



STUDIO 75
Aesthetic Rejuvenation LLC

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Tirzepatide Information Sheet

How does this medication work?

Tirzepatide is the first and only approved single molecule that activates the glucose- dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptors in the body. Tirzepatide slows your gastric emptying time, meaning that you feel full much faster and for longer periods of time. For instance, without the medication it takes your body about 6 hours to digest a 6oz steak. Once you start taking the medication it will take your body about 18 hours to digest that exact same steak. It is very important to be mindful of not only what you are eating, but also how much you are eating. Tirzepatide also increases your insulin secretion and decreases your glucagon secretion which helps to stabilize your blood sugar, so it is not increasing and decreasing drastically each time you eat/drink. You may also notice that cravings for fats and sugars start to decrease as your body is less likely to tolerate them with the delayed gastric emptying.

What are the main side effects of this medication?

The most common side effects are mainly gastrointestinal. Things to expect include the following:

Nausea. Nausea is usually associated with what you are eating. Things that are really sugary or sweet can cause an upset stomach including nausea. Other foods to be mindful of are anything greasy or fatty and anything that is rich or heavy like pastas. If you are feeling nauseous, sip on some ice-cold water. This will help dilute the food in your stomach so it is not as irritating, and you should almost instantly feel better. If water doesn't help you can try ginger which is known help nausea subside. There is an over-the-counter medication called Emetrol that can help reduce nausea. If all else fails, let the providers at RISE know and they can prescribe you ondansetron (Zofran) which is a prescription medication that helps reduce nausea.

Vomiting. Vomiting usually happens if you overeat. There isn't much we can do about that but once you get it out you will feel better.

Constipation. Constipation is usually associated with your hydration levels. We get 20% of our hydration from the food that we eat and since you'll be eating less while taking this medication, you will need to increase your water intake. We should be drinking half of our body weight in ounces of water per day so this means that if you weight 200 pounds, you should be drinking 100oz of water daily. If you still experience constipation beyond increasing water intake you can also take magnesium citrate which can be found in the vitamin/supplement section at any grocery store or pharmacy. Some people may also need to take a stool softener to help keep the

bowels moving. Stool softeners can also be found over the counter and RISE recommends Colace (just follow the directions on the label).

Diarrhea. Diarrhea is usually associated with fatty or greasy foods. This includes fast food as well as food you may cook and eat at home like steaks that may have high fat or lots of marbling.

Heart burn. Heart burn is usually associated with spicy food. For this you can drink water to help dilute the spice sitting in your stomach and can also take over the counter medications such as tums, Prilosec, omeprazole, or Pepcid.

Alopecia. Alopecia, or hair loss, can be experienced by some. This is due to your body's "trauma response" because you are eating less food. To help prevent and correct hair loss, you can take vitamin D and iron. Just be careful with the iron because it can also be constipating so you'll want to keep eye on your bowel movements and take stool softeners if needed.

Fatigue. Fatigue, or feeling tired or sluggish, can happen because you aren't getting the normal amounts of vitamins and electrolytes in your diet with eating less food. Adding a multivitamin can help as well as adding electrolytes to your water. Just be mindful of the sugar content in adding electrolytes. A single packet of liquid IV has 16g of sugar!

Additional side effects. *You may experience include:* tachycardia (fast heart rate), abdominal pain, injection site reaction, eructation (belching), flatulence (gas), abdominal distension, amylase and/or lipase increase (liver enzymes).

Serious reactions to notify RISE immediately include: Thyroid C-cell tumor (animal studies), risk of medullary thyroid carcinoma, hypersensitivity reactions (redness/itching/pain at injection site), cholelithiasis (gallstones), pancreatitis, acute kidney injury, chronic renal failure exacerbation.

Other suggestions to help with weight loss.

Weight loss will vary person to person. Not everyone will lose the same amounts of weight. Average weight loss is 1-3lbs per week. Some may lose more, some may lose less. Some people may even experience a stall in weight loss. This is normal! If/when this happens, drink more water and add in more protein to your diet. Many people will struggle with eating more protein. Protein shakes are an excellent alternative. Our favorite at RISE are the Fairlife chocolate protein shakes. These can be found at Costco most of the time. If Costco is out of stock, you can find them on Amazon. Costco's Fairlife shakes are 30g protein but you can also find 42g protein shakes by Fairlife on Amazon or Costco.

Can I work out while taking this medication?

YES!!! Please workout if you can. This will help keep you in shape and reduce loss of muscle mass while taking this medication. Working out will also help to keep your metabolism up.

What are the risks associated with taking Tirzepatide?

BLACK BOX WARNING: Dose related and duration dependent increase in thyroid C-cell tumor incidence observed in RODENTS, but human relevance is unknown. There is potential risk of medullary thyroid cancer and thyroid tumor which are associated with a neck mass, dysphagia (difficulty swallowing), dyspnea (difficulty breathing/shortness of breath), and persistent hoarseness of the voice. Please notify RISE immediately if these symptoms occur.

Who should not take Tirzepatide?

1. Patients with hypersensitive to the medication or its ingredients should not take Tirzepatide.

2. Patients with type 1 diabetes should not take Tirzepatide.
3. Patients with personal or family history of medullary thyroid carcinoma (MTC) should not take Tirzepatide.
4. Patients with personal or family history of multiple endocrine neoplasia syndrome type 2 (MEN-2) should not take Tirzepatide.
5. Caution should be taken in those with:
 - History of anaphylaxis associated with GLP-1 agonists.
 - History of angioedema associated with GLP-1 agonists.
 - Renal impairment
 - Volume depletion
 - Severe gastrointestinal disease
 - Gastroparesis
 - History of pancreatitis
 - History of diabetic retinopathy

Where does the medication come from?

To provide you with the best cost possible, **Studio75 Aesthetic Rejuvenation LLC** orders this medication from Brooksville Compound Pharmacy in Brooksville, Florida. Brooksville Compound Pharmacy is a 503B pharmacy which the FDA allows to use outsourcing facilities to provide patient specific medications that are held to higher regulatory standards. These facilities are required to maintain full compliance with current good manufacturing practices (CGMP). Brooksville Compound Pharmacy is privately owned and operated by pharmacists. They are a unique pharmacy because in addition to filling your traditional prescriptions and over-the-counter medications, they also have a fully equipped compounding lab and specially trained team who can make custom, compounded medications and formulations in various dosage forms.

What is the cost of the medication?

The cost of the medication is \$400/month for first vial of medication (estimated weight loss is 10-20% of body weight in 4 months). Based on the amount of weight you are wanting to lose, **Studio75 Aesthetic Rejuvenation LLC** will start you with 25 units of the medication per week. Because you have to slowly taper the medication up in dose and then slowly taper the medication down in dose once you meet your goal weight, you will more than likely need more than a 4 month supply, if not more. After 4 months pricing for monthly fee will be adjusted on an individual basis as your weekly doses will increase. This will most likely effect those needing to lose over 50lbs. Each monthly fee pays for the provider fees of managing and overseeing the medication/prescription, interpreting lab results, follow-up appointments, BP/HR/weight checks, and being available for texts and outreaches. Client will receive one 30 minute in clinic visit and weekly check-in calls to monitor progress.