

Semaglutide/Tirzepatide Weekly Self Administration Instructions

1. Gather supplies.
 - a. 1 insulin syringe
 - b. 2 alcohol swabs
 - c. Vial of Semaglutide or Tirzepatide
 - d. Gauze for any bleeding
2. Select clean dry workspace.
3. Wash hands before preparing medication.
4. Clean the top of the vial with an alcohol swab.
5. Draw ____ units of Semaglutide or Tirzepatide into an insulin syringe (see below image).
6. Place the insulin syringe on clean gauze until ready for use.
7. Clean area about 2 inches from navel as chosen to be injection site.
 - a. Remember to rotate around the navel when performing your next injection.
 - b. One technique is to rotate around the belly button in a clockwise manner for injections.
8. Pinch a 2-inch fold of skin between your thumb and index finger.
9. Hold the syringe the way you would a pencil or dart. Insert the needle at a 45 to 90 degree angle to the pinched-up skin. The needle should be completely covered by skin. If you do this quickly, you will feel very little discomfort.
10. Slowly push the plunger to inject the medication. Press the plunger all the way down.
11. Remove the needle from the skin and gently hold an alcohol pad on the injection site. Do not rub. Immediately put the syringe and needle into a disposal container.

