

# WEIGHT LOSS PROGRAM

## DETAILS AND DOSING

### DETAILS:

- **OUR IN OFFICE WEIGHT LOSS PROGRAM CONSISTS OF 12 WEEKLY OFFICE VISITS**
  - AT THESE VISITS OUR NURSE PRACTITIONER WILL WEIGHT YOU, MONITOR YOUR PROGRESS, ADMINISTER YOUR INJECTIONS (MEDICATION AND MIC B12 SHOT), AND ADJUST YOUR DOSAGE BASED ON YOUR PROGRESS AND ANY SIDE EFFECTS.
  - THIS WEIGHT LOSS FOLLOWUP APPOINTMENTS SHOULD BE SCHEDULED ON THE SAME DAY EVERY WEEK FOR 12 WEEKS.
- **COMMON SIDE EFFECTS**
  - THE MOST COMMON ARE ACID REFLUX, CONSTIPATION, AND NAUSEA. USUALLY IF YOU EXPERIENCE THESE SIDE EFFECTS TAKING AN ACID REFLUX MEDICATION WILL HELP, SUCH AS PEPCID. FOR CONSTIPATION WE RECOMMEND MIRALAX. MORE SEVERE SIDE EFFECTS MAY NEED TO BE MITIGATED WITH PRESCRIPTION MEDICATION.
  - **IF YOU HAVE ABDOMINAL PAIN, STOP THE MEDICATION AND CALL (470) 272-8730 OR TEXT (706) 696-8879.**
- **EXPECTED WEIGHT LOSS**
  - EXPECT TO LOSE 1-2 POUNDS PER WEEK
  - LOSING WEIGHT SLOWLY (1-2 POUNDS PER WEEK) HELPS PREVENT MUSCLE LOSS AND SKIN LAXITY.
- **DOSING:**
  - THE EXPECTED DOSING SCHEDULED IS INCLUDED
  - HOWEVER YOUR DOSING MAY VARY BASED ON PROVIDER DISCRETION ACCORDING TO YOUR WEIGHT LOSS AND SIDE EFFECTS

QUESTIONS? CALL (470) 272-8730 OR TEXT  
(706) 696-8879

# WEIGHT LOSS PROGRAM

## SEMAGLUTIDE

### MODIFIED SEMAGLUTIDE DOSING CHART

- THIS DOSAGE SCHEDULE IS MODIFIED FOR THOSE THAT ARE SENSITIVE TO SEMAGLUTIDE AND NEED A SLOWER SCHEDULE (WHERE YOU GO UP "HALF DOSES" (5 UNITS INSTEAD OF 10)).
  - FOLLOWING THIS SCHEDULE WILL GET YOU UP TO THE MAX DOSE OF SEMAGLUTIDE (THIS IS SUGGESTION ONLY. IF YOU ARE LOSING WEIGHT ON LOWER DOSES, WE RECOMMEND NOT GOING UP UNTIL YOU PLATEAU)
- ON AVERAGE, MOST PEOPLE CAN ONLY TOLERATE 1-1.5MG.

SEMAGLUTIDE MILLIGRAMS	UNITS	WEEK
0.25 mg	10	1
0.25 mg	10	2
0.25 mg	10	3
0.375 mg	15	4
0.375 mg	15	5
0.375 mg	15	6
0.5 mg	20	7
0.5 mg	20	8
0.5 mg	20	9

# WEIGHT LOSS PROGRAM

SEMAGLUTIDE MILLIGRAMS	UNITS	WEEK
0.625 mg	25	10
0.625 mg	25	11
0.625 mg	25	12
0.75 mg	30	13
0.75 mg	30	14
0.75 mg	30	15
0.875 mg	35	16
0.875 mg	35	17
0.875 mg	35	18
1 mg	40	19
1 mg	40	20
1 mg	40	21
1.125 mg	45	22
1.125 mg	45	23
1.125 mg	45	24

QUESTIONS? CALL (470) 272-8730 OR TEXT (706) 696-8879

# WEIGHT LOSS PROGRAM

SEMAGLUTIDE MILLIGRAMS	UNITS	WEEK
1.25 mg	50	25
1.25 mg	50	26
1.25 mg	50	27
1.375 mg	55	28
1.375 mg	55	29
1.375 mg	55	30
1.5 mg	60	31
1.5 mg	60	32
1.5 mg	60	33
1.625 mg	65	34
1.625 mg	65	35
1.625 mg	65	36
1.75 mg	70	37
1.75 mg	70	38
1.75 mg	70	39

QUESTIONS? CALL (470) 272-8730 OR TEXT (706) 696-8879

# WEIGHT LOSS PROGRAM

SEMAGLUTIDE MILLIGRAMS	UNITS	WEEKS
1.875 mg	75	40
1.875 mg	75	41
1.875 mg	75	42
2 mg	80	43
2 mg	80	44
2 mg	80	45
2.125 mg	85	46
2.125 mg	85	47
2.125 mg	85	48
2.25 mg	90	49
2.25 mg	90	50
2.25 mg	90	51
2.375 mg	95	52
2.375 mg	95	53
2.375 mg	95	54

QUESTIONS? CALL (470) 272-8730 OR TEXT (706) 696-8879

# WEIGHT LOSS PROGRAM

SEMAGLUTIDE MILLIGRAMS	UNITS	WEEK
1.875 mg	75	55
1.875 mg	75	56
1.875 mg	75	57
2 mg	80	58
2 mg	80	59
2 mg	80	60
2.125 mg	85	61
2.125 mg	85	62
2.125 mg	85	63
2.25 mg	90	64
2.25 mg	90	65
2.25 mg	90	66
2.375 mg	95	67
2.375 mg	95	68
2.375 mg	95	69

QUESTIONS? CALL (470) 272-8730 OR TEXT (706) 696-8879

# WEIGHT LOSS PROGRAM

SEMAGLUTIDE MILLIGRAMS	UNITS	WEEK
2.5 mg	100	70
2.5 mg	100	71
2.5 mg	100	72

# WEIGHT LOSS PROGRAM

## SEMAGLUTIDE

### AVERAGE SEMAGLUTIDE DOSING CHART

- THIS DOSAGE SCHEDULE IS THE AVERAGE DOSING SCHEDULE, AND INCREASES BY 10 UNITS.
  - FOLLOWING THIS SCHEDULE WILL GET YOU UP TO THE MAX DOSE OF SEMAGLUTIDE (THIS IS SUGGESTION ONLY. IF YOU ARE LOSING WEIGHT ON LOWER DOSES, WE RECOMMEND NOT GOING UP UNTIL YOU PLATEAU).
- ON AVERAGE, MOST PEOPLE CAN ONLY TOLERATE 1-1.5MG.

SEMAGLUTIDE MILLIGRAMS	UNITS	WEEK
0.25 mg	10	1
0.25 mg	10	2
0.25 mg	10	3
0.5mg	20	4
0.5mg	20	5
0.5mg	20	6
0.75mg	30	7
0.75mg	30	8
0.75mg	30	9



# WEIGHT LOSS PROGRAM

SEMAGLUTIDE MILLIGRAMS	UNITS	WEEK
1 mg	40	10
1 mg	40	11
1 mg	40	12
1.25 mg	50	13
1.25 mg	50	14
1.25 mg	50	15
1.5 mg	60	16
1.5 mg	60	17
1.5 mg	60	18
1.75 mg	70	19
1.75 mg	70	20
1.75 mg	70	21
2 mg	80	22
2 mg	80	23
2 mg	80	24

QUESTIONS? CALL (470) 272-8730 OR TEXT (706) 696-8879

# WEIGHT LOSS PROGRAM

SEMAGLUTIDE MILLIGRAMS	UNITS	WEEK
2.25 mg	90	25
2.25 mg	90	26
2.25 mg	90	27
2.5 mg	100	28

# WEIGHT LOSS PROGRAM

## TIRZEPATIDE

### MODIFIED TIRZEPATIDE DOSING CHART

- THIS DOSAGE SCHEDULE IS MODIFIED FOR THOSE THAT ARE SENSITIVE TO TIRZEPATIDE AND NEED A SLOWER SCHEDULE
- FOLLOWING THIS SCHEDULE WILL GET YOU UP TO THE MAX DOSE OF TIRZEPATIDE (THIS IS SUGGESTION ONLY. IF YOU ARE LOSING WEIGHT ON LOWER DOSES, WE RECOMMEND NOT GOING UP UNTIL YOU PLATEAU)

TIRZEPATIDE MILLIGRAMS	UNITS	WEEK
2.5 mg	25	1
2.5 mg	25	2
2.5 mg	25	3
2.5 mg	25	4
2.5 mg	25	5
2.5 mg	25	6
5 mg	50	7
5 mg	50	8
5 mg	50	9
5 mg	50	10
5 mg	50	11
5 mg	50	12

# WEIGHT LOSS PROGRAM

TIRZEPATIDE MILLIGRAMS	UNITS	WEEK
7.5 mg	75	13
7.5 mg	75	14
7.5 mg	75	15
7.5 mg	75	16
7.5 mg	75	17
7.5 mg	75	18
10 mg	100	19
10 mg	100	20
10 mg	100	21
10 mg	100	22
10 mg	100	23
10 mg	100	24

# WEIGHT LOSS PROGRAM

TIRZEPATIDE MILLIGRAMS	UNITS	WEEK
12.5 mg	100 + 25	25
12.5 mg	100 + 25	26
12.5 mg	100 + 25	27
12.5 mg	100 + 25	28
12.5 mg	100 + 25	29
12.5 mg	100 + 25	30
15 mg	100 + 50	31
15 mg	100 + 50	32
15 mg	100 + 50	33
15 mg	100 + 50	34
15 mg	100 + 50	35
15 mg	100 + 50	36

# WEIGHT LOSS PROGRAM

## TIRZEPATIDE

### AVERAGE TIRZEPATIDE DOSING CHART

- THIS DOSAGE SCHEDULE IS THE AVERAGE DOSING SCHEDULE
  - FOLLOWING THIS SCHEDULE WILL GET YOU UP TO THE MAX DOSE OF TIRZEPATIDE (THIS IS SUGGESTION ONLY. IF YOU ARE LOSING WEIGHT ON LOWER DOSES, WE RECOMMEND NOT GOING UP UNTIL YOU PLATEAU).

TIRZEPATIDE MILLIGRAMS	UNITS	WEEK
2.5 mg	25	1
2.5 mg	25	2
2.5 mg	25	3
2.5 mg	25	4
5 mg	50	5
5 mg	50	6
5 mg	50	7
5 mg	50	8
7.5 mg	75	9
7.5 mg	75	10
7.5 mg	75	11
7.5 mg	75	12

# WEIGHT LOSS PROGRAM

TIRZEPATIDE MILLIGRAMS	UNITS	WEEK
10 mg	100	13
10 mg	100	14
10 mg	100	15
10 mg	100	16
12.5 mg	100 + 25	17
12.5 mg	100 + 25	18
12.5 mg	100 + 25	19
12.5 mg	100 + 25	20
15 mg	100 + 50	21
15 mg	100 + 50	22
15 mg	100 + 50	23
15 mg	100 + 50	24