



Your Zepbound[®] treatment guide

A close-up photograph of two women, one Black and one white, laughing heartily. They are both wearing white tank tops. The image is semi-transparent, serving as a background for the text.

Congratulations!

Welcome to Felix

Let's get started →

Contents

What's in the box	02
Your prescription	04
Using your medication	06
Where to administer	13
Side effects	16
Shipping and disposal	18
Notes	22

What's in the box

- 1 Your Zepbound® Kwikpen
- 2 Alcohol swabs
- 3 Sharps container: for proper disposal of used syringes and needles

In addition to this guide, please carefully read the Medication Guide and Instructions for Use within the Zepbound® box.

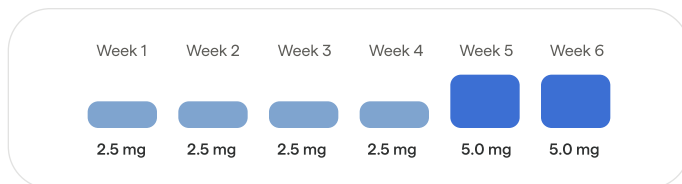
How do I start taking Zepbound®?

The starting dose of Zepbound® is 2.5 mg per week. The dose may gradually increase, depending on your body's response and side effects.

Your healthcare practitioner's aim is to find a steady state dose for you — the lowest effective dose, up to a maximum of 15 mg.

With the Felix program, you stay at each dose for a minimum of 4 weeks and increase your dose only if needed. It's important that you do not increase your dose at a faster rate than what your practitioner has advised, or as outlined in your medication dosing schedule and treatment guide. This is because the medication was designed to be increased at a specific rate for your safety and in order to minimize side effects. This allows your body time to adjust to the medication.

You will continue to gradually increase your dosage (if needed) to a steady state dose.



This treatment guide has been prepared following the anticipated dosing schedule beginning at the starting dose. Do not alter your dose unless instructed by your healthcare practitioner. If you are experiencing severe or unexpected side effects please seek in person care with your primary healthcare practitioner, walk-in clinic or emergency department.

Renewing your prescription

Your first prescription is written for 12 weeks. You will renew your prescription with your healthcare practitioner after completing a virtual checkup and completing your labs.

Approximately 10 weeks after your initial treatment approval, you'll receive an email inviting you to a virtual checkup for your upcoming prescription.

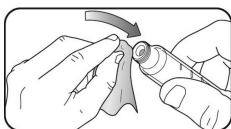
Your first 3 months

Your Felix practitioner will provide a 12 week prescription. Our dosing will be tailored to you and your health goals. Your first Zepbound® shipment will include medication for your first 4 weeks. Your remaining doses will be shipped automatically as needed to ensure your medication remains safe, viable and ready for use. Your dosage typically increases every 4 weeks if needed.

[Learn more about your dosing
schedule here](#)

How do I use the Zepbound® KwikPen?

Please refer to the full instructions for use in the Patient Information Leaflet.



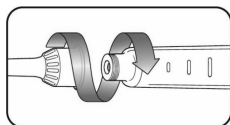
Step 1 / Get ready

- Pull the KwikPen cap straight off.
- Wipe the inner read seal with an alcohol swab



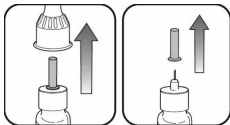
Step 2 / Prepare the needle

- Select a new pen needle. Always use a new pen needle for each injection to help prevent infections and blocked needles.
- Pull off the paper tab from the outer needle shield.

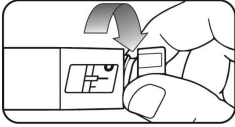


Step 3 / Attach the needle

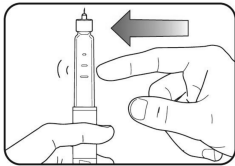
- Push the capped pen needle straight onto the KwikPen and twist the pen needle on until it's tight.
- Pull off the outer needle shield and keep it. This will be reused.
- Pull off the inner needle shield. Put it in your household trash.



Step 4 / Select your dose

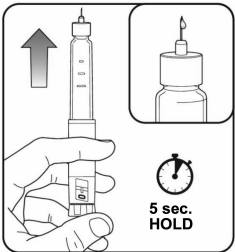


- Slowly turn the dose knob until you hear **2 clicks** and the extended line shown in the dose window aligns with the dose indicator. This is the prime position.
- It can be corrected by turning the dose knob in either direction until the prime position is achieved.



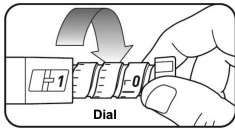
Step 5 / Collect air bubbles

- Hold your KwikPen with the needle pointing up.
- Tap the cartridge holder gently to collect air bubbles at the top.



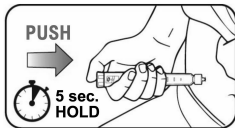
Step 6 / Prime your KwikPen

- **Push and hold the dose knob in** until it stops, and the "0" icon is shown in the dose window.
- **Hold the dose knob in and slowly count to 5.** This will release some medicine into the air. **Do not** inject into your body.



Step 7 / Get ready to inject

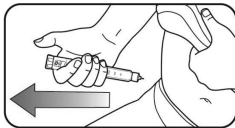
- Choose an injection site. Turn the dose knob until it stops and the “1” icon is shown in the dose window. The “1” icon is equal to a full dose.



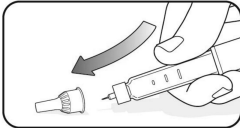
Step 8 / Inject your medication

- Insert the needle into your skin.
- Inject the medication by pushing the dose knob in until it stops.
- Hold the dose knob in and slowly count to 5. The “0” icon must be shown in the dose window before removing the needle.

Step 9 / Remove the needle

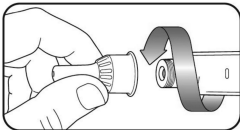


- Pull the needle out of your skin. A drop of medicine on the needle tip is normal and won't affect your dose.
- Confirm the “0” icon is in the dose window. If you see the “0” icon in the dose window, you have received the full dose.
- If you don't see the “0” icon in the dose window, insert the needle back into your skin and finish your injection. **Do not** turn the dose knob back to the “1” icon.



Step 10 / After your injection

- Carefully replace the outer needle shield.
- If you see blood after you pull the needle out of your skin, lightly press the injection site with gauze or a cotton ball. Do not rub the injection site.



Step 11 / Dispose of the needle

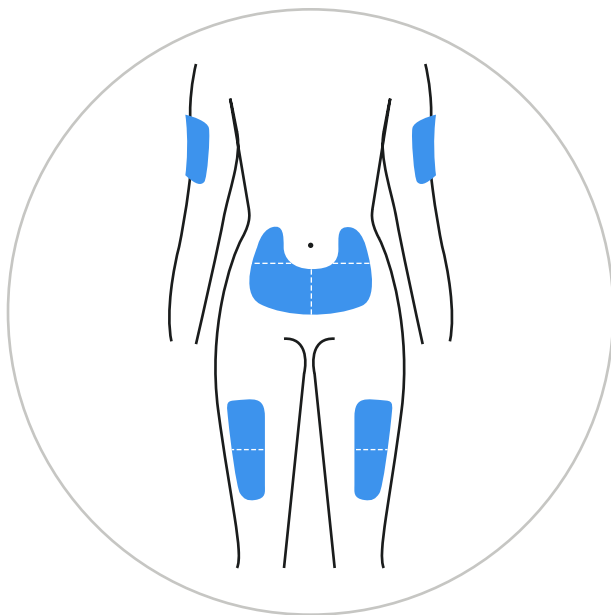
- Unscrew the capped needle and put the needle in a sharps container.
- Replace the KwikPen cap.
- **Do not** store the KwikPen with the needle attached to prevent leaking, blocking the needle, and air from entering the KwikPen.
- **Do not** store the KwikPen without the pen cap attached.

[Click here to see a video of how to use Zepbound[®]](#)

Where do I administer Zepbound®?

The best places on your body to inject Zepbound® are the front of your thighs, the front of your waist (abdomen), or your upper arms.

If you are having issues injecting in these areas, please contact your healthcare practitioner or pharmacist.



How often do I take Zepbound®?

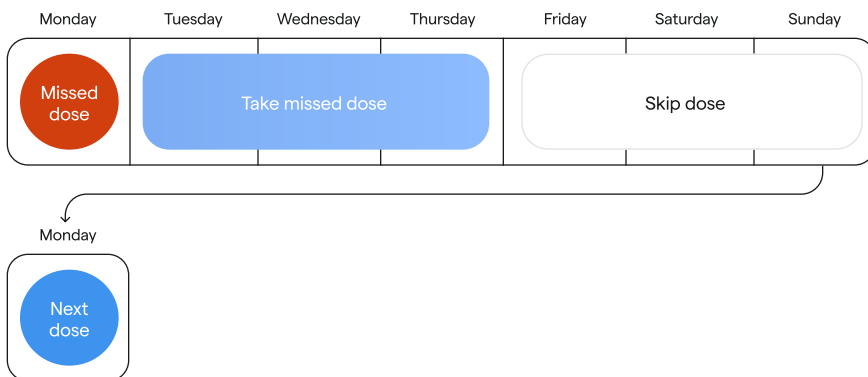
You should take Zepbound® once a week, at the same time, on the same day of the week. You can take it with or without food.

What do I do if I miss my Zepbound® dose?

If it has been 4 days (96 hours) or less since your missed dose, take Zepbound® as soon as you remember. Take your next dose on your regularly scheduled day.

If it has been more than 4 days (96 hours) since your missed dose, skip that dose and take your next Zepbound® dose as usual on your scheduled day.

Important note: Do not take an extra dose or increase the dose to make up for a missed dose. If necessary, you can change the day of your weekly injection provided it has been at least 3 days (72 hours) since your last one.



Possible side effects

Like all medication, Zepbound® may cause side effects, although not everybody gets them.

Common side effects are nausea, vomiting, constipation, diarrhea, fatigue, stomach pain, or acid reflux. These typically resolve within a couple of weeks. If side effects are severe, please seek immediate in-person care. If you are experiencing moderate side effects, or have any questions, please speak with your healthcare practitioner.

Low blood sugar (hypoglycemia) could be a side effect with Zepbound® especially when used with a sulfonylurea medication or insulin.

The warning signs of low blood sugar may come on suddenly. They can include: cold sweat, cool pale skin, headache, fast heartbeat, feeling sick (nausea) or very hungry, changes in vision, feeling sleepy or weak, feeling nervous, anxious or confused, difficulty concentrating, or shaking.

If you are using a sulfonylurea medication or insulin, please discuss this with your healthcare practitioner to better understand what to do if you notice these warning signs.

Tips for managing side effects

The most common side effects of Zepbound® are gastrointestinal (nausea, vomiting, diarrhea, constipation and acid reflux). There are a few things you can try that may help manage them, such as:

- Eating smaller, more frequent meals
- Eating slowly
- Drinking plenty of water (staying hydrated)
- Avoiding fatty foods
- Avoiding eating in the evening/night
- Increase amount of fibre in your food

If side effects are moderate, please talk to your health care practitioner to discuss side effect management.

Shipping and stability

Your medication must be stored between 2 to 8°C to maintain effectiveness. **Please refrigerate your medication once you receive it and only take it out when you are about to administer an injection.**

Specialized packaging will always be used during shipping for Zepbound® to help keep the medication temperature between 2 and 8°C from the time it leaves the pharmacy, until it reaches its destination (including some buffer time). If you find a melted gel pack inside, don't worry. This is normal and expected; the internal temperature of your medication should still be within the suitable range. Once your medication has been delivered, please immediately transfer it to the fridge.

You will be able to see the medication in your pen. If the liquid is clear to slightly yellow, your medication is stable and ready to be used.

If you notice anything floating in your medication, or if the liquid is a different colour than clear to slightly yellow, don't take your medication.

Contact a Felix pharmacist right away.

Disposal

Dispose of used KwikPen needle tips (after it has been removed from the pen) safely using the sharps disposal kit provided. KwikPens (once the needle tip has been removed from the pen) can be disposed of in the sharps container as well. **Do not** save leftover medication from the KwikPen.

Never share needles or syringes with another person. Doing so carries a risk for transmission of blood-borne pathogens.

Do's and don'ts for safe sharps disposal

The needles, syringes, and needle tips that you use for your weekly doses are considered **medical sharps** and should be disposed of properly along with your unwanted/unused medication.

- ✗ Don't flush them.
- ✗ Don't put them down the sink.
- ✗ Don't throw them in the garbage. Taking any of these actions can put your family, pets, your community, and the environment at risk.

- ✔ **Do** take your full sharps container to a location that participates in HPSA's free take-back programs. By doing this, you ensure the proper collection and disposal of these items.

How to return medical sharps

You may only need to dispose of your medical sharps once per year on average.

- 1 Use the medical sharps container provided to keep all needles and syringes in a safe and secure place.
- 2 After use, place your needles and syringes in the provided container, ensuring the stack of sharps stay **below** the lid closure line.
- 3 Follow the instructions on the container to permanently close the lid and return it to a participating HSPA location.

[Click here to find a participating HSPA locations near you](#)



Notes

