

Essential Guide to GLP-1 Therapy:

Best Practices for Success

GLP-1 receptor agonists (such as semaglutide and tirzepatide) are powerful tools for weight management and metabolic health. To maximize results and minimize side effects, follow these essential guidelines.

1. Understanding How It Works

- GLP-1 medications **mimic natural hormones** in the body that help regulate appetite, slow digestion, and improve blood sugar control.
- They **signal fullness to the brain**, reducing food intake and promoting gradual weight loss over time.
- It typically takes **weeks to months** to see significant results—patience and consistency are key.



2. Follow Your Prescribed Dosage

- Start with a **low dose** to minimize side effects, then gradually increase as directed by your provider.
- **Never adjust your dosage** or skip doses without consulting your healthcare provider.
- Consistency is crucial—try to **inject on the same day each week** to maintain steady medication levels.



3. Prepare for Possible Side Effects

- Common side effects include **nausea, bloating, constipation, and mild stomach discomfort**.
- If you experience any of these symptoms, **To reduce discomfort:**
 - ▶ Eat **smaller, protein-rich meals** throughout the day.
 - ▶ Stay **hydrated**—add electrolytes if needed.
 - ▶ Try **ginger tea** or bland foods (crackers, toast) for nausea.
 - ▶ For constipation, consider **1-2 Citrucel tablets** at night or a gentle laxative.
- If side effects persist beyond a few weeks, discuss potential adjustments with your provider.



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4. Optimize Your Diet & Hydration

- **Prioritize protein and fiber** to support muscle retention and satiety.
- Avoid greasy, processed, or sugary foods, as they can worsen side effects.
- **Drink at least 64 oz (8 cups) of water daily** to prevent dehydration and constipation.
- Consider adding **electrolyte drinks** or mineral-rich broths if experiencing dizziness or fatigue.
- Avoid **alcohol and excessive caffeine**, as they can contribute to dehydration and worsen side effects.



5. Maintain an Active Lifestyle

- **Gentle movement** (like walking) can aid digestion, reduce nausea, and enhance weight loss.
- **Strength training** is recommended to preserve muscle mass while losing weight.
- Low-impact activities like **yoga, swimming, or Pilates** can help maintain mobility and reduce joint strain.
- Start slow and increase activity levels gradually as your energy improves.

6. Be Patient & Track Progress

- **Weight loss is not always linear**—some weeks may show more progress than others.
- Track **non-scale victories** such as increased energy, improved sleep, better digestion, and clothing fit.
- Consider taking **progress photos and measurements** to see changes beyond just the scale.
- Log meals and symptoms to identify any patterns affecting your progress.



7. Communicate with Your Provider

- Report any **persistent or severe side effects** to your healthcare provider.
- Regular check-ins ensure the treatment is working effectively and adjustments can be made if necessary.
- If you miss a dose, **do not double up**—follow provider guidance on when to resume.