

GLP-1 Injection Steps

Name		DOB	
Compound		Weekly Dose (mg & units)	

Preparation

- ☐ Gather supplies: medication vial, syringe, needle, alcohol wipes, and SHARPS container
- ☐ Check to make sure the liquid in the medication vial is clear and colorless.
- ☐ Wash your hands with soap and water
- ☐ Select your subcutaneous (the fatty tissue just beneath the skin) injection site (abdomen, upper thigh, or upper arm) and clean site with an alcohol wipe

Draw up the Medication

- ☐ Remove the seal on the top of the vial and wipe with alcohol
- ☐ Remove the cap off of the needle
- ☐ Hold the syringe like you hold a pen or a dart, inserting the needle into the middle of the rubber stopper perpendicular, so the needle does not bend
- ☐ Together, turn the vial and syringe upside down
- ☐ Make sure the tip of the needle is in the liquid
- ☐ Pull the plunger down, past the dosage prescribed. Then, push up to the prescribed dosage, as this will remove all air bubbles
- ☐ Once you have the correct amount of liquid, pull the entire syringe out of the vial

Give the Injection

- ☐ Pinch the injection site to create a firm surface
- ☐ Alternate injection sites between either side of the stomach (two inches from the belly button on either side), back of the arm, or thigh.
- ☐ Insert the needle into the skin between the index finger and thumb at 90 degrees
- ☐ Using a slow and constant pressure, push the plunger rod until it reaches the bottom
- ☐ Gently pull the syringe out of the skin and discard the needle in a SHARPS container

Dose Tracker

Expected Injection Date and Time: _____		
Week	Date and Time	Injection Completed?
1		
2		
3		
4		

Important GLP-1 Information

Storage

- All Supplies: Keep in a safe and secure location out of the reach of children
- Medication Vial: **REFRIGERATE** when not in use. After the first use, the vial is good for 28 days
- Needles: After use, store in a SHARPS container or puncture proof container such as an empty detergent bottle

Expected Side Effects

- Nausea
- Diarrhea
- Stomach pain
- Constipation
- Vomiting
- Local irritation, redness, slight burning at the injection site

When to Seek Medical Attention

- If there is evidence of an allergic reaction including having trouble breathing, rash, or swelling in the face or throat, please contact your doctor and/or call 911
- If you think you have taken too much of this medication, please contact poison control (1-800-222-1222) and/or report to your nearest emergency room
- If you experience any signs or symptoms of low blood sugar, contact your doctor or seek immediate medical attention. This may include any of the following:
 - Dizziness
 - Excessive sweating
 - Confusion
 - Seizures
 - Irregular or fast heartbeat

Other Important Tips

- Prior to injection: Take your medication vial out of the fridge for up to 30 minutes prior to use to prevent injection irritation or burning
- Removing air bubbles: Ensure the syringe is being held upright. You can flick the side of the syringe to move the air bubbles to the top and depress the syringe upwards to remove them.

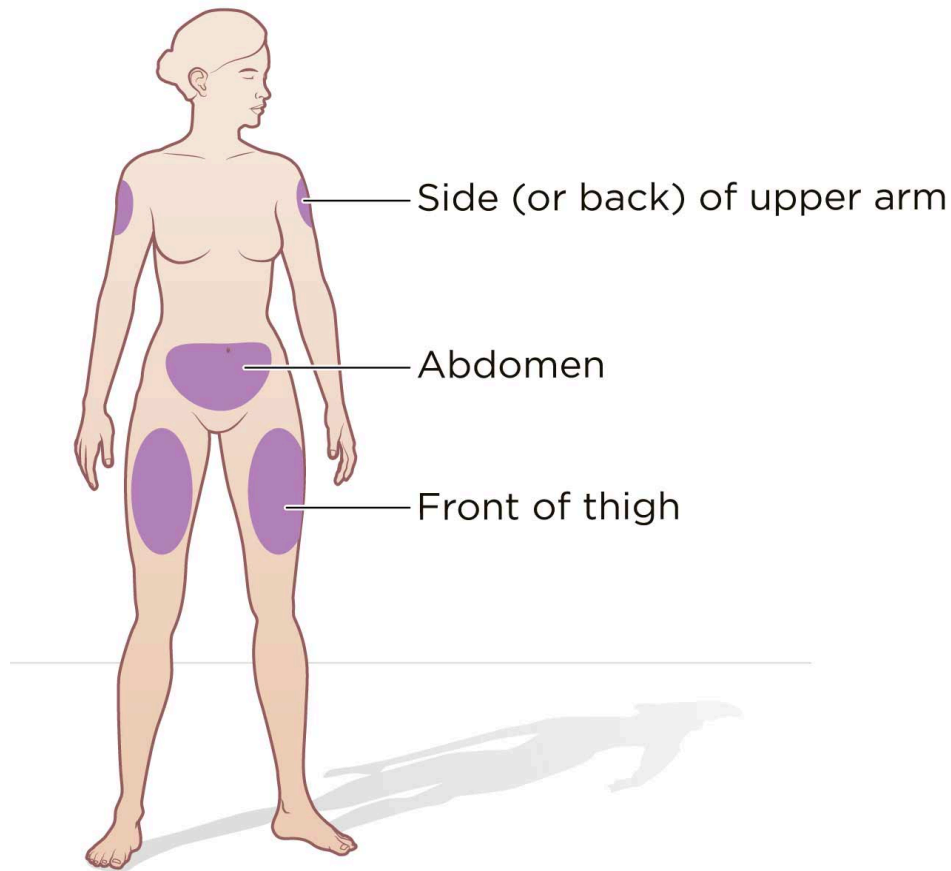
Questions?

Contact our expert staff at 845-679-0790

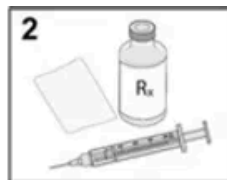
Refilling Your Prescription

Please request a refill 7 days prior to needing your next dose or after giving your 4th dose from the vial. If your bottle says no refills or you are changing doses, please ensure your provider sends the pharmacy a new script.

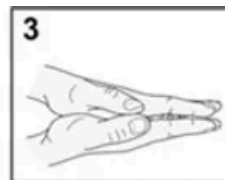
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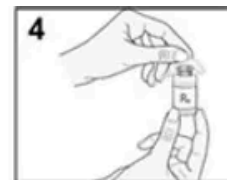
Always wash your hands.



Get all of your supplies.



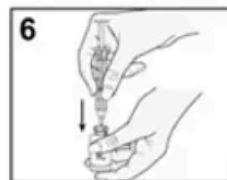
Warm the vial by rolling between your hands.



Wipe the top of the vial with an alcohol swab.



Pull the syringe plunger down to the desired units.



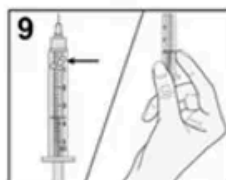
Push the syringe needle into the vial.



Push the plunger down.



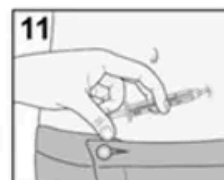
Turn the vial upside down. Pull the plunger down to withdraw.



Remove all the air bubbles. Check to see if your dose is correct.



Pick a clean injection site. Push the needle into the skin.



Push the plunger in. Pull the needle out of the skin.

SHARPS Disposal Information

Use an FDA-approved SHARPS container to discard all needles, syringes, and other SHARPS used for your injectable weight loss medication.

IF YOU CANNOT GET AN FDA-CLEARED SHARPS CONTAINER, FOLLOW THESE GUIDELINES:

Use an empty household container
with these features:



DO NOT USE

These containers can break or puncture easily.



Discarding a household container:

1 Close lid and tape shut. Label container.



2 Bring container to a sharps disposal program.

**DO NOT PUT LOOSE
SHARPS IN THE TRASH**



For More Information on Local SHARPS drop off sites, visit

<https://ucrra.org/recyclopedica-search/sharps/>