



Compound Semaglutide/Cyanocobalamin suspension PATIENT DOSING and COUNSELING

How supplied: Supplied in amber glass bottle with graduated 1ml oral syringe. May be kept at room temperature and should be shaken before use. Product has a 90 day Beyond Use Date.

Compound: Contains 1mg Semaglutide and 1mg Cyanocobalamin per 1ml of suspension. Each vial contains 30ml product.

Dosing: Recommended dosing follows. Patient specific titrations expected.

- In order to mitigate side effects, may desire to start with 0.25ml (=0.25mg) sublingually daily for 7 days. Then increase to 0.5ml (=0.5mg) sublingually daily thereafter. After 1-2 weeks of 0.5mg dose may increase to 0.75mg daily for another two weeks. Topping out at 1mg daily.
- If patient is receiving the desired effects a lower dose or less often frequency is merited. Given this is patient specific, expect a variety of dosing regimens.
- If a patient is at a 1mg daily dosing they should take 0.5mg under the tongue for 1-2 minutes and then follow with the second 0.5mg dose to maximize the sublingual absorption.
- Time of day: The time of day does not matter. The $\frac{1}{2}$ life is about 1 week so the patient can take at whatever time of day they would like. Just keep the timing consistent.
- This medication is not intended to cause weight loss on its own. It should be used as an adjunctive therapy to diet and exercise to maximize benefits.

Counseling:

- Expect to counsel on dosing as above. Always refer to the regimen a prescriber may have provided their patient.
- Common side effects:
 - Nausea – particularly at initiation and at increase in dose. The nausea can be quite severe. Recommend the ondansetron ODT that is often co-prescribed. Counsel on proper ondansetron dosing (30 min prior to dose increase and every 4-6 hours after as needed)
 - Constipation – very common on this drug. Counsel to increase fiber and water intake. Also consider an OTC stool softener or Miralax if constipation persists.

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