

The guide to your Semaglutide

Everything you need to know — whether you're just starting or adjusting your dose. Read through before you inject your GLP-1, then keep this guide in your files for reference.

Important Safety Information

- ⓘ **Contact Allara if you experience:** Persistent vomiting · Severe abdominal pain · Signs of hypoglycemia (shakiness, sweating, confusion) · Signs of allergic reaction · Rapid heartbeat or palpitations
- ⓘ **Go to the ER or call 911 for:** Difficulty breathing or swallowing · Severe throat or neck swelling · Persistent severe pain radiating to the back · Loss of consciousness or extreme confusion
- ⓘ **Do not use if pregnant, planning pregnancy, or breastfeeding** Semaglutide is not recommended during pregnancy or while breastfeeding. If you are planning to become pregnant, stop treatment at least 2 months before trying to conceive and contact your Allara provider to discuss next steps. If you become pregnant while on this medication, stop use immediately and notify your Allara provider. Make sure all of your prescribers know you are on this medication.

After Your Medication Arrives



Refrigerate on arrival

Store between 36–46°F (2–8°C). Do not freeze. Discard if frozen.



Room temp for 28 days

Once in use, may be kept at room temp (up to 77°F / 25°C) for up to 28 days.



Keep away from light

Protect from direct sunlight and heat. Avoid ovens, windows, or car dashboards.



Inspect before injecting

Please note, the medication should be red tinted due to the inclusion of vitamin B-12.

Weekly Dosing Instructions

Same day, every week

Choose a consistent injection day. Consistency supports steady drug levels and reduces side effects.

Rotate your injection site

Inject into abdomen, thigh, or upper arm. Rotate sites each week to prevent tissue buildup.

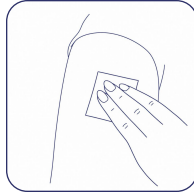
Follow your prescribed dose

Do not increase your dose without guidance from your Allara medical provider. They will titrate based on your response.

- ⓘ **Missed a dose?** If you miss an injection, take it as soon as possible within 5 days. If more than 5 days have passed, skip that dose and resume on your regular scheduled day. Do not double up. Have questions? Get in touch with Allara Patient Success in your patient dashboard or the Allara app.

How To Inject Your Medication

What you'll need: One syringe, your medication vial, a gauze pad, and two alcohol wipes. Please check your shipment for included supplies — contents may vary. Before you begin, wash your hands thoroughly with soap and water.



STEP 1: Pick your spot, prep the area

Choose stomach, upper thigh, or upper arm. Disinfect your chosen site with one alcohol wipe and let it dry completely. Clean the top of your medication vial with the second alcohol wipe.

ABOUT INJECTION SITES

→ Stomach

At least 2 in. from your belly button, into the soft fatty tissue on either side.

→ Upper thigh

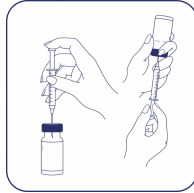
Front or outer thigh, midway between knee and hip. Easy to reach on your own.

→ Upper arm

Fatty area on the back of the upper arm. A mirror can help guide you.

⚠ Areas to Avoid

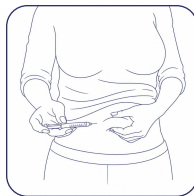
any areas with scars, bruising, or broken skin. Rotate sites each week.



STEP 2: Draw your dose carefully

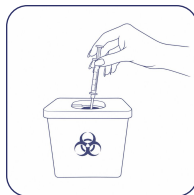
Remove the cap(s) from your syringe — set it aside on a clean surface; do not touch the needle tip. Insert the needle into the vial, turn it upside down, and slowly pull the plunger to your prescribed dose.

If you see air bubbles, gently push the plunger back until they disappear, then redraw. Always double-check the amount before injecting. Never estimate.



STEP 3: Inject your GLP-1 medication

Pinch the skin to create a small fold. Insert the needle at a 45° angle, smoothly and quickly. Press the plunger all the way down, hold for a count of five, then withdraw. Press the gauze gently against the site for a few seconds — do not rub.



STEP 4: Dispose of your needle right away

Place the used needle and syringe immediately into a sharps container. Never recap the needle or put it in the trash. No sharps container? Contact your care team or visit safeneedledisposal.org to find a drop-off location near you.

Managing Side Effects

Common (usually improve over time)

- Nausea or upset stomach
- Decreased appetite
- Constipation or diarrhea
- Constipation or diarrhea
- Injection site redness or bruising

How to reduce GI discomfort

- Eat smaller, slower meals
- Avoid fatty, spicy, or fried foods
- Stay well hydrated (64+ oz daily)
- Take your injection with food if needed
- Protein-first eating helps satiety

→ **Book a visit with an Allara Registered Dietitian for personalized support or access to their Weight Management program.**

ⓘ **Tolerance can shift as you continue** If you've been on semaglutide and side effects return or worsen — especially after a dose adjustment, illness, or break — this is expected. Your Allara provider will guide your titration based on your response. Nausea and fatigue often return briefly with each increase. Contact your Allara provider if symptoms are severe or persist beyond 1–2 weeks at a new dose.

Ongoing Reminders

- 1. Hydration is key:** Reduced appetite can mask thirst. Aim for at least 64 oz water daily. Electrolytes may help if you feel lightheaded.
- 2. Prioritize protein:** Aim for 0.7–1g per lb of body weight to protect muscle mass as appetite decreases.
- 3. Strength training matters:** GLP-1s can reduce muscle alongside fat. Resistance training 2–3× weekly preserves lean mass.
- 4. Medications to review:** GLP-1s slow gastric emptying and can affect absorption of oral medications. Inform your medical provider of what you're taking.
- 5. Blood sugar awareness:** Semaglutide affects insulin and blood sugar levels. As a GLP-1 receptor agonist, semaglutide stimulates insulin release and lowers blood sugar. If you take other medications that lower blood sugar (such as insulin or sulfonylureas), monitor closely — especially after dose increases. Symptoms of low blood sugar: shakiness, sweating, rapid heartbeat, confusion, or dizziness. Make sure all of your prescribers know you are on semaglutide.

Support

Contact your Allara provider if you experience: Persistent vomiting · Severe abdominal pain · Signs of hypoglycemia (shakiness, sweating, confusion) · Signs of allergic reaction · Rapid heartbeat or palpitations.

Go to the ER or call 911 for: Difficulty breathing or swallowing · Severe throat or neck swelling · Persistent severe pain radiating to the back · Loss of consciousness or extreme confusion.

Messaging

Secure via the Allara app

Email

patientsuccess@allarahealth.com

Urgent / After Hours

Call 911 or go to the ER

This insert is for informational purposes only and does not replace personalized medical advice. Always follow your provider's instructions for your prescribed dose and protocol. © 2026 Allara Health. All rights reserved.