

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 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: **855-231-8350**. 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.

SEMAGLUTIDE

Receiving your Rx:

- Semaglutide will come refrigerated, 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 semaglutide 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.

SEMAGLUTIDE INJECTION	Dosing Schedule
Month 1: 0.25 mg (1mg/1mL vial - 4 doses)	25 units (0.25 mL) on insulin syringe per weekly dose
Month 2: 0.5 mg (1mg/2.5mL vial - 5 doses)	50 units (0.5 mL) on insulin syringe per weekly dose
Month 3: 1 mg (5mg/1mL vial - 5 doses)	20 units (.20 mL) on insulin syringe per weekly dose
Month 4: 1.7 mg (5mg/2.5mL vial - 7 doses)	34 units (.34 mL) on insulin syringe per weekly dose
Month 5+ : 2.4 mg (5mg/2.5mL vial - 5 doses)	48 units (.48 mL) on insulin syringe per weekly dose

SEMAGLUTIDE INJECTION THE FDA APPROVED WEEKLY INJECTION FOR WEIGHT LOSS

Semaglutide + B12 is a once weekly glucagon-like peptide-1 (GLP-1) injection. This medication improves glycemic control and delays gastric emptying. This results in decreased appetite, reduction of food cravings, and improved control of eating. Semaglutide helps to keep your blood sugar low, to allow fat burning to happen while also slowing gastric emptying to aid in appetite control and keep you feeling fuller longer.



How is Aspen Clinic's Semaglutide Injection different from the other semaglutide Rx's on the market like Wegovy or Ozempic?

- Our Semaglutide injection contains the same active ingredient as Wegovy or Ozempic making it the generic version of these brand name medications. What differs is that our injection also contains B12 to aid in preventing nausea. Our injection also comes compounded in a vial to be drawn up into insulin syringes, whereas the brand name medications come in a pre-loaded pen.

How am I going to feel on Semaglutide vs standard appetite suppressant medications like Phentermine/Adipex?

- Semaglutide does not contain any stimulatory factors like standard appetite suppressants. You should experience mild appetite control, that grows stronger as you increase your dosage each month. If the suppression is more mild, that could indicate you need to work up to a higher dose. You may also experience nausea, stomach pain, or gastrointestinal issues.

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