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GLP-1

PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

How to Inject:

Injecting yourself with GLP-1 (such as semaglutide or tirzepatide) at home using insulin syringes is a straightforward process, but it's important to follow each step carefully to ensure proper dosing and minimize the risk of infection or injury. Here's a step-by-step guide:

Gather Your Supplies

- **Semaglutide Vial:** Ensure the vial is at the correct temperature (refrigerated or at room temperature as prescribed).
- **Insulin Syringe:** Use a new, sterile insulin syringe for each injection. Ensure it's the correct size for your dose.
- **Alcohol Swabs:** Use to clean the vial's rubber stopper and your injection site.
- **Sharps Disposal Container:** For safely disposing of used syringes and needles.
- **Clean Surface:** Prepare a clean, flat surface to arrange your supplies.

Wash Your Hands

- Wash your hands thoroughly with soap and water to reduce the risk of infection.

Prepare the Vial

- **Inspect the Medication:** Check the vial to ensure the solution is clear, colorless, and free of particles. Do not use it if it appears discolored or contains particles.
- **Swab the Stopper:** Clean the rubber stopper of the vial with an alcohol swab and let it dry.

Prepare the Syringe

- **Remove the Cap:** Take the syringe out of its packaging and remove the cap from the needle.

- **Draw Air Into the Syringe:** Pull back the plunger to draw air into the syringe equal to your prescribed dose.
- **Insert the Needle into the Vial:** Puncture the rubber stopper with the needle, then push the plunger to inject the air into the vial. This prevents a vacuum from forming and makes it easier to draw the medication.

Draw the Medication

- **Invert the Vial:** Turn the vial upside down, keeping the needle in the liquid.
- **Draw the Dose:** Slowly pull back the plunger to draw the correct dose of medication into the syringe. Make sure to draw slightly more than your dose.
- **Remove Air Bubbles:** Gently tap the syringe to move any air bubbles to the top, then push the plunger slightly to expel the air and any excess medication, adjusting to your exact dose.

Choose Your Injection Site

- **Preferred Sites:** Common injection sites include the abdomen, thigh, or upper arm. Avoid areas that are bruised, tender, or scarred.
- **Rotate Sites:** Rotate your injection sites to avoid tissue damage or irritation.
- **Clean the Area:** Swab the chosen site with an alcohol pad and let it dry.

Inject the Medication

- **Pinch the Skin:** Gently pinch a fold of skin at the injection site to lift it away from the muscle.
- **Insert the Needle:** Holding the syringe like a pencil, insert the needle at a 45- to 90-degree angle, depending on your body type and the needle length.
- **Inject the Medication:** Slowly push the plunger down to inject the medication into the subcutaneous tissue.
- **Withdraw the Needle:** After injecting the medication, pull the needle out quickly at the same angle it was inserted.
- **Apply Pressure:** Press a cotton ball or gauze on the injection site for a few seconds to prevent bleeding. Do not rub the site.

Dispose of the Needle and Syringe

- **Do Not Recap:** Place the used syringe and needle directly into a sharps disposal container without recapping the needle.
- **Seal the Container:** Once the container is three-quarters full, seal it securely and follow local guidelines for disposal.

Record Your Injection

- **Track Your Dose:** Record the date, time, dose, and injection site in a log to track your treatment and help with site rotation.

POST-TREATMENT INSTRUCTIONS

Monitor for Side Effects

- **Immediate Reactions:** After the injection, monitor yourself for any signs of an allergic reaction, such as hives, swelling, or difficulty breathing, and seek medical attention if necessary.
- **Common Side Effects:** Be aware of potential side effects, like nausea, vomiting, or gastrointestinal discomfort, and consult your healthcare provider if these symptoms persist or worsen.

Store the Vial Properly

- **Refrigeration:** Store the vial as directed by your healthcare provider, typically in the refrigerator, unless you are using it within a short time frame.

Seek Help If Needed

- **Contact Healthcare Provider:** If you have any questions or concerns about the injection process, reach out to your healthcare provider for guidance.

By following these instructions, you can safely and effectively administer your semaglutide injections at home.

How to Store Vials:

Proper storage of your GLP-1 vials, such as those containing semaglutide, is crucial for maintaining the medication's effectiveness. Follow these instructions to ensure your medication remains safe and effective:

Refrigeration

- **Temperature Range:** Store your semaglutide vials in the refrigerator at a temperature between 36°F and 46°F (2°C and 8°C).
- **Do Not Freeze:** Never freeze the vials. If the medication has been frozen, do not use it, as freezing can reduce its effectiveness.

- **Avoid Temperature Fluctuations:** Keep the medication towards the center of the refrigerator, away from areas prone to temperature fluctuations, like the door or near the freezer compartment.

Protect from Light

- **Keep in Original Packaging:** Store the vials in their original carton to protect them from light. Exposure to light can degrade the medication.

After First Use

- **Refrigeration After Opening:** After first use, continue storing the vial in the refrigerator.
- **Check Expiration:** Always check the expiration date, even if the vial is stored correctly. Do not use the medication if it is past the expiration date.

Handling and Transport

- **Avoid Shaking:** Handle the vial gently, as shaking can affect the medication's integrity.
- **During Travel:** If you need to travel with your semaglutide vials, use an insulated bag or cooler pack to maintain the required temperature range. Avoid placing the vials directly on ice packs, as this could freeze the medication.
- **Keep Upright:** Store and transport the vial in an upright position if possible to prevent leakage.

Monitoring and Replacement

- **Inspect Before Use:** Before each use, visually inspect the vial for particles or discoloration. The solution should be clear and colorless. If you notice any changes, do not use the vial and consult your healthcare provider.
- **Replacing Vials:** If a vial has been left unrefrigerated beyond the allowed time or exposed to temperatures outside the recommended range, discard it and replace it with a new one.

Safe Storage Practices

- **Out of Reach:** Keep the vials out of reach of children and pets to prevent accidental ingestion or injury.
- **Designated Storage Area:** Store the vials in a clean, designated area of the refrigerator, separate from food items to avoid contamination.

Disposal of Expired or Unused Vials

- **Check Local Guidelines:** Follow your local guidelines for disposing of expired or unused vials. Do not flush them down the toilet or throw them in the regular trash unless advised by local waste management.

Seek Guidance if Uncertain

- **Consult Healthcare Providers:** If you have any doubts or questions about the storage of your semaglutide vials, contact your healthcare provider or pharmacist for specific advice.

By adhering to these storage instructions, you help ensure that your semaglutide remains effective throughout your treatment.

How to Discard Sharps:

If you're participating in a semaglutide program, you're likely using injectable medication that involves needles or other sharps. Proper disposal of these sharps is essential to prevent injury and ensure safety for yourself and others. Here's a step-by-step guide:

Obtain a Proper Sharps Disposal Container

- **FDA-Approved Container:** Use an FDA-approved sharps disposal container. These are usually made of puncture-resistant plastic, with a tight-fitting, puncture-resistant lid.
- **A Sharps Container Can be Purchased on Amazon**

Place Used Sharps in the Container Immediately

- **Do Not Recap:** Avoid recapping the needle before disposal, as this increases the risk of accidental injury.
- **Drop It In:** After injecting, immediately place the needle and any other sharps (such as syringes, lancets, or pen needles) into the container.
- **Don't Overfill:** Never fill the container more than three-quarters full. Overfilling increases the risk of injury.

Seal the Container

- Once the container is three-quarters full, seal it tightly. Use duct tape if needed to secure the lid.
- Ensure that the container is clearly labeled and remains upright during storage.

Dispose of the Container Properly

- **Local Disposal Programs:** Check with your local pharmacy, hospital, or public health department about community-based sharps disposal programs. Some

areas offer drop-off locations, mail-back programs, or household hazardous waste collection services.

- **Do Not Recycle:** Never put sharps containers in the recycling bin. These containers are not recyclable and should be disposed of as medical waste.
- **Specific Disposal Sites:** If no disposal programs are available, ask your healthcare provider or local waste management about safe disposal sites.

Alternative Disposal Options

- **Mail-Back Programs:** Some companies offer mail-back programs where you can send your filled sharps container to a disposal facility. These usually require you to use a special container provided by the program.
- **Home Pickup Services:** In some areas, there are home pickup services for medical waste. Check if this is an option in your region.

Educate Yourself and Others

- **Awareness:** Educate yourself and any family members or caregivers on the safe handling and disposal of sharps.
- **Stay Informed:** Regulations and available disposal options can vary by location, so it's important to stay informed about the best practices in your area.

Handling Sharps Safely

- **Keep Out of Reach:** Always keep sharps containers out of the reach of children and pets.
- **Transport with Care:** When transporting sharps to a disposal site, ensure the container is securely closed and placed in a safe, upright position in your vehicle.

By following these instructions, you can safely and responsibly dispose of sharps while participating in your semaglutide program. If you have any further questions, don't hesitate to ask your healthcare provider for additional guidance.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort in the injection area within 72 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at glp@beautyfixmedspa.com with your concerns.