



Compound Semaglutide/Cyanocobalamin suspension PATIENT DOSING and COUNSELING

How supplied: Supplied in amber glass dropper bottle with graduated 1ml dropper. Should be kept refrigerated and shaken before use. USP allows a 180 day Beyond Use Date. We will only be giving it a 90 day BUD when refrigerated.

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.
- Note many people may not need or tolerate the daily dosing of the 0.5ml 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 3rd 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.