

Medical *Weight Loss*

GLP-1 program · Semaglutide & tirzepatide

How *it works*

Our program pairs a weekly GLP-1 medication with regular check-ins, nutrition guidance, and body composition reviews. Semaglutide and tirzepatide help you feel full sooner, lower cravings, and support healthy blood sugar.

Medication works best alongside steady habits: enough protein, strength training, good sleep, and limited alcohol. We help you build those along the way.

Your *program*

- ✓ **Consultation:** health history, goals, and labs to confirm the program is safe for you
- ✓ **Start low, go slow:** your dose is raised step by step to limit side effects
- ✓ **Weekly injection:** in our office, or at home after we teach you
- ✓ **Regular check-ins:** in person or by telehealth to review progress, side effects, and labs

Before your *visit*

- ✓ **Bring a list of all your medicines and supplements** to your first visit.
- ✓ **If you take insulin or a sulfonylurea** (like glipizide or glyburide), we will need to watch for low blood sugar.
- ✓ **If you take birth control pills**, tirzepatide can make them less effective. Use a backup method for 4 weeks after starting and after each dose increase.
- ✓ **Before any surgery or procedure with sedation**, tell that team you take a GLP-1. You may need to pause it.
- ✓ Tell us if you are having any procedure, dental work, or travel soon.

AT A GLANCE

Eligibility	BMI 30+, or 27+ with a related condition
How often	One injection per week
Dose changes	About every 4 weeks
Labs	Before starting and as needed
Pricing	Reviewed at consultation

Please tell us before starting if you:

- ✓ have a personal or family history of medullary thyroid cancer or MEN2 (GLP-1 medicines are not used in this case)
- ✓ are pregnant, trying to get pregnant, or breastfeeding (semaglutide should be stopped at least 2 months before trying to conceive)
- ✓ have had pancreatitis
- ✓ have type 1 diabetes, severe stomach emptying problems, or diabetic eye disease
- ✓ have gallbladder or kidney disease
- ✓ have a history of an eating disorder

Tips for *success*

- ✓ **Inject on the same day each week** in the belly, thigh, or upper arm. Rotate spots each time.
- ✓ **Missed a dose?** Call us. The right step depends on your medicine and how many days have passed.
- ✓ **Eat smaller meals** and stop when you feel satisfied.
- ✓ **Put protein first** at each meal to protect your muscle.
- ✓ **Sip water through the day.** Dehydration makes nausea and constipation worse.
- ✓ Go easy on greasy, fried, and very sugary foods.
- ✓ Limit alcohol. It can worsen nausea and low blood sugar.
- ✓ Add strength training 2–3 times a week if you are able.

Optional *add-ons*

Some patients add a vitamin injection during their program, such as B12, Lipo-Mino (MIC), or glutathione. These are not FDA-approved for weight loss and do not replace your medication or healthy habits. We are happy to talk through whether they fit your plan.

What is normal

- ✓ Nausea, fullness, burping, or heartburn, especially after a dose increase
- ✓ Constipation or loose stools
- ✓ Feeling tired for a few days after starting
- ✓ Mild redness or itching where you injected

These usually ease within a few weeks. Tell us if they don't, or if they make it hard to eat or drink.

Call us right away if you notice

- **Severe belly pain that does not go away**, with or without vomiting (it may spread to your back)
- Pain in the upper right belly, fever, or yellow skin or eyes
- You cannot keep fluids down, feel dizzy, or are urinating very little
- A lump in your neck, hoarseness, or trouble swallowing
- Shakiness, sweating, or confusion if you take diabetes medicine
- New or worsening low mood

Call 911 for trouble breathing or swelling of the face or throat. If you have thoughts of harming yourself, **call or text 988** right away.

A plan built *for you*.
Start with a consultation.

Book online at ameridrip.com or call **(301) 806-0361**
Program pricing reviewed at consult · Cherry plans available