

The guide to your Tirzepatide

Patient Safety Information and instructions for use. Read through before you inject your GLP-1, then keep this guide in your files for reference. This product has not undergone FDA review for safety or effectiveness.

Keep Out Of Reach Of Children

Important Safety Information

- ① **Contact Allara if you experience:** Persistent vomiting · Severe abdominal pain · Signs of hypoglycemia (shakiness, sweating, confusion) · Signs of allergic reaction · Rapid heartbeat or palpitations
- ① **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
- ① **DO NOT USE IF PREGNANT, PLANNING PREGNANCY, OR BREASTFEEDING** Tirzepatide 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.

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.

- ① **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 draw up your weekly dose

Your vial holds **4 weekly doses**. These steps help you get a full dose every week, including the last one. Your dose is written on your vial label in **units**. Match it to the numbers on your syringe.

PREPARE

1



Inspect liquid and check label

Check that you have the right medicine, right dose, and that it's not past the use-by date. The liquid should be clear—do not use it if it is cloudy or has specks in it. Do not shake the vial.

2

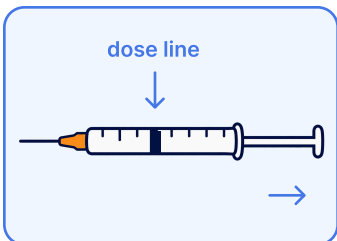


Wash your hands and clean the vial.

Wash your hands. Wipe the rubber top of your medication vial with the second alcohol wipe. Let it dry for a few seconds.

DOSE

3

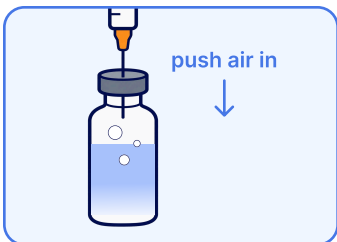


Draw air into the syringe

Remove the cap(s) from your syringe. Pull the plunger back to your dose line to fill the syringe with air. Do not touch the needle tip.

Never use a syringe or needle twice.

4

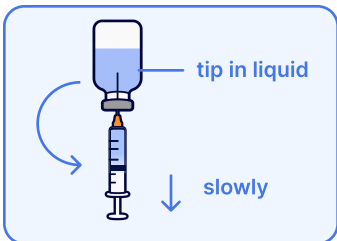


Push the air into the vial

Keep the vial upright. Insert the needle straight through the center of the rubber top. Push the plunger down to release the air inside.

To make dose last all 4 weeks, be sure to insert needle through center, not edge

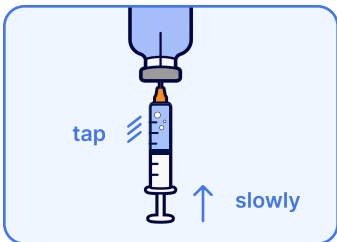
5



Turn vial upside down & pull plunger back slowly

Hold the vial and syringe together at eye level. Keep the needle tip in the liquid, not in the air above it. Slowly pull the plunger a little past your dose line. Pulling slowly helps reduce bubbles.

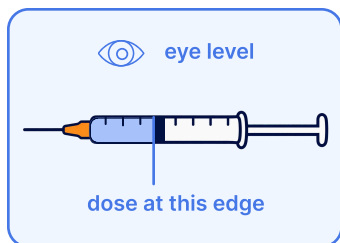
6



Remove bubbles and return to your dose line

Keep the needle in the vial. Gently tap the syringe so any bubbles rise. Slowly push the plunger up until back at the dose line.

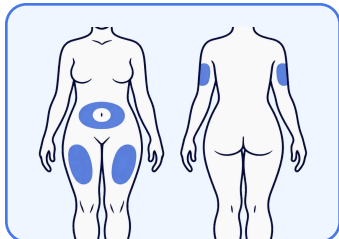
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Check your dose and remove the needle

Hold the syringe at eye level. Align the edge of the black rubber plunger closest to the needle with your dose line. If it matches, pull the needle out of the vial.

8

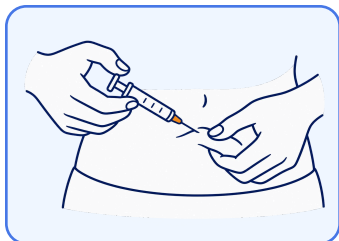


Choose and clean your injection site

Choose your stomach, upper thigh, or upper arm. Clean your chosen site with one alcohol wipe and let it dry completely.



9



Inject your medication

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

10

Dispose of your needle and syringe

Immediately place the used needle and syringe into a sharps container. Never recap the needle or put it in the trash.

Tips to make your vial last all 4 weeks

Bubbles are the #1 problem: A syringe with bubbles holds less medicine than it looks. Take your time with step 6.

Draw up right before you inject: Do not fill syringes ahead of time.

Aim for the center: Push the needle through the center of the rubber top each week, not the edge.

For Your Last Dose



For your last dose

With the vial upside down, tilt it slightly. Pull the needle back so the tip sits just inside the rubber top. The last of the liquid collects there.

If you can't get your full dose...

- Do not mix medicine from an old vial and a new vial in one syringe.
- Do not take a partial dose without checking with us first.
- Message your Allara care team. We will tell you what to do and make sure you get a replacement.

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.

- ① **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.

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.

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