**What is tirzepatide?**

In type 2 diabetes, tirzepatide decreases blood sugar levels by increasing insulin production and lowering the amount of sugar the liver makes. Tirzepatide is given as an injection under the skin once a week. Tirzepatide is a GIP and GLP-1 receptor agonist. Tirzepatide should not be used in people who have type 1 diabetes.

Tirzepatide helps you to lose weight and maintain weight loss and should be combined with diet and exercise.

It is not known if tirzepatide can be used in people who have had pancreatitis.

**How does tirzepatide work?**

Tirzepatide is a GIP and GLP-1 receptor agonist, so it works (mechanism of action) by activating both GIP (glucose-dependent insulinotropic polypeptide) and GLP-1 (glucagon-like peptide-1) hormone receptors. GLP-1 helps control appetite and calorie intake, and GIP is thought to contribute to regulating food intake as well.

**What are the side effects of tirzepatide?**

**Common tirzepatide side effects**

The most common tirzepatide side effects include abdominal pain, burping, constipation, diarrhea, dyspepsia, fatigue, gastroesophageal reflux disease, hair loss, hypersensitivity reactions, injection site reactions, nausea, and vomiting, which affects 5% or more patients.

**Serious tirzepatide side effects**

Stop using this medicine and get emergency medical help if you have:

* signs of an allergic reaction: hives; difficulty breathing; feeling light-headed; swelling of your face, lips, tongue, or throat; or
* [pancreatitis](https://www.drugs.com/cg/pancreatitis.html) with symptoms of severe pain in your upper stomach spreading to your back, [nausea](https://www.drugs.com/health-guide/nausea.html), and [vomiting](https://www.drugs.com/cg/acute-nausea-and-vomiting.html).

Call your doctor at once if you have:

* severe stomach problems;
* eye side effects or vision changes, including blurry vision or blurred vision;
* signs of a [thyroid tumor](https://www.drugs.com/condition/thyroid-tumor.html) symptoms may include swelling or a lump in your neck, trouble swallowing, a hoarse voice, or if you feel short of breath;
* gallbladder problem with symptoms including chalky-colored stools, stomach pain after eating, nausea, [heartburn](https://www.drugs.com/cg/gerd-gastroesophageal-reflux-disease.html), bloating, and severe upper stomach pain that may spread to your back;
* low blood sugar symptoms may include [headache](https://www.drugs.com/cg/acute-headache.html), hunger, weakness, sweating, confusion, irritability, dizziness, [fast heart rate](https://www.drugs.com/cg/tachycardia.html), or feeling jittery or
* kidney problems with little or no urination, swelling in your feet or ankles, feeling tired or short of breath.

This is not a complete list of side effects, and others may occur. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

**Warnings**

Tirzepatide may cause thyroid C-cell tumors. It is important to tell your doctor if you have a personal or your family has a history of thyroid cancer or a condition called Multiple Endocrine Neoplasia (MEN) syndrome. This is a syndrome that causes tumors to develop on endocrine glands. If you experience any of these symptoms: lump or swelling in your neck, difficulty in swallowing, hoarseness, or shortness of breath, then you should call your doctor immediately.

Keep all appointments with your doctor, health professionals, and the laboratory. Your doctor may order certain tests to check your body's response to this medicine.

**Before using tirzepatide**

* Tell your doctor and pharmacist if you are allergic to tirzepatide, any other medications, or any of the ingredients in this medicine. There is a list of ingredients in this medicine, at the bottom of this page.
* Tell your doctor if you have or have ever had kidney or pancreas disease, a history of diabetic retinopathy or any stomach problems such as difficulty digesting food.
* Tell your doctor if you plan to become pregnant, are pregnant, or are breastfeeding. If you become pregnant while taking this medicine, you should tell your doctor.

**How should I use tirzepatide?**

You should follow the directions on your prescription label carefully and ask your pharmacist or doctor to explain any part you do not understand. It is important to use this medicine exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor.

It is usually given

* once a week.
* can be given with or without meals at any time of the day.
* may be injected into the thigh, abdomen, or upper arm.
* You should rotate injection sites with each dose.

Your doctor will probably start you on a low dose, which may be gradually increased, but not more than once every 4 weeks.

You may change the day of the week you use tirzepatide as long as there are at least three days between doses.

You may administer insulin in the same area as tirzepatide, but they should not be given right next to each other. Insulin and tirzepatide should be given as separate injections and **not** be mixed in the same injection.

**What should I do if I miss a dose?**

If you miss a dose of tirzepatide take the missed dose as soon as you remember it, if within 4 days after the missed dose. However, if it has been more than 4 days since your last dose, then skip the missed dose and continue your regular dosing schedule. Do **not** inject two doses within 3 days of each other.

**What happens if I overdose?**

In case of overdose, call the poison control helpline at 1-800-222-1222. Information is also available online at [Poison Help.](https://www.poisonhelp.org/help/) If the victim has collapsed, had a seizure, has trouble breathing, or can't be awakened, immediately call emergency services at 911.

**Interactions**

Tell your doctor and pharmacist what prescription and over-the-counter medications, vitamins, nutritional supplements, and herbal products you are planning to take or are taking. They may interact with tirzepatide and your doctor may need to change the doses of your medications or monitor you carefully for side effects.

Birth control pills may not work as well while receiving this medicine. Your doctor may suggest you use another form of birth control for 4 weeks after starting tirzepatide and for 4 weeks after each dose change.

Taking tirzepatide with other medicines to treat diabetes, such as sulfonylureas or insulin, may increase your risk of hypoglycemia. Talk to your doctor and pharmacist about low blood sugar and how to manage it.

This list is not complete. Many other drugs may interact with tirzepatide, including prescription and over-the-counter medicines, vitamins, and herbal products.                      **Storage**

* Store in the refrigerator between 36⁰F to 46⁰F (2⁰C to 8⁰C).
* Do not freeze. Do not use if frozen.

**Types of foods to avoid while taking tirzepatide**

What type of food should you avoid while taking tirzepatide? Fatty foods. That’s because dietary fat, in and of itself,[slows gastric emptying](https://academic.oup.com/jcem/article/91/6/2062/2843371). Combine that with tirzepatide’s effect on your digestion, and you run the risk of food moving through your digestive tract *too* slowly. You may then experience a[slew of uncomfortable and downright painful gastrointestinal symptoms](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5593319/), like nausea, vomiting, bloating, and upper abdominal cramping.

**Types of foods to eat while taking tirzepatide**

* **Prioritize complex carbohydrates:**Complex carbohydrates, like brown rice, oats, quinoa, and wholemeal spaghetti, are digested and absorbed more slowly (than refined carbohydrates) into the bloodstream, producing an associated slower, lower rise in blood sugar levels. Fill ¼ of your plate with complex carbohydrates.
* **Eat protein at every meal:**Adding protein to a meal could[reduce blood sugar spikes](https://academic.oup.com/jn/article/136/10/2506/4746688) by blunting post-meal glycemic response and enhancing satiety (which prevents overeating). Protein should make up roughly[10 to 35% of your total daily calorie intake](https://novi-health.com/library/protein-for-sustainable-weight-loss); a good guideline is to fill ¼ of your plate with protein. Choose lean proteins like plant proteins, pork loin, lean beef, skinless chicken breast, and white fish. These have the highest protein but the lowest saturated fat and calorie content.
* **Consume more vegetables and fruits:**Vegetables and fruits provide fiber, which helps[slow the breakdown and absorption of carbohydrates](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7059907/) into your bloodstream. It also boosts satiety. Try to fill half your plate with vegetables and fruits.
* **Limit highly processed foods:**Highly processed foods are jam-packed with blood-sugar-hiking refined sugar, unhealthy saturated fats, and salt. According to a [new 2022 animal study](https://www.ntu.edu.sg/docs/default-source/academic-services/ntu-singapore-scientists-uncover-key-cellular-mechanism-that-shows-saturated-fat-can-worsen-diabetes.pdf?sfvrsn=fa3ca7bb_1) by scientists at Nanyang Technological University (NTU) Singapore’s Lee Kong Chian School of Medicine, saturated fat could worsen diabetes. On the other hand, an excessive intake of salt could [raise blood pressure](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770596/)—[significantly raising your risk of having a heart attack or stroke](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5953551/).

**More helpful diet tips for semaglutide**

* **Do not overeat and when you eat, take smaller meals:**Once again, semaglutide slows down the digestive process. So, limiting the amount of food you take in any one single meal could prevent you from running into uncomfortable gastrointestinal symptoms like bloating and indigestion. Break up your meals into smaller, “mini-meals” and spread your intake over the day if needed.
* **Stay well-hydrated:**Since your small and large intestines help[absorb water from your food](https://www.ncbi.nlm.nih.gov/books/NBK507857/), the longer gastric emptying takes, the "drier" the resulting solid waste will be. Dry, hard stools are difficult to pass. So, to prevent constipation while taking semaglutide, take plenty of fluids. While fluid requirements vary among individuals based on factors like age, sex, and activity level, a general guideline is to get in [30 mL of fluids per kilogram of body weight](https://pubmed.ncbi.nlm.nih.gov/8990413/)(i.e., 30 mL/kg bodyweight or roughly 0.5 oz/lbs bodyweight).
* **Wait for at least three to four hours after meals before lying down:**Lying down when your stomach is still full could cause reflux and indigestion.
* **Take Semaglutide on an empty stomach when you first wake up:**Remember that semaglutide is an oral medication. That means you should give the medication at least 30 minutes to "kick in" before eating, drinking, or taking other oral medications. Note: this doesn't apply to Ozempic, which is injected into your body.

**Don’t let other healthy habits slide just because you’re on semaglutide.**

Semaglutide paired with a healthy diet can help you better manage diabetes. That said, you shouldn’t stop there. The following healthy lifestyle habits could also improve the effectiveness of semaglutide in controlling your blood sugar levels:

* [**Making time for regular physical activity**](https://novi-health.com/library/how-to-improve-diabetes-control-with-exercise)**:**Try to get at least 150 minutes of moderate-to-vigorous (or 75 minutes of vigorous-intensity) cardio exercise per week. Ideally, you should also aim to fit in two days of muscle-strengthening activities weekly.
* [**Practicing stress management techniques**](https://pike-asparagus-8xmd.squarespace.com/library/managing-stress)**:**Examples include meditation, breathing exercises, and socializing with loved ones.
* [**Getting at least seven to nine hours of high-quality sleep nightly**](https://pike-asparagus-8xmd.squarespace.com/library/importance-of-sleep)**:** Maintaining good sleep hygiene practices, like sticking to a consistent sleep-wake schedule and avoiding eating a meal too close to bedtime, could help.

Reference: https://www.drugs.com/tirzepatide.html

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Please call Impact Compounding at 937-761-2606 if you have any questions.

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