



Patient education for weight loss:

You have been prescribed Mounjaro (Tirzepatide)/Ozempic (Semaglutide) by your primary care provider at Quick Care! This is a Diabetes medication used for the off-label use of weight loss. This is a once weekly subcutaneous injection which is a method of giving a medication in the fatty layer of tissue just under the skin. It is very important to follow directions closely and only use the provided vial and syringes given to you by the pharmacy. If you have questions, please call Quick Care- Midtown at 605-753-9020.

Drawing up the Medication:

- Make sure this is the correct medication- it should be stored in your fridge and is good for 28 days after opening the vial.
- If the kit came with alcohol swabs, use an alcohol swab to clean the top of the vial.
- Remove the cap on the syringe covering the needle.
- With the vial in the upright position push the needle down through the center top of the vial being careful not to bend the needle.
- Keep the needle inserted in the vial and turn the vial upside down making sure the needle is completely covered by the medication.
- Pull back the plunger to fill the syringe with the correct dose of the medication.
- Remove the needle from the vial.
- Point the needle and syringe straight upwards and tap the syringe to move any air bubbles to the top.
- Once air bubbles are at the top, gently push the plunger to force the bubbles of the syringe, and replace the cap on the syringe
- Check to make sure you have the correct amount of medication, if needed you may repeat the steps starting at step 4.

Giving yourself the Medication:

- Wash your hands.
- If your kit came with alcohol swabs, clean the injection site (see photo below) with an alcohol swab.
- Remove the cap from the syringe that you have already prepared with medication.
- Quickly insert the needle all of the way into the skin at a 90-degree angle
- After the needle is completely inserted into the skin, press down on the plunger to release the medication.
- Count to 10 before removing the needle from the skin.
- Pull the needle straight out. You may notice a small amount of bleeding, this is normal.
- There will be a safety device you slide up to cover the used needle, then safely dispose of the syringe.
- You do not need to massage the injection area, but you may notice some mild pain at the injection site, this will go away after a little bit. Rotate injection sites each week!