**A close-up of a syringe

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**COMPOUNDED GLP-1 Injections**

**A person holding a syringe with a needle

Description automatically generatedUse:** Impact Compounding does not make claims on the use of Semaglutide or Tirzepatide or any brand name affiliates. However, the drugs themself has previously been used to treat type 2 diabetes, aid in weight loss, lower the risk of heart attack, stroke, or death in patients with type 2 diabetes and heart or blood vessel disease.

**Recommended Injection Sites** (Rotate sides):

* **Stomach:** 2 inches from the belly button on either side
* **Thigh**
* **Back of arm**

**Measuring Your Dose**

* Wash hands thoroughly with soap and water.
* Remove lid from vial. Wipe the top of vial with alcohol prep pad then the injection site. Let it dry. Do not blow on it.
* Know the dose you are going to use. Take the cap off the needle, being careful not to touch the needle to keep it sterile. Pull back the plunger of the syringe to put as much air in the syringe as the dose of medicine you want.
* Put the needle into and through the rubber top of the bottle. Push the plunger so the air goes into the bottle.
* Keep the needle in the bottle and turn the bottle upside down.
* With the tip of the needle in the liquid, pull back on the plunger to get the right dose of medication into the syringe.
* Push any air bubbles back into the medication bottle.
* When there are no bubbles, take the syringe out of the bottle. Put the syringe down carefully so the needle does not touch anything.

**Injection Instructions**

* The medication needs to go into the fat layer under the skin.
* Pinch the skin and put the needle in at a 45º angle.
* If your skin tissues are thicker, you may be able to inject straight up and down (90º angle). Check with your provider before doing this.
* Push the needle all the way into the skin. Let go of the pinched skin. Inject the medication slowly and steadily until it is all in.
* Leave the syringe in place for 5 seconds after injecting.
* Pull the needle out at the same angle it went in.
* Put the syringe down. There is no need to recap it. Place the needle and syringe in a safe hard container. Close the container and keep it safely away from children and animals. Never reuse needles or syringes.

**Recommended Diet:**

* Do not overeat and when you eat, take smaller meals.
* Stay well-hydrated.
* Wait for at least three to four hours after meals before lying down.
* Prioritize complex carbohydrates, Eat protein at every meal, Consume more vegetables and fruits, Limit highly processed foods.
* Follow "the eating order" at meals: Greens First - Proteins/Fats - Carbs Last.

**Storing your prescription:**

* Medication must be refrigerated!

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