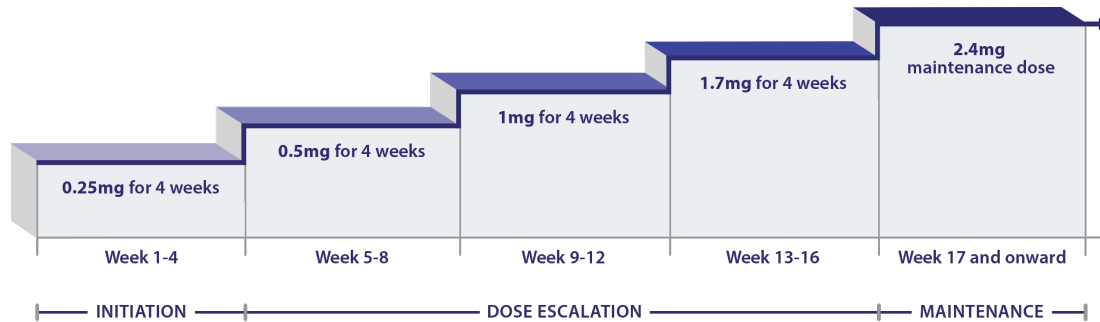


## Taking Your Compounded Semaglutide/Vitamin B12

Compounded semaglutide/vitamin B12 is an injectable medication, which requires gradual dose increases. This gives you time to get used to the medication and can help reduce the risk and severity of potential side effects.



### What if I miss a dose?

- If your next scheduled dose is **less than 2 days (48 hours) away**, do not take another dose. Take your next dose on the regularly scheduled day, and do not add a dose or increase your dose.
- If your next scheduled dose is **more than 2 days (48 hours) away**, take the missed dose as soon as possible.
- If you miss doses for **more than 2 weeks**, take your next dose on the regularly scheduled day or call your health care provider to discuss how to restart.

### Storage and Use

<b><u>Storage</u></b>	Do not freeze (if frozen, throw away)
	Keep in original carton to protect from light (if exposed to light, throw away)
	Refrigerate single-use syringes at 36°F to 46°F
	Use provided syringes as directed (Do <b>NOT</b> use supply past 90 days)
<b><u>Use</u></b>	Inject subcutaneously (under the skin) of your stomach, thighs, or upper arms Do not inject into a muscle (intramuscularly) or vein (intravenously) Change (rotate) your injection site with each injection. Do not use the same site for each injection
<b><u>How to take your medication</u></b>	Clean the injection site with alcohol swab
	Pull cap off of syringe
	Inject medication (as directed)
	Dispose of empty syringe in a sharps disposal container or puncture resistant container. You may use a household container that is: <ul style="list-style-type: none"> <li>• made of a heavy-duty plastic (ie. laundry detergent bottle)</li> <li>• can be closed with a tight-fitting, puncture-resistant lid, without sharps being able to come out</li> <li>• upright and stable during use</li> <li>• leak-resistant properly labeled to warn of hazardous waste inside the container</li> </ul> <b>**Put the plastic container in the household trash - <span style="color: red;">Don't Recycle!</span>**</b>
	<ul style="list-style-type: none"> <li>• <a href="https://safenedledisposal.org/states/arizona/#showTable">https://safenedledisposal.org/states/arizona/#showTable</a></li> <li>• <a href="https://www.fda.gov/media/82389/download">https://www.fda.gov/media/82389/download</a></li> </ul>

### Side Effects

Common side effects you might experience when taking semaglutide are shown below. If any of the side effects bother you or persist, tell your health care provider. **\*The most common are nausea, vomiting, and diarrhea\***

### Top Tips for Managing Gastrointestinal Side Effects When Taking Semaglutide

Gastrointestinal side effects (nausea, vomiting, and diarrhea) should ease over time. However, there are a few things you can do to help reduce the severity and/or frequency of them.

- Increase your dose slowly as recommended
- Decrease your food intake and stop eating when full
- Limit how many spicy meals or high fat content meals you eat