



## Compound Semaglutide/Cyanocobalamin suspension **PATIENT DOSING and COUNSELING**

**How supplied:** Supplied in amber glass dropper bottle with graduated 1ml dropper. Should be stored at room temperature and shaken before use. 90 day BUD.

**Compound:** Contains 1mg Semaglutide and 1mg Cyanocobalamin per 1ml of suspension. Each vial contains 15ml product.

**Dosing:** Recommended dosing follows. Patient specific titrations expected.

- Start with 0.25ml (=0.25mg) Sublingually daily for 7 days. Then increase to 0.5ml (=0.5mg) sublingually daily thereafter. Patient may increase to 1ml (=1mg) daily as tolerated and directed by prescriber.
- Note many people may not need or tolerate the daily dosing of the 1ml dose. If they are receiving the desired effects a lower dose or less often frequency is merited. Some people have remained on 0.25ml every 3<sup>rd</sup> day and achieved desired results. Given this is patient specific, expect a variety of dosing regimens.
- Time of day: The time of day does not matter. The  $\frac{1}{2}$  life is about 1 week so the patient can take at whatever time of day they would like. Just keep the timing consistent.

**Counseling:**

- Expect to counsel on dosing as above. Always refer to the regimen a prescriber may have provided their patient.
- Common side effects:
  - Nausea – particularly at initiation and at increase in dose. The nausea can be quite severe. Recommend the ondansetron ODT that is often co-prescribed. Counsel on proper ondansetron dosing (30 min prior to dose increase and every 4-6 hours after as needed)
  - Constipation – very common on this drug. Counsel to increase fiber and water intake. Also consider an OTC stool softener or Miralax if constipation persists.