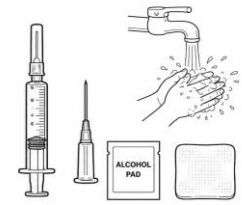
GLP-1 PREFILLED SYRINGE SELF INJECTION GUIDE

Once-weekly subcutaneous injection | Patient guide for a prefilled syringe

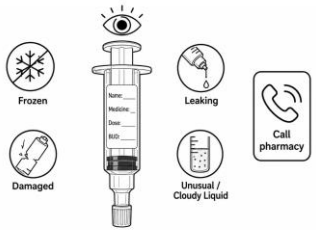
YOUR PRESCRIPTION: Inject the entire contents of ONE prefilled syringe under the skin once weekly, exactly as directed on your prescription label.

My usual injection day: _____ Dose/strength: See pharmacy label



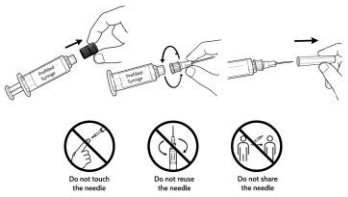
1. Prepare

- Wash and dry your hands.
- Gather the prefilled syringe, a new needle, alcohol pad, gauze, and a sharps container.



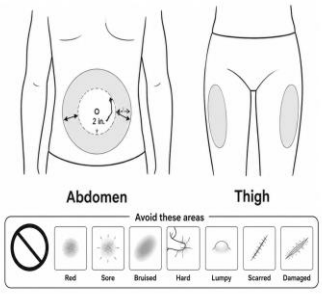
2. Check the syringe

- Confirm your name, medicine, dose/strength, and beyond-use date.
- Do not use it if frozen, leaking, damaged, or if the liquid looks different than usual. Call the pharmacy.



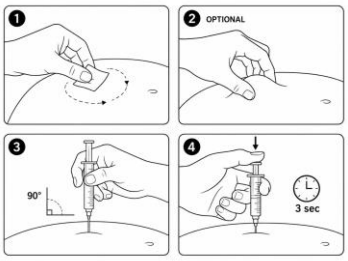
3. Attach a new needle

- Remove the black safety cap from the syringe.
- Twist the needle on the syringe until secure. Pull the needle cover straight off. Do not touch, reuse, or share the needle.



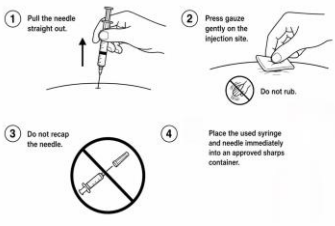
4. Choose a site

- Use the abdomen at least 2 inches from the belly button, the front/outer thigh, or the back of the upper arm (another person should inject the arm).
- Rotate sites. Avoid red, sore, bruised, hard, lumpy, scarred, or damaged skin.



5. Clean and inject

- Wipe the site in a circular motion and let it dry. Pinch a fold of skin only if your pharmacist instructed you to.
- Insert the needle at the angle your pharmacist demonstrated (usually straight in at 90°). Push the plunger slowly until empty, then keep the needle in place for 3 seconds.



6. Finish safely

- Pull the needle straight out. Apply gentle pressure with gauze; do not rub.
- Do not recap. Put the used syringe and needle immediately into a plastic container and discard in regular trash.

Inject under the skin only. Never inject into a vein or muscle. Never share syringes or needles.

IMPORTANT SAFETY INFORMATION

Read this page before your first dose and keep it with your medication.

DO NOT USE A GLP-1 IF:

You or a family member has had medullary thyroid carcinoma (MTC), or you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
You have had a serious allergic reaction to A GLP-1 or an ingredient in this compounded medication.

GET EMERGENCY HELP NOW

- Swelling of the face, lips, tongue, or throat; trouble breathing or swallowing.
- Severe rash or itching, fainting, or a very rapid heartbeat.

CALL YOUR PRESCRIBER PROMPTLY

- Severe stomach pain that will not go away, with or without vomiting, especially if it moves to your back.
- Vomiting or diarrhea that will not stop, signs of dehydration, severe stomach problems, vision changes, or possible gallbladder symptoms (upper abdominal pain, fever, yellow skin/eyes, or pale stools).
- A neck lump or swelling, hoarseness, trouble swallowing, or shortness of breath.

COMMON SIDE EFFECTS

Nausea, vomiting, diarrhea, constipation, stomach pain, headache, indigestion, tiredness, or dizziness. Call if a side effect is severe, bothersome, or does not improve.

LOW BLOOD SUGAR RISK

The risk is higher when A GLP-1 is used with insulin or a sulfonylurea. Ask your prescriber how to recognize and treat low blood sugar. Symptoms can include sweating, shaking, hunger, dizziness, confusion, weakness, or a fast heartbeat.

PREGNANCY AND BREASTFEEDING

Tell your prescriber right away if you are pregnant, may be pregnant, are planning pregnancy, or are breastfeeding. GLP-1 should not be used for weight loss during pregnancy.
If you are planning pregnancy, stop GLP-1 at least 2 months before you plan to become pregnant. Ask your prescriber when to stop and how to manage your treatment.

MISSED DOSE

Take it as soon as possible within 5 days. If more than 5 days have passed, skip it and take the next dose on your usual day. Keep at least 2 days (48 hours) between doses.

STORAGE

Keep refrigerated and protected from light exactly as stated on the pharmacy label. Do not freeze. Keep out of reach of children. Do not use after the beyond-use date.

MEDICINES & PROCEDURES

Tell every healthcare provider and pharmacist about all medicines, vitamins, and supplements. Tell the anesthesia or procedure team that you take GLP-1 before surgery or deep sedation.

Important: This guide is not a complete list of risks or drug interactions and does not replace your prescription label or training from your prescriber or pharmacist.

This is a compounded medication prepared specifically for you. It is not FDA-approved, and FDA has not reviewed it for safety, effectiveness, or quality. Safety language is based on current FDA-approved GLP-1 injection labeling; pharmacy-specific dose and storage instructions control.