

helpful steps for starting a GLP-1



Unboxing meds



Your package will arrive with an ice pack, but the medicine won't be frozen. As soon as you unbox, follow these steps:

- Find and inspect your vial. If cloudy or discolored, contact your provider
- Refrigerate the medicine vial, do not freeze
- Freeze ice packs for future travel

If your ice packs arrive melted, that's OK — temperature changes won't affect your medication.

DO NOT: Shake or agitate the vial

The vial may be inside a foil pack
Be sure to check all packaging carefully. If anything is missing, contact us right away.

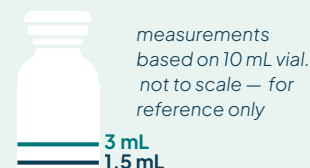
WHAT'S INSIDE THE BOX?



Why isn't my vial full?

We understand you're excited to start your medication, and it can be confusing if your vial looks less than half full. **Good news: It's supposed to look that way.**

- GLP-1/GIP meds are measured in milliliters (mL), not by how full the vial looks
- Most vials contain 1.5–3 mL — **about half a teaspoon**
- Vial sizes vary, so the right dose might look like less



TIP: If you're unsure about your dosing, please reach out.

Prepare for injection



LISTEN: know your dose >

1 PREPARE YOUR TOOLS

- Wash your hands
- Gather your vial, new syringe, alcohol pad
- Ensure the liquid is clear, not cloudy

2 PREPARE THE VIAL

- Remove the plastic cap from the vial (first-time use only)
- Wipe the top with an alcohol pad

3 PREPARE YOURSELF

- Choose your injection spot:
- stomach
 - thigh
 - or upper arm

TIP: Let the alcohol dry completely—this is what sterilizes the surface!

Steps for injection



WATCH: taking a shot >

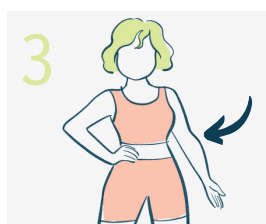


FILL YOUR SYRINGE

- Insert the needle straight through the rubber top of the vial
- Turn the vial upside down, draw the prescribed dose



- Tap the syringe gently to remove any air bubbles
- Remove the needle from the vial



INJECT THE MEDICATION

- Identify your injection site and pinch the skin
- Insert the needle at a 90-degree angle (straight in)



- Slowly press the plunger until all the medication is injected
- Remove the needle and dispose of it safely

TIP: Tiny air bubbles happen and won't hurt you! Just tap the syringe gently and push them out.

FAQs



Q: What if my vial has accidentally been frozen?

If your medication was frozen, let it thaw in the fridge, not at room temperature. Check with your provider before using.



Q: What if my vial looks cloudy?

If the liquid inside the vial appears cloudy, discolored, or has particles floating in it, do not use it. Contact your provider immediately.



Q: What if I forget to take my shot?

Take it as soon as you remember, as long as it's within a day. If you're more than a day late, wait until your next scheduled dose.



Q: Can I take half a dose one day and the other half later?

No. These medications are designed to be taken once per week. Splitting doses can cause inconsistent effects. Always follow your doctor's instructions.



Q: Do I need to worry about the air bubbles in my syringe?

No. Tiny bubbles won't hurt you! Just tap the syringe to try to get rid of them so you get your correct dose.



Q: How do I figure out my dose?

Your prescription will tell you your dose and how many units (NOT milliliters) to draw in your syringe.

Final Tips for Success



Set a weekly reminder to stay on schedule. This will ensure the medication is working as it should. Be patient with yourself—injections feel intimidating at first, but you'll get the hang of it!

Talk to your provider if you have any concerns about your medication or side effects. Store your medication properly and handle it with care to ensure effectiveness.

YOU'VE GOT THIS! Thousands of people do it everyday, and so can you. Taking control of your health is an incredible step, and with practice, this will soon become second nature.

If you have any concerns or questions, don't hesitate to reach out to your healthcare provider.

5 common GLP-1 mistakes

- ☐ **Not properly sterilizing the vial**
Always wipe the top with an alcohol swab and let it dry before inserting the needle
- ☐ **Chasing air bubbles**
Tiny bubbles won't hurt you! Just tap the syringe and push them out gently—no need to keep squirting and wasting doses
- ☐ **Misreading the dose**
Insulin syringes are marked in units, not milliliters. Always double-check your prescribed dose
- ☐ **Using the same injection site**
Rotate your injection site weekly to avoid irritation or soreness
- ☐ **Forgetting to take your medication**
If you miss a dose, take it the next day—but never double up to "catch up."

GLP-1 tips for travel



- ☐ Keep your medicine in an insulated bag
- ☐ TSA allows prescriptions
- ☐ Don't pack your medication in checked bags
- ☐ Plan ahead for supplies and refrigeration at your destination