

Semaglutide/Tirzepatide

Pre-Care:

1. **Medical Consultation:** Before starting semaglutide, consult with your healthcare provider to determine if it is the appropriate medication for you.
2. **Medical History:** Provide a comprehensive medical history, including any pre-existing conditions, medications, and allergies, to your healthcare provider.
3. **Dosage Instructions:** Understand the prescribed dosage and administration instructions. Semaglutide is injected subcutaneously, and your healthcare provider will guide you on the proper technique.
4. **Blood Glucose Monitoring:** If your healthcare provider recommends it, monitor your blood glucose levels regularly to ensure effective management.
5. **Diet and Exercise:** Continue to follow a healthy diet and exercise regimen as recommended by your healthcare provider. Semaglutide is often part of a comprehensive management plan.
6. **Side Effect Awareness:** Be aware of potential side effects and contact your healthcare provider if you experience anything unusual or severe.

Post-Care:

1. **Injection Site Care:** Follow proper injection site care guidelines provided by your healthcare provider. This includes rotating injection sites to minimize the risk of irritation.
2. **Regular Monitoring:** Attend follow-up appointments as scheduled by your healthcare provider to monitor your response to semaglutide and make any necessary adjustments to your treatment plan.
3. **Blood Glucose Monitoring:** Continue monitoring your blood glucose levels regularly and report any significant changes to your healthcare provider.
4. **Adherence to Medication Schedule:** Adhere to the prescribed medication schedule. If you miss a dose, follow the instructions provided by your healthcare provider.
5. **Diet and Exercise:** Maintain a healthy diet and exercise routine as part of your overall diabetes management plan.
6. **Side Effect Management:** If you experience any side effects, contact your healthcare provider promptly. They can provide guidance on how to manage or alleviate these effects.