

Give yourself an injection of GLP-1. BarbNP.com

1. Gather supplies.
 - Alcohol swabs ready to maintain clean injection site.
 - Sharps container (hard plastic container- ex laundry soap) for safe disposal of needles.
 - Verify medication and dosage.
 - Take medicine out of refrigerator for 20 minutes- 7 days
2. Prep yourself.
 - Wash hands.
 - Choose your injection site. See photo below of SubQ sites
3. Prepare medicine.
 - Clean rubber stopper with alcohol swab and allow it to dry.
 - With the syringe, draw in air up to the dose you are taking out.
 - Insert needle gently into medicine without bending needle, insert the air and draw out your dose with bottle upside down.
4. Administer medicine.
 - Clean injection site with alcohol swab and allowed to dry
 - Pinch the injection site and insert the needle with slight angle. (insulin needle is so small it can be direct 90* or angle)
 - Release pinched skin and slowly inject medicine.
 - Withdraw the needle and press the alcohol swab to the site. Do not rub.
 - Dispose of needles / syringe into sharps container.
 - Put medicine back in the refrigerator for next week.

Dose schedule per BarbNP.com

5 weeks – 20 units (0.2ml)

4-8 weeks – 30 units (0.3mL) **Stay here if you can, if not, go up

4 weeks – 40 units (0.4mL) = **Stay here for maintenance as long as possible.

*If you feel you need to increase- increase every 4 weeks by 15 units for a Max dose of 140 units (1.4mL).

**1st starting vial = last 4-5 weeks.

** 3ml vial = last 4- 8 weeks.

**Give me 2 weeks notice and payment if I need to order more.

