

PREMIER WOMEN'S HEALTH, LLC

NAME

DATE

CONSENT FOR GLP-1 RA TREATMENT - PAGE 1

Human-based glucagon-like peptide-1 receptor agonists (GLP-1 RA) such as Semaglutide (compounded), Adlyxin®, Byetta®, Bydureon®, Ozempic®, Rybelsus®, Trulicity®, Victoza®, Wegovy® Mounjaro® are prescribed as an adjunct to a reduced calorie diet and increased physical activity for chronic weight management in adults with an initial body mass index (BMI) that is considered outside a healthy range.

While using a GLP-1 RA it is highly recommended that you:

- Eat a fibrous diet. Focus on fruits and vegetables that are high in fiber
- Eat small high protein meals as digestion is slowed down while on this medication
- Avoid foods high in fat as they take longer to digest
- Drink at least 32oz of water a day to avoid constipation

Do not take this medication if:

- You have a personal or family history of medullary thyroid carcinoma (Thyroid Cancer)
- You have a personal history Multiple Endocrine Neoplasia syndrome type 2 (MEN2)
- You are pregnant or plan to become pregnant while taking this medicine
- You are diabetic and/or taking any medications related to lowering your blood sugar levels without speaking with your endocrinologist or primary care provider. Specifically, if you are prescribed Insulin because the combination may increase your risk of hypoglycemia (low blood sugar) and dosage adjustments by your provider may be necessary.
- You are allergic to Semaglutide or any other GLP-1 agonist such as: Adlyxin®, Byetta®, Bydureon®, Ozempic®, Rybelsus®, Trulicity®, Victoza®, Wegovy® Mounjaro® (THIS IS NOT AN ALL-INCLUSIVE LIST)

Possible drug interactions:

- Anti-diabetic agents, specifically insulin and sulfonylureas (e.g., glyburide, glipizide, glimepiride, tolbutamide); due to the increased risk of hypoglycemia (low blood sugar). Do not take with other GLP-1 agonist medicines such as: Adlyxin®, Byetta®, Bydureon®, Ozempic®, Rybelsus®, Trulicity®, Victoza®, Wegovy® Mounjaro® (THIS IS NOT AN ALL-INCLUSIVE LIST).
- Blood pressure medications: As weight loss may occur with GLP-1 RA use, it is imperative to monitor your blood pressure at home while taking blood pressure medication during treatment with GLP-1 RA. Weight loss may naturally decrease your blood pressure which may make it necessary to adjust your blood pressure medication dosage. As weight loss occurs it is recommended to keep a blood pressure diary.

Possible side effects:

- Nausea, diarrhea, vomiting, constipation, abdominal pain, headache, fatigue, dyspepsia, dizziness, abdominal distension, belching, hypoglycemia, flatulence, gastroenteritis and reflux.
- Injection site reaction such as itching, burning, bruising or thickening of the skin may occur.

If you notice other side effects not listed above, contact our office. A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction including: rash, itching or swelling (especially of the face, tongue, throat), severe dizziness or trouble breathing.

Report adverse side effects to your clinician. In the event of any emergency call 911 immediately.

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CONSENT FOR GLP-1 RA TREATMENT - PAGE 2

GLP-1 RA may cause other serious issues such as possible thyroid tumors, including cancer. Tell your provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing or shortness of breath as these may be symptoms of thyroid cancer. In studies with rodents Semaglutide caused thyroid tumors, including thyroid cancer. It is not known if Semaglutide/ GLP-1 RA will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in humans.

IF YOU HAVE ANY QUESTIONS AS TO THE RISKS OR HAZARDS OF THIS TREATMENT OR ANY QUESTIONS CONCERNING THIS PROPOSED TREATMENT OR OTHER POSSIBLE TREATMENTS ASK NOW BEFORE SIGNING THIS CONSENT FORM.

By signing, I certify that I have read and understand the contents of this form. I am aware of the possible side effects and drug interactions and give my consent for treatment. I have informed the medical staff of any known allergies to drugs or other substances as well as any past adverse reactions I may have experienced. I have informed the medical staff of all medications and supplements I am currently taking. I understand that there are many programs that can assist me in my desire to decrease my body weight and I acknowledge that no guarantees have been made to me concerning my results with this program.

This consent covers the initial and all future prescriptions for treatment medication.

I understand that this is prescription medication therapy and is not eligible for a refund or reimbursement.

I have read and agree to the above. My questions have been answered and I understand the treatment and goals.

I understand and accept the potential risks associated with GLP-1 RA therapy as stated above and consent to treatment.

I understand that the use of GLP-1 RA is an augmentation to a healthy diet and exercise program with the goals of weight management.

Signature: _____ Date: _____

Provider Signature: _____ Date: _____