

## YOUR RX IS IN THE WORKS!

### HERE IS WHAT TO EXPECT:

- Get excited!! You are getting an amazing new weight loss medication!
- After your appointment, your Rx & instructions will be sent to our compounding pharmacy
- Within 24-48 hours, the Rx will be processed into their system (M-Th). The pharmacy is open M-F so if your Rx is sent in on a Friday or Saturday, it may not go through processing until Mon or Tues. Once in the system, it goes to their input team who types all the information for the pharmacy to review. Then the pharmacists fill, label, package, and pass your Rx to UPS.

### EXPECT ABOUT 7-14 BUSINESS DAYS TO RECEIVE YOUR RX.

- Please be PATIENT and do not call us asking about it before that time period has passed. These medications are in high demand and the pharmacy is working as quickly as they can to get our hundreds of orders out each week.
- We advise pre-booking your next appt 7-10 days early to ensure you never run out of medication.
- If you do not receive your order within 2 weeks, please contact the pharmacy directly: 954-455-3822. Be aware the pharmacy call center cannot see the full details of processing the way we can in our Rx portal.

### IMPORTANT NOTES:

- The Aspen Clinic is not responsible for lost, stolen, or misplaced Rx's. You consent to have your Rx sent in to the compounding pharmacy - **no refunds** or prescription exchanges will be allowed once it has been sent in. No exceptions.
- Please be sure the address you provided is correct. All shipping issues must be submitted to the pharmacy. Depending on the medication, you may need to be home to sign for your package.

## TIRZEPATIDE

### Receiving your Rx:

- Be sure to get it off your doorstep and into the fridge as soon as possible or it may expire if it exceeds room temperature.
- The vial of tirzepatide will come inside of an envelope type ice pack - please be sure to check your box carefully so you do not throw your medication away. If ordered, it will also include a bag of 10 syringes.
- Please **read the instructions on your Rx label** for how many units to draw out of the vial and into your syringe for weekly administration. If unsure how to do it, you can come to the Aspen Clinic for us to administer it weekly for a \$10 fee.
- There are several helpful tools on YouTube - just look up 'subcutaneous injection' and there are videos that will walk you through it.

RX	INSTRUCTIONS	QTY
<b>TIRZEPATIDE 2.5 MG</b> 10mg/1ml vial	Inject 25 units subcutaneously weekly	1 vial
<b>TIRZEPATIDE 5 MG</b> 10mg/1ml vial	Inject 50 units subcutaneously weekly	2 vials
<b>TIRZEPATIDE 7.5 MG</b> 10mg/1ml vial	Inject 75 units subcutaneously weekly	3 vials
<b>TIRZEPATIDE 10 MG</b> 10mg/1ml vial	Inject 100 units subcutaneously weekly	4 vials
<b>TIRZEPATIDE 12.5 MG</b> 10mg/1ml vial	Inject 125 units subcutaneously weekly	5 vials
<b>TIRZEPATIDE 15 MG</b> 10mg/1ml vial	Inject 150 units subcutaneously weekly	6 vials

# TIRZEPATIDE

Tirzepatide, sold under the brand name Mounjaro®, is the newest injectable drug in a group of drugs called GLP-1 receptor agonists (or GLP-1 mimickers). It was FDA approved for the treatment of type 2 diabetes in May 2022 and is currently on fast track to be approved for weight loss. In addition to its effects on blood sugar and insulin levels, studies have shown that Mounjaro®(tirzepatide) provided substantial and sustained weight loss.

<https://www.mounjaro.com/hcp/how-mounjaro-works>

## WHAT IS THE DIFFERENCE BETWEEN TIRZEPATIDE AND SEMAGLUTIDE?

GLP-1 drugs (such as Mounjaro®, Ozempic®, and Wegovy™) are a group of new drugs that mimic GLP-1, a hormone the body releases after a meal, signaling you are full and lowering appetite. However, Mounjaro®(tirzepatide) is unique because it attaches to two different receptors (GLP-1 and GIP), unlike previous GLP-1 analogs, which only attach to one. Due to its unique dual activity, Mounjaro®(tirzepatide) has shown about 50% better weight loss than Ozempic® and Wegovy™.

## WARNINGS

- \*DO NOT use any of the injectable medications if you or any of your family members have ever had a type of thyroid cancer called **MTC** or if you have an endocrine system condition called **MEN 2**, or if you have had a serious allergic reaction to tirzepatide or semaglutide.
- \*For ladies on oral birth control pills, these meds can change the way your body absorbs certain medications, and the pills may not work as well. It is recommended that you use a back-up birth control method to prevent pregnancy when first starting a new dose. See the website for more info.
- \*These injections can cause serious side effects in certain people including nausea, vomiting, diarrhea, and constipation. Please visit [www.mounjaro.com](http://www.mounjaro.com) and review the information under the FOR CONSUMERS section, including the warnings and common side effects section. This information applies to both brand name Mounjaro and compounded tirzepatide.

# HOW TO ENHANCE YOUR WEIGHT LOSS RESULTS WHILE TAKING SEMAGLUTIDE OR TIRZEPATIDE

## MANAGE YOUR BLOOD SUGAR

1. Stick to your Aspen Clinic calorie plan and nutrition protocol – minimizing processed foods, refined sugars and carbohydrates while focusing on protein, vegetables and healthy fats. Use a food journal daily!!
2. To reduce your blood sugar spike by almost 60%, drink one tablespoon of vinegar (any kind) in a tall glass of water 30 minutes before eating a meal.
3. Eat your food in the right order: vegetables first, protein and fats second, carbohydrates last.
4. After meals, walk or do some form of activity for 10 minutes to reduce your blood sugar spike.
5. Never eat a “naked” carbohydrate – always pair with a protein or fat.
6. Eat a savory breakfast packed with protein (such as eggs/meats), not a sweet breakfast (cereal, oatmeal, breads, etc).
7. Use an at-home glucose monitoring device (you can purchase at any pharmacy)
8. We suggest reading: Glucose Revolution by Jessie Inchauspe

## COME IN FOR WEEKLY WEIGH INS

- Weigh in's are FREE of charge and the easiest way to maintain your weight loss efforts by providing accountability on a weekly basis.
- If you can't come in for weigh in's weekly, you can also call in your weight and we will document it in your chart. This is still a form of accountability – no excuses!!
- Our most successful patients are the ones who come in for regular weigh ins!!

## TAKE ENHANCEMENT PRODUCTS TO SPEED UP RESULTS

- We recommend taking the following products:
  - Power Pack – our top 4 supplements for weight loss pre-sorted in a daily pack
  - Lipo ULTRA+ Injection – boosts metabolism, burns fat, and provides a high level of B12 which can help to prevent nausea induced from the semaglutide or tirzepatide