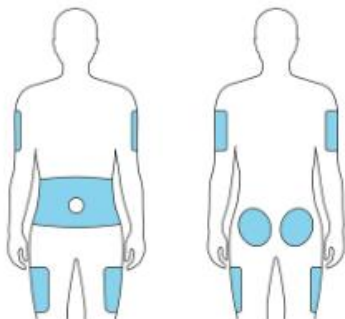


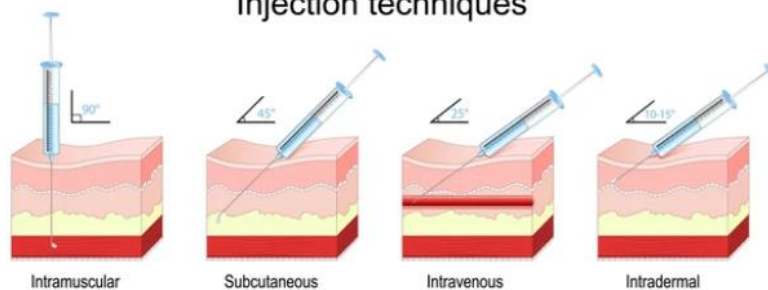
Give yourself an injection of GLP-1. BarbNP.com

1. Gather supplies.
 - Alcohol swabs ready to maintain clean injection site.
 - Sharps container (hard plastic container) for safe disposal of needles. Such as a laundry container.
 - Verify medication and dosage.
 - Take medicine out of refrigerator for 20 minutes- 7 days
2. Prep yourself.
 - Wash hands thoroughly.
 - Make sure you're comfortable and relaxed.
 - Choose your injection site. Thighs- outer or front. Abdomen- 2 inches away from belly button.
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 slowly and press the alcohol swab to the site if needed. Do not rub.
 - Dispose of needles / syringe into sharps container.
 - Put medicine back in the refrigerator for next week.

SubQ Injection Sites



Injection techniques



Standard schedule

4 weeks – 5 units (0.05ml)

4 weeks – 10 units (0.1ml)

4 weeks – 20 units (0.2ml)

4 weeks – 35 units (0.35ml)

4 weeks – 50 units (0.5ml) - maintenance

My suggestion: (BarbNP.com)

2 weeks – 5 units ($0.05 \times 2 = 0.1$)

3 weeks – 10 units ($0.1 \times 3 = 0.3$)

3 weeks – 20 units ($0.2 \times 3 = 0.6$)

****Your first vial is 1ml and will last 2 months on this suggestion, longer on standard schedule****

****From here on 4 weeks- try to stay low, go up only if needed. ****