

# THE COMPLETE SEMAGLUTIDE GUIDE

New, Effective Weight Loss Peptide  
**SEMAGLUTIDE**

*Real Weight Loss Results with our  
Semaglutide and Lipotropics Program*

- ▶ Slows gastric emptying, decreasing appetite
- ▶ Improves insulin resistance and reduces food cravings
- ▶ Improves HbA1c and reduces risk of cardiac events.



Peridot Medical spa



## Forward

Yes, there is a way to lose weight quickly and safely! Semaglutide has helped millions to lose weight and engage in healthier lifestyles. By taking the first step and making the choice to return to a more invigorating lifestyle you are on your way! We genuinely wish to help in creating a healthier world, and are excited to have an active role in doing so!

We have been greatly rewarded with not only weight loss but energy and an increased feeling of wellness. We have learned that unwanted fat creeps into the body and slowly but surely deactivates our metabolism and de-charges our batteries. Our body becomes saturated with fat cells draining it of the energy to be active and loading it with unhealthy toxins, which can have both severe physical and emotional repercussions.

We hope to give you the opportunity to return to a healthier weight that you may have thought unattainable.

Thank you for choosing Peridot Medical Spa as your provider. We are here to provide all you need to successfully eliminate those unwanted pounds and inches!

Dates to return to office: \_\_\_\_\_

Dosage of SEMAGLUTIDE: \_\_\_\_\_

Start Date: \_\_\_\_\_

Goal Weight: \_\_\_\_\_

Have you been working hard for a long time to lose weight and are frustrated and ready to give up because you still do not see the evidence of your hard work?

Do you eat well and exercise and wonder why you can't lose weight?

Do you finally want to get control of your weight but need to see quick results in order to stay motivated?

Have you reached a plateau in your weight loss efforts that you can't seem to break thru?

Do you have a few extra pounds that you would be happier without?

Are you grossly overweight and wonder if there is anything that can help you?

Do you hate exercise?

Do you want to lose a pound a day and then KEEP IT OFF?

If you answered yes to any of the above questions. Then Semaglutide is right for you. .

Semaglutide is approved by the FDA for weight loss.



## **WHAT IS THIS MEDICATION?**

**SEMAGLUTIDE (SEM a GLOO tide) promotes weight loss. It may also be used to maintain weight loss. It works by decreasing appetite. Changes to diet and exercise are often combined with this medication.**

## **SEMAGLUTIDE WEIGHT LOSS HOW DOES IT WORK?**

**This new weight loss medication is a GLP-1 receptor agonist that mimics GLP-1, an incretin hormone that our body makes when it senses there is food in the intestine. These hormones are released by the small intestine within minutes after eating and aid in the function of digestion and appetite suppression.**

**Incretins trigger the pancreas to release the right amount of insulin when glucose levels are high, helping move sugar from the blood into other body tissues where it is used for energy. It blocks other sources of sugar. It was also found that the hormone aids in the function of digestion by decreasing the speed at which food leaves your stomach, leaving you feeling full longer. Semaglutide weight loss plus lifestyle interventions were associated with a sustained reduction in body weight.**

## HOW SHOULD I USE THIS MEDICATION?

First month inject 0.25mg once weekly

Second month inject 0.5mg once weekly

Third month inject 1 mg once weekly

Fourth month inject 1.7 mg once weekly

Fifth month and beyond inject 2.4 mg once weekly

For higher weight loss benefits we combine our Semaglutide with B12.





This medication is injected under the skin. You will be taught how to prepare and give it. Take it as directed on the prescription label. It is given once every week (every 7 days). Keep taking it unless your care team tells you to stop.

It is important that you put your used needles and pens in a special sharps container. Do not put them in a trash can. If you do not have a sharps container, call your care team to get one.

Overdosage: If you think you have taken too much of this medicine contact a poison control center or emergency room at once. **NOTE:** This medicine is only for you. Do not share this medicine with others.

## **WHAT SIDE EFFECTS MAY I NOTICE FROM RECEIVING THIS MEDICATION?**

Side effects that you should report to your care team as soon as possible:

- Allergic reactions—skin rash, itching, hives, swelling of the face, lips, tongue, or throat
- Change in vision
- Dehydration—increased thirst, dry mouth, feeling faint or lightheaded, headache, dark yellow or brown urine
- Gallbladder problems—severe stomach pain, nausea, vomiting, fever
- Heart palpitations—rapid, pounding, or irregular heartbeat
- Kidney injury—decrease in the amount of urine, swelling of the ankles, hands, or feet
- Pancreatitis—severe stomach pain that spreads to your back or gets worse after eating or when touched, fever, nausea, vomiting
- Thoughts of suicide or self-harm, worsening mood, feelings of depression
- Thyroid cancer—new mass or lump in the neck, pain or trouble swallowing, trouble breathing, hoarseness

Side effects that usually do not require medical attention (report to your care team if they continue or are bothersome):

- Diarrhea
- Loss of appetite
- Nausea
- Stomach pain
- Vomiting

This list may not describe all possible side effects. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

## **WHERE SHOULD I KEEP MY MEDICATION?**

Keep out of the reach of children and pets.

**Refrigeration (preferred):** Store in the refrigerator. Do not freeze. Keep this medication in the original container until you are ready to take it. Get rid of any unused medication after the expiration date.

**Room temperature:** If needed, prior to cap removal, the pen can be stored at room temperature for up to 28 days. Protect from light. If it is stored at room temperature, get rid of any unused medication after 28 days or after it expires, whichever is first.

It is important to get rid of the medication as soon as you no longer need it or it is expired. You can do this in two ways:

- Take the medication to a medication take-back program. Check with your pharmacy or law enforcement to find a location.
- If you cannot return the medication, follow the directions in the MedGuide.

**NOTE:** This sheet is a summary. It may not cover all possible information. If you have questions about this medicine, talk to your doctor, pharmacist, or health care provider.

## **WHAT SHOULD I TELL MY CARE TEAM BEFORE I TAKE THIS MEDICATION?**

They need to know if you have any of these conditions:

- Endocrine tumors (MEN 2) or if someone in your family had these tumors
- Eye disease, vision problems
- Gallbladder disease
- History of depression or mental health disease
- History of pancreatitis
- Kidney disease
- Stomach or intestine problems
- Suicidal thoughts, plans, or attempt; a previous suicide attempt by you or a family member
- Thyroid cancer or if someone in your family had thyroid cancer
- An unusual or allergic reaction to semaglutide, other medications, foods, dyes, or preservatives
- Pregnant or trying to get pregnant
- Breast-feeding

## **WHAT MAY INTERACT WITH THIS MEDICATION?**

- Insulin and other medications for diabetes

This list may not describe all possible interactions. Give your health care provider a list of all the medicines, herbs, non-prescription drugs, or dietary supplements you use. Also tell them if you smoke, drink alcohol, or use illegal drugs. Some items may interact with your medicine.

## **WHAT IF I MISS A DOSE?**

If you miss a dose and the next scheduled dose is more than 2 days away, take the missed dose as soon as possible. If you miss a dose and the next scheduled dose is less than 2 days away, do not take the missed dose. Take the next dose at your regular time. Do not take double or extra doses. If you miss your dose for 2 weeks or more, take the next dose at your regular time or call your care team to talk about how to restart this medication.

## **WHAT SHOULD I WATCH FOR WHILE USING THIS MEDICATION?**

Visit your care team for regular checks on your progress. It may be some time before you see the benefit from this medication.

Drink plenty of fluids while taking this medication. Check with your care team if you have severe diarrhea, nausea, and vomiting, or if you sweat a lot. The loss of too much body fluid may make it dangerous for you to take this medication.

This medication may affect blood sugar levels. Ask your care team if changes in diet or medications are needed if you have diabetes.

If you or your family notice any changes in your behavior, such as new or worsening depression, thoughts of harming yourself, anxiety, other unusual or disturbing thoughts, or memory loss, call your care team right away.

Women should inform their care team if they wish to become pregnant or think they might be pregnant. Losing weight while pregnant is not advised and may cause harm to the unborn child. Talk to your care team for more information.

## **SEMAGLUTIDE WEIGHT LOSS BENEFITS**

- **Long-term safe weight loss that is approved by the FDA when used with diet and exercise**
- **The average weight loss was 15% of body mass**
- **Helps regulate blood sugar It aids in the function of digestion which helps you feel fuller longer**
- **It acts on appetite centers in the brain to decrease hunger. In turn it helps to reduce leptin resistance(a hormone that can affect your metabolism & weight)**
- **Helps to speed up your metabolism and increase fat burning reducing insulin resistance and glycogen Helps avoid the urges for a quick sugar fix by promoting normal glucose levels.**

## Preparing For Your Weight Loss Journey

### **Mental Preparation:**

#### **Recognize the need to lose weight.**

It is difficult to succeed in anything without a full understanding as to why you are doing it. Write down all the reasons as to why you are going to succeed with this diet. Remember, these goals are what will keep you committed and focused throughout the entire protocol.

### **Physical Preparation:**

#### **(1) Prepare the first week's meals ahead of time.**

Cook the meat thoroughly and keep refrigerated. Some menu items will be fine if kept frozen. Not being prepared will make the diet more difficult to stay committed to. The easiest way to set yourself up for failure is to not be prepared. Pre-cook 3 to 4 of your meals ahead of time. Grill your meats outside. If the weather doesn't cooperate, try an indoor grill like the George Foreman grill. Meat may also be sautéed in water or baked. The purpose in precooking (primarily your meats) is to be prepared. If you are in a rush it makes it easier to get stuck in a bind with nothing on hand but a convenience store, restaurant, or vending machine. Those foods are tempting enough, especially when first beginning a change in lifestyle. SO, be prepared. Most likely you won't gain cheating here and there but it will slow down the diet process for 1 to 3 days and for some people they lose enthusiasm and quit. Be prepared! Stay focused. It's a very small sacrifice. Fast food, vending machines and convenience stores won't prepare the foods as well as you will.

#### **(2) Know your goal and starting point.**

Use charts to keep track of weight loss and inches lost. Monitor daily. Weigh yourself each morning after waking up and eliminating. Wear similar outfits to weigh yourself as each outfit may vary in weight. Keep your charts by the scale and near a mirror. We have found that for most people the first ten pounds lost are not noticeable. The following pounds will show significantly as well as the measurements will show significant reduction in inches. Choose a day to start. **(STAY COMMITTED!)**

**Thank you for choosing Peridot Medical Spa for your health and wellness goals.**