

REFLECTIONS

AESTHETICS

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Johnson City, TN 37604

423-900-2994

Dear **Valued Patient,**

We are excited to help you on your weight loss journey. Below you will find written instructions to clarify how best to use your medication as well as a link to sign up for custom diet plans and nutrient tracking through our partnership with MacroStax if you have not already done so. **If you have any questions at all do not hesitate to text us at 423-557-5977.**

Tirzepatide Written Instructions:

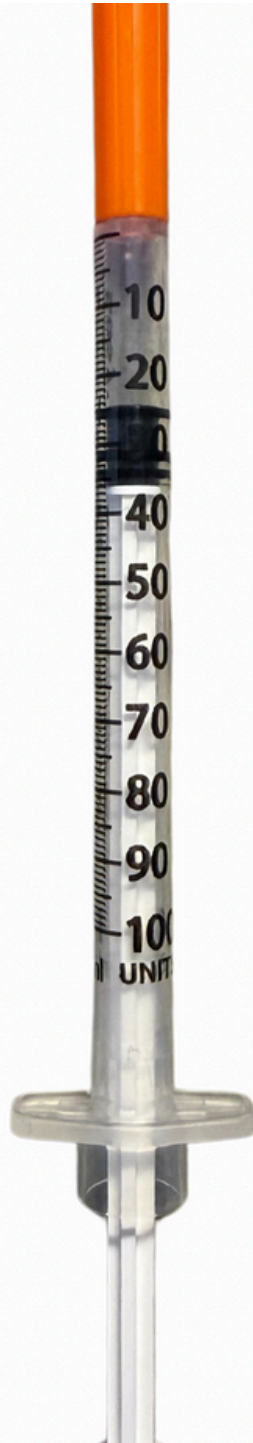
1. The concentration of your medication is 10mg /mL.
2. It comes dissolved in 2 mL's of liquid in a 10 mL vial. It may not look very full.
3. Your injection is to be taken once weekly sub cue. If you need help with procedure there is a video on our website (Menu, Existing Patients, Educational Videos, Sub Cue injections) that will show you how.

4. Injection can be taken in the belly (below navel 2-3 inches right or left, back of arm, or in the thigh.
 5. If it is your first injection and you have a vial your starting dose is **25 units** on the **supplied** insulin syringe.
 6. You may safely increase your dose by 5-10 units per week as needed for appetite control.
 7. Most people will find efficacy at 50-75 units weekly. If you have questions or you wish to discuss your dose with a provider , feel free to reach out.
 8. For greatest longevity keep Tirzepatide in the freezer and thaw before use. Refrigerator at minimum.
 9. Side effects are generally mild and may include : nausea, heart burn, indigestion and diarrhea or constipation. If side effects are severe or you need assistance please reach out.
- ☐ If you are using an oral medication just simply place it under the tongue and allow it to dissolve for 5-10 minutes then avoid drinking or eating for 20 minutes.

This is what the starting dose should look like on your syringe

If you would like to sign up for nutrition tracking and custom diet

plans visit the link below or scan the QR code.



bit.ly/macrostaxra

Thank you and welcome to the Reflections Family!

