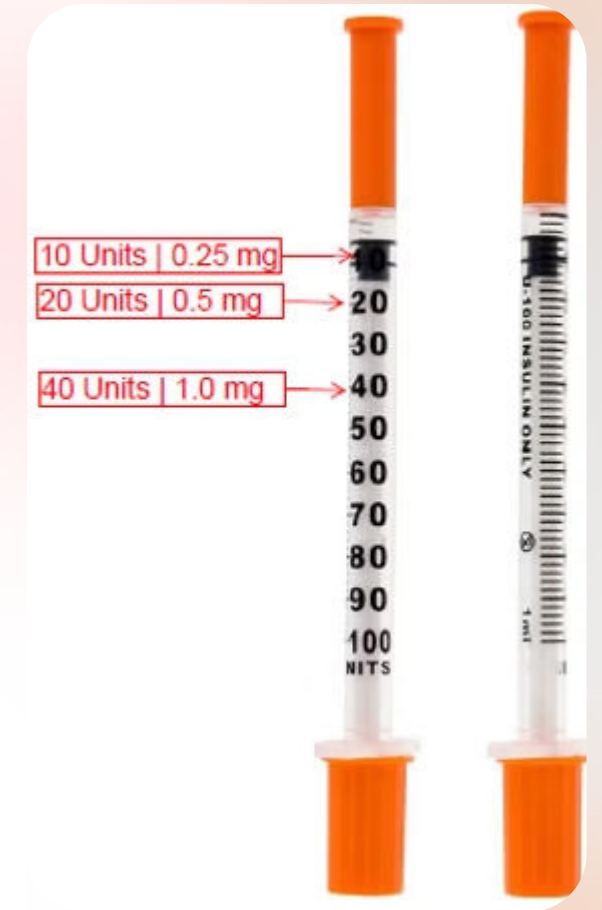
- Week 11-14: 1.5 mg once weekly
- Week 15-18: 2.0 mg once weekly
- Week 19 and after: 2.4 mg once weekly

Each individual weight loss program is personalized and you should follow the specific instructions included with your medication.

Matching Your Dose - 5mg/2ml vial

It is crucial to draw up the correct number of units for your prescribed dose. Failing to do so may result in additional side effects or reduced results.

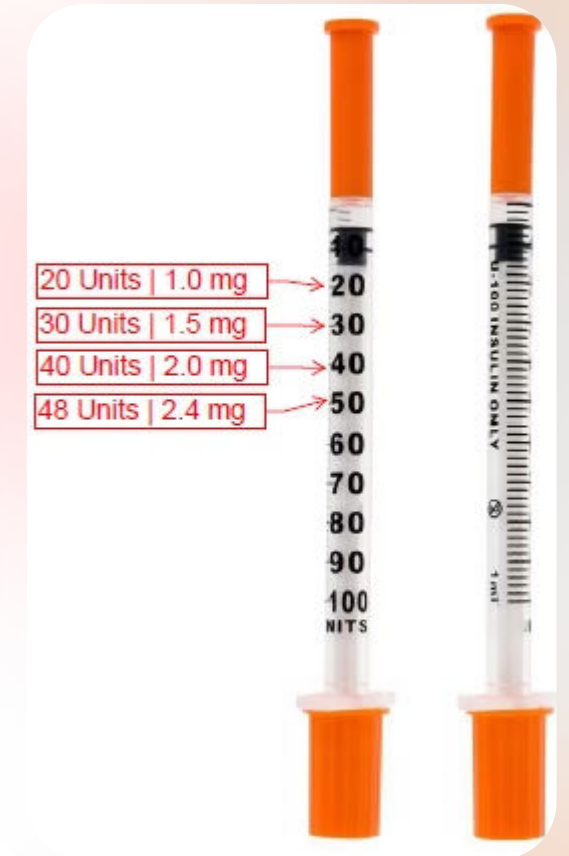
Dose	Concentration	Vol.	Units
0.25 mg	2.5mg per mL	0.1 mL	10 Units
0.5 mg	2.5mg per mL	0.2 mL	20 Units
1.0 mg	2.5mg per mL	0.4 mL	40 Units



Matching Your Dose - 12.5mg/2.5ml vial

It is crucial to draw up the correct number of units for your prescribed dose. Failing to do so may result in additional side effects or reduced results.

Dose	Concentration	Vol.	Units
1.0 mg	5mg per mL	0.2 mL	20 Units
1.5 mg	5mg per 1 mL	0.3 mL	30 Units
1.75 mg	5mg per 1 mL	0.35 mL	35 Units
2.0 mg	5mg per 1 mL	0.4 mL	40 Units
2.4 mg	5mg per 1 mL	0.48 mL	48 Units



Injection Instructions

1

Preparation

Ensure your Semaglutide medication and an insulin syringe are ready for use. Wash your hands thoroughly with soap and water.

2

Measuring Dose

Use the provided insulin syringe to measure your Semaglutide dose accurately. Follow the dosing chart to ensure you're injecting the correct amount.

3

Injection Site

Select an injection site (abdomen, thigh, or back of the upper arm is recommended). Clean the site with an alcohol swab and let it air dry.

4

Administering Dose

Gently pinch the skin and insert the needle at a 45 to 90-degree angle. Slowly push the plunger to administer the dose.

5

Disposal

Dispose of the used syringe properly.

Instructional Resources

To assist you with your Semaglutide treatment, we have provided a series of instructional videos covering:

- 1 Injection Technique**
Learn the proper technique for administering a subcutaneous injection.

- 2 Medication Preparation**
Guide on measuring the correct dose and ensuring your medication is ready for injection.

Instructional videos are available at:

www.premiumhealth.us/instructions

Managing Side Effects

While Semaglutide is generally well-tolerated, some patients may experience side effects. Learn about helpful remedies that can help reduce potential side effects:

www.premiumhealth.us/remedies

If you experience significant side effects after starting your program, call us at (949) 209-1552.

Nausea

Drink plenty of fluids and eat bland foods.

Diarrhea

Stay hydrated and consider over-the-counter medications.

Constipation

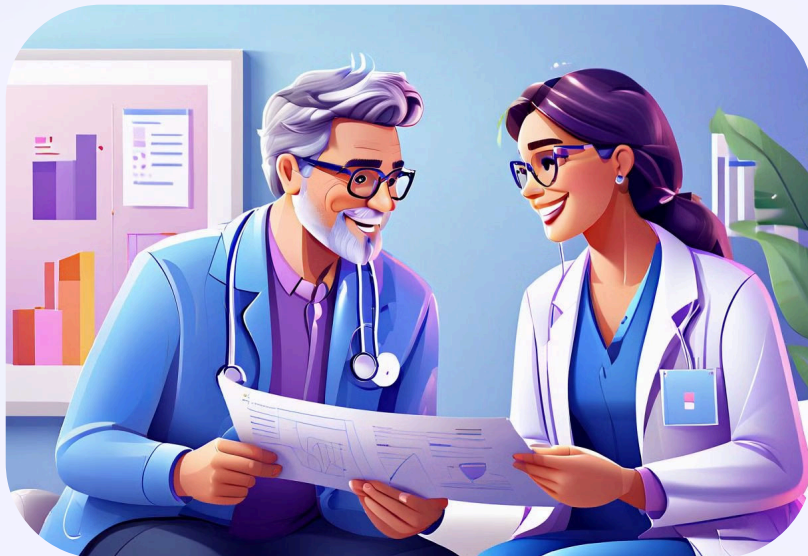
Increase fiber intake and stay active.

If you don't see the results you need..

Keep in touch with your Premium Health team for regular assessments and to adjust your treatment plan as needed. If you don't feel the medication or see any results after two weeks, contact us, as you may qualify for an accelerated dose increase regiment for faster results!

Dose Increase

Based on your progress and any side effects, your dosage may need to be increased. Your team will guide you through any necessary changes.



Support System

Don't hesitate to reach out to your Premium Health team if you have any questions or need support with your treatment.



Contact Us for any Questions or Support



Phone

Call or text us at (949)209-1552



Email

Email at cs@premiumhealth.us.



Availability

Monday-Friday, 8am to 5pm PST.