

Semaglutide Injections. What to expect?

Preparing for Treatment

Increase your water intake

At least 2 weeks before starting treatment, begin increasing your water intake.

Alkalized water is best: you can achieve this by adding lemon to your water and/or keto fasting drops (you can get these on amazon)

We Suggest:

Finding a nutritionist so they can help you follow a low-calorie, low-fat diet

Finding a personal trainer to help you with an exercise program

Start working towards decreasing your sugar and fat intake

It is important for you to keep a written list of all of the prescription and nonprescription (over-the-counter) medicines you are taking, as well as any products such as vitamins, minerals, or other dietary supplements. For example, some medications and foods may interfere with the effectiveness of Semaglutide, so it's crucial to know this information for your intake appointment.

During the intake, ask questions or express any concerns about the treatment. This is also an opportunity to discuss any medical conditions or medications that may interact with Semaglutide. By communicating openly and honestly with the provider, you can ensure that your treatment plan is tailored to your specific needs and concerns.

Treatment Day Instructions

It's essential to be ready and know what to anticipate. When you come to the office, you will be greeted by a Beyond Harmony provider who will direct you through the process and respond to any queries.

During the appointment, the provider will administer the Semaglutide injection, and you may be asked to wait for a short period to ensure no immediate adverse reactions. It's normal to experience some discomfort or mild side effects after the injection, such as nausea or injection site reactions. However, contact the spa immediately if you experience severe or persistent side effects.

It's also important to discuss any questions or concerns you may have with your provider during the appointment. This is an opportunity to ask about post-treatment care and follow-up appointments, as well as any lifestyle changes that may be necessary to maximize the benefits of the treatment.

After the appointment, follow the healthcare provider's instructions for post-treatment care. Attend follow-up appointments to ensure the treatment works effectively and discuss ongoing concerns or questions.

WHEN TO SEEK EMERGENCY CARE

- a lump or swelling in the neck
- hoarseness
- difficulty swallowing or shortness of breath
- Ongoing pain that begins in the upper left or middle of the stomach but may spread to the back, with or without vomiting
- Rash; itching; swelling of the eyes, face, mouth, tongue, or throat; or difficulty breathing or swallowing
- Decreased urination; or swelling of legs, ankles, or feet
- Vision changes
- Fainting or Dizziness
- Pain in upper stomach; yellowing of skin or eyes; fever; or claycolored stools
- Rapid heartbeat

Common Side Effects

Nausea • Vomiting • Diarrhea • Abdominal Pain • Constipation • Heartburn • Gas (Burping / Flatulence).

MENTAL HEALTH CONSIDERATIONS

Your mental health may change in unexpected ways

You may become suicidal (thinking about harming or killing yourself or planning or trying to do so) while you are using semaglutide injection for weight loss.

You, your family, or your caregiver should call your doctor right away if you experience any of the following symptoms:

- depression
 - talking or thinking about wanting to hurt yourself or end your life
 - withdrawing from friends and family
 - preoccupation with death and dying
- or any other unusual changes in behavior or mood.

Be sure that your family or caregiver knows which symptoms may be serious so they can call the doctor if you are unable to seek treatment on your own.

Other considerations.

While Nausea is stated as a common side effect we believe that nausea is of benefit as it allows us to suppress hunger and/or thoughts about taking food absence of physical hunger rather than what we call a “mental hunger”.

A person with a high BMI technically has a sufficient depot/reserve to survive the certain number of days without food. However, intake of water with alkaline is a MUST! While some people believe that normal intake of food is a must, some experts state that minimum food intake is a way to decrease fat mass, especially internal fat which is invisible but is very harmful to our health.

Important Disclosures

Discuss with your Provider:

IF there is a large change in your diet, exercise, or weight; or if you get sick, develop an infection or fever, experience unusual stress, or are injured.

These changes and conditions can affect your blood sugar and the amount of semaglutide injection you may need

If you think you may have become pregnant

Semaglutide injection also works by slowing the movement of food through the stomach, and may decrease appetite, and cause weight loss. This might increase the likelihood of nausea and constipation.

You need to be sure you are having a bowel movement at least once a day. Call us immediately if you are having trouble with your water intake and/or have not been able to have a bowel movement.