

# The guide to your Tirzepatide

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

You can inject in your stomach, upper thigh, or upper arm — all are safe and effective. Rotate your site each week to avoid irritation and help with absorption.

#### ABOUT INJECTION SITES

##### → Stomach

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

##### → Upper thigh

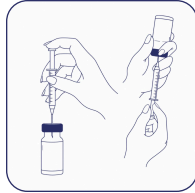
Front or outer thigh, midway between knee and hip. Easy to reach on your own.

##### → Upper arm

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

##### ⚠ Areas to Avoid

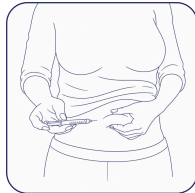
any areas with scars, bruising, or broken skin. Rotate sites each week.



### STEP 2: Draw your dose carefully

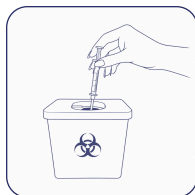
Once your site is prepped, remove the cap(s) from your syringe. Set it aside on a clean surface — do not touch the needle tip. Insert the needle into the vial, turn it upside down, and slowly pull the plunger back to your prescribed dose.

If you see air bubbles, gently push the plunger back until they disappear, then redraw. Always double-check the amount before moving on. Your prescription tells you exactly how much to draw — never estimate.



### STEP 3: Inject your GLP-1 medication

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



### STEP 4: Dispose of your needle right away

Place your 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](http://safeneedledisposal.org) to find a drop-off near you.

## Managing Side Effects

### Common (usually improve over time)

- Decreased appetite (can be significant)
- Constipation or diarrhea
- Fatigue or low energy, especially week 1–2 of a new dose
- Injection site redness or itching

### How to reduce GI discomfort

- Avoid fatty, fried, or heavily spiced foods
- Stay well hydrated (64+ oz water daily)
- Try injecting in the evening to sleep through peak nausea
- Electrolytes help if you feel lightheaded or fatigued

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

ⓘ **Tolerance can shift as you continue** to re-emerge at each new dose Tirzepatide uses a stepped titration schedule — your Allara provider will guide each increase based on your response. Nausea and fatigue often return briefly with each new dose — this is expected. Contact your Allara provider if symptoms are severe or persist beyond 1–2 weeks at a new dose.

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## Ongoing Reminders

- 1. Hydration is key:** Strong appetite suppression can mask thirst. Aim for 64+ oz daily. Add electrolytes if you feel dizzy or fatigued.
- 2. Prioritize protein:** Aim for 0.7–1g per lb of body weight to protect muscle mass as appetite decreases.
- 3. Strength training matters:** Tirzepatide's stronger weight-loss effects increase muscle loss risk. Resistance training 2–3x per week is especially important.
- 4. Review all medications:** Tirzepatide affects insulin sensitivity and gastric emptying. Inform all prescribers — especially if you take oral contraceptives or diabetes medications.
- 5. Tirzepatide has a stronger effect on insulin and blood sugar than GLP-1-only medications:** Unlike semaglutide, tirzepatide activates both GIP and GLP-1 pathways, which enhances insulin secretion more significantly. 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 tirzepatide.

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## 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.