

Moving Up Your Tirzepatide Dose







WHAT TO KNOW BEFORE INCREASING YOUR MEDICATION



Your dose is adjusted slowly to help your body adapt, minimize side effects, and find the dose that works best for you.

WHEN DO WE INCREASE YOUR DOSE?

You may be ready to move up when:





-  Hunger and cravings are returning
-  Food noise is increasing
-  Weight loss has slowed or stopped
-  You are tolerating your current dose well



More medication does not always mean better results.
The goal is finding your *lowest effective dose*.

BEFORE YOUR NEXT DOSE INCREASE

Ask yourself:


-  Am I getting enough protein?
-  Am I drinking enough water?
-  Are side effects manageable?
-  Am I eating enough to support my body?



WHAT YOU MAY NOTICE AFTER MOVING UP

For a few days you may experience:

-  More fullness
-  Less appetite
-  Mild nausea
-  Changes in digestion
-  Fatigue

 *These usually improve as your body adjusts.*

TIPS FOR INCREASE WEEK

-  **EAT SMALLER MEALS**
Choose smaller portions more often.
-  **PRIORITIZE PROTEIN FIRST**
Aim for protein at every meal.
-  **HYDRATE + ELECTROLYTES**
Sip water throughout the day.
-  **AVOID GREASY / HEAVY FOODS**
These are harder to digest and can worsen nausea.
-  **STOP EATING WHEN COMFORTABLY FULL**
Listen to your body.



CONTACT US IF YOU HAVE:

- Ongoing vomiting
- Severe abdominal pain
- Unable to stay hydrated
- Side effects that feel unmanageable

We're here to help.

Never hesitate to reach out.

