

Welcome to your weight loss journey. This guide will help you feel confident with your medication, understand what to expect, and know how to get the best results.

YOUR PRESCRIBED DOSE

Patient Name: _____


Start Date: _____

Injection Day: _____

Current Dose: (check one)

2.5 mg 5 mg 7.5 mg

10 mg 12.5 mg 15 mg


Inject _____ units once weekly

Provider notes:

Only increase your dose when directed by your Alba Wellness provider.

HOW TO INJECT



1 PREPARE

- ✓ Wash your hands
- ✓ Clean injection area with alcohol
- ✓ Let medication come to room temperature if preferred



2 CHOOSE INJECTION SITE

Rotate weekly:

- Abdomen
- Thigh
- Back of upper arm



3 INJECT

- ✓ Pinch skin gently
- ✓ Insert needle as instructed
- ✓ Inject slowly
- ✓ Dispose of needle safely

WHAT TO EXPECT




Many patients notice:

- Feeling full sooner
- Fewer cravings
- Smaller portions
- Gradual weight loss

Remember: the goal is steady, sustainable progress — not rapid restriction.





COMMON SIDE EFFECTS



You may experience:

- Nausea
- Constipation
- Feeling full quickly
- Heartburn
- Fatigue

HELPFUL TIPS

-  ✓ Prioritize protein
-  ✓ Stay hydrated
-  ✓ Eat smaller meals
-  ✓ Avoid heavy/greasy meals if nauseated

YOUR SUCCESS GOALS

 Protein: _____ grams/day

 Water: _____ oz/day

 Movement goal: _____

Weekly focus:



PROTEIN FIRST


HYDRATION


STRENGTH TRAINING



SLEEP


MINDFUL PORTIONS



QUESTIONS? WE'RE HERE FOR YOU ♥

Have questions about your medication, side effects, dosing, or your progress?
Need your next refill?
Call or text Alba Wellness anytime.

 **435-774-2221**

We're here to support you every step of the way.

