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Understanding GLP-1 Troches: Semaglutide

What Is Semaglutide?

Semaglutide is a medication that belongs to a group of drugs called GLP-1 receptor agonists. It is commonly used to:

- Lower blood sugar levels in people with Type 2 Diabetes
- Support weight loss in people with obesity or overweight-related health conditions

Originally available only as injections (like Ozempic® or Wegovy®), semaglutide is now available in an alternative form called a troche (pronounced “troh-key”) – a small lozenge that dissolves in your mouth.

What Is a Troche?

A troche is a medicated lozenge that:

- Slowly dissolves under your tongue or between your cheek and gum
- Delivers medication directly through the tissues in your mouth
- Avoids going through your stomach and liver first, which can help with better absorption and fewer side effects

How to Use Semaglutide Troches

1. Wash hands **before** and **after** handling your troche.
2. Perform your usual oral hygiene (brush teeth, floss, etc.) before inserting your troche.
3. Remove troches from the cardboard sleeve by sliding the insert to the left or right.
4. Open the hinged plastic troche package, push up on the bottom of the troche square you wish to remove. If your prescription calls for $\frac{1}{4}$ or $\frac{1}{2}$ troche as your dose, use a sharp knife to cut the troche using the scored lines.
5. Place the troche between the cheek and gum
6. **Do not chew or swallow it whole.** You may rotate sites in the mouth to increase dissolution. **Avoid eating or drinking during and for 15 minutes after use.**
7. Let it dissolve completely – this may take 15-30 minutes

Storage Instructions

- Keep troches in their original container
- Store at room temperature, away from heat and moisture
- Keep out of reach of children and pets

Common Side Effects

Some patients may experience:

- Nausea or upset stomach
- Constipation or diarrhea
- Mild headache
- Decreased appetite
- Fatigue
- *These effects often improve as your body adjusts to the medication. Let your provider know if these symptoms worsen or do not improve throughout the week following your dose.*
- **Contact your provider if you notice:**
Severe stomach pain, vomiting or signs of dehydration

Important Reminders

- Not for use in pregnancy or breastfeeding
- Tell your provider if you have a history of:
 - Pancreatitis
 - Thyroid cancer or nodules
 - Gallbladder disease