

Weight Loss Strategies

Many people are looking to lose weight, or struggle with chronic weight management. Correct weight management has many health benefits and should always be done properly, and luckily weight loss comes down to merely solving an equation: calories burned need to be more than calories consumed. Proper diet and exercise are the best way to maintain both a healthy weight and also provide overall physical benefits. Additionally, a good support system is a crucial part of a healthy lifestyle. For some people, despite their best efforts, they are unable to achieve target weight goals on their own and for these people, medication may be helpful.

What is Semaglutide?

Semaglutide is a GLP-1 agonist that has been used in helping patients with type 2 diabetes control their blood sugar for many years. It is marketed by Novo Nordisk as an injection as the drug [Ozempic®](#) and as an oral tablet as [Rybelsus®](#). The FDA recently added an additional indication to the drug, allowing it to help patients battling chronic weight management, which is the same injectable drug being marketed by Novo Nordisk as [Wegovy®](#). At the Prescription Shoppe, we've formulated a compounded liquid sublingual (or liquid that goes under the tongue) which uses an FDA approved available form of the drug as the active ingredient. A compound is when a pharmacy takes an available form of a drug and changes the dosage form or strength to customize the final product for the patient, and it remains essentially the same drug but only with a different formulation.

What is the Dosage and How is it Supplied?

The medication comes in an amber liquid bottle with a graduated 1ml oral syringe and should be kept refrigerated and shaken before use. If taking semaglutide for the first time, you'll be instructed to begin with a titration as directed by your provider - this means that you'll start with a smaller dose and increase after seven days as determined by your physician. It does not matter what time of day the medication is administered and it can be taken with or without food, but do not exceed the dosage prescribed by your physician. Titrating this medication helps reduce potential gastrointestinal side effects as well as nausea.

What Are the Side Effects?

The most common side effects include gastrointestinal related symptoms such as abdominal pain, constipation, diarrhea, nausea, and vomiting. These side effects may be more common after initiation and during dose escalation. Extreme sensitivity reactions such as rash, trouble breathing, swelling of the mouth, face, or throat should be reported to your prescriber immediately. Low blood sugar can occur and is marked by signs of dizziness, headaches, feelings of tiredness, confusion, hunger, changes in eyesight, sweating, or a weak, shaking, or fast heartbeat. Discontinuing the use of the medication may be necessary should these reactions occur. Always consult your prescriber or pharmacist before stopping any medication.

How Do I Get a Compounded Medication?

All compounded medications are available by prescription only from your physician, nurse practitioner, or physician's assistant. We've created a template for them available below, which you may take to your appointment to discuss if the medication is appropriate for you. The completed prescription can then be brought to the Seven Lakes Prescription Shoppe to be filled.

Disclaimers

By FDA definition, no compounded medication has been tested for safety or efficacy. While we do our best to follow compounding best practices, we do not perform the same testing as a drug manufacturer.



“Where Smiles and Solutions Meet”

Fax 910-673-3595

COMPOUND PRESCRIPTION REQUEST

WEIGHT LOSS

Patient Information	Doctor Information
Name:	Name:
Date of Birth:	Person Faxing form:
Address:	Address:
Phone #:	Phone #:

Step 1: Choose Formulation

Semaglutide 1mg/1ml Suspension #28ml

- Place 0.25ml under tongue daily for 1 week, then increase to 0.5ml daily for a week, or as directed by physician

If Higher Doses are Needed: Semaglutide 2mg/ml Suspension #28ml

- Place 0.5ml under tongue daily for 1 week, then increase to 0.5ml twice daily or as directed by physician

Add on Therapy: Ondansetron 4mg ODT #30 Tablets

- Place 1 tablet under the tongue and allow it to dissolve every 4-6 hours as needed for nausea. Take the first tablet 30 minutes prior to Semaglutide dose increase and as needed.

OTHER/NOTES:

PRESCRIBER SIGNATURE: DATE: REFILLS: