

SERMORELIN PATIENT EDUCATION

WHAT IS SERMORELIN?

- **Sermorelin** is a synthetic peptide that stimulates your body's natural production of growth hormone (GH).
- It works by mimicking Growth Hormone-Releasing Hormone (GHRH), encouraging the pituitary gland to produce and release more of your own GH.
- Sermorelin is commonly used as part of therapies for aging support, muscle health, and overall vitality.

WHY USE SERMORELIN?

Sermorelin is prescribed to:

- Support healthy metabolism and fat loss
- Improve energy, endurance, and strength
- Enhance recovery after exercise
- Improve sleep quality
- Support healthier skin, hair, and nails
- Promote cognitive function and mood stability
- Aid in maintaining lean muscle mass

HOW IS SERMORELIN GIVEN?

- **Route:** Subcutaneous (SQ) injection (under the skin), usually in the abdomen or thigh.
- **Frequency:** Often once daily, typically before bedtime (since GH secretion naturally peaks during sleep).
- **Administration:** Your healthcare provider will train you to self-inject, or you may be treated in a clinic.

WHAT TO EXPECT

- Full benefits may take several weeks to months.
- Improvements are often gradual: better sleep and energy may be noticed first, followed by changes in body composition and skin.
- **Mild side effects** may include:
 - o Redness or soreness at the injection site
 - o Mild swelling or itching
 - o Headache
 - o Flushing
 - o Nausea (rare)

PRECAUTIONS

- **Medical Conditions:** Inform your provider if you have a history of cancer, pituitary disorders, diabetes, or heart disease.
- **Pregnancy & Breastfeeding:** Safety has not been established; avoid use unless prescribed and supervised.
- **Medication Interactions:** Tell your provider about all medications and supplements you are taking.

STORAGE INSTRUCTIONS

- Store Sermorelin vials in the refrigerator (36°F–46°F / 2°C–8°C).
- Protect from light and heat.
- Do not freeze.

IMPORTANT TIPS

- Use a new sterile syringe and needle for every injection.
- Rotate injection sites to prevent irritation or scar tissue buildup.
- Never share your medication, needles, or syringes with anyone.
- Dispose of needles and syringes in a proper sharps container.

WHEN TO CALL YOUR PROVIDER

Call your healthcare provider immediately if you experience:

- Signs of allergic reaction (rash, itching, swelling, dizziness, difficulty breathing)
- Severe pain, redness, or swelling at the injection site
- Unusual fatigue, blurred vision, or rapid weight changes

QUESTIONS?

If you have questions about your Sermorelin therapy, dosing, or injection technique, please contact your healthcare provider.

We are here to support your success with therapy!

