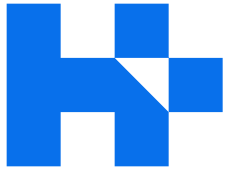


GLP-1 Patient Guide

**Hallandale  
Pharmacy**



# Patient Education Guide : GLP-1

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4	Opening your package
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6	Semaglutide dosing
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## SHIPPING

# Get to know your GLP-1 package

Our temperature-controlled insulated foil mailers or insulated styrofoam coolers are designed to maintain a consistently chilled environment for your shipped items. These specialized solutions effectively shield prescriptions from temperature fluctuations, safeguarding the integrity of products throughout the shipping process.

- ▼ Insulated foil mailer with ice and medication inside or styrofoam cooler  
*Contains your GLP-1 Semaglutide or Tirzepatide vial/s*
- ▼ Hallandale box or med pouch  
*May contain injection supplies or other prescribed medications*
- ▼ FedEx shipping box  
*or box equivalent*



**MEDICATION INSIDE  
DO NOT THROW OUT**

## SHIPPING

# Opening your package

Inside your temperature controlled package you will find your GLP-1 medication. Refrigerate upon arrival.



## Received your medication hot? Ice packs melted?

### SEMAGLUTIDE

If your Semaglutide Injectable medication was left in the heat for 7 days, you can refrigerate it immediately and continue using it for the duration of your treatment. The effectiveness<sup>1</sup> is not reduced as long as it is refrigerated and used within the prescribed period.

<sup>1</sup> In a controlled analytical study, Semaglutide injectable underwent testing under an extreme temperature (120° F), with potency maintained.

### TIRZEPATIDE

If your Tirzepatide Injectable medication was left out in room temperature, you can refrigerate it and continue using it for the duration of your treatment. The effectiveness<sup>1</sup> is not reduced as long as it is refrigerated and used within the prescribed period. Studies are currently being conducted for Tirzepatide Injectables under extreme heat conditions.

<sup>1</sup> In a controlled analytical study, Tirzepatide injectable was stored in room temperature for 7 consecutive days and maintained potency for 90 days when refrigerated.



## EDUCATION

# Why does my vial look empty?


## Understanding injectable vial fill volume

Although the vial may not appear completely full, it holds the precise amount of medication labeled. The glass container is greater than the amount of medication within.

**The image provided is for conceptual presentation purposes only and does not depict actual volume content.**

The product label contains the amount of liquid volume within the vial.





5 ML MULTI-DOSE VIAL

**Semaglutide Injection**

**2.5 mg/mL**

**EACH mL CONTAINS:** SEMAGLUTIDE 2.5 mg, BENZYL ALCOHOL 1%, DIBASIC SODIUM PHOSPHATE 0.35 mg, qs STERILE WFI 3 mL

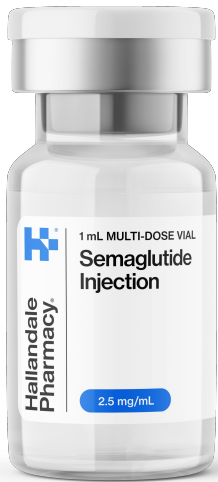
**EACH VIAL CONTAINS:** SEMAGLUTIDE 7.5 mg

**STERILE**

**STORE REFRIGERATED AT 2-8°C (36-46°F). FOR SQ USE ONLY**

**Rx ONLY**

HALLANDALE PHARMACY - FT LAUDERDALE, FL 33312



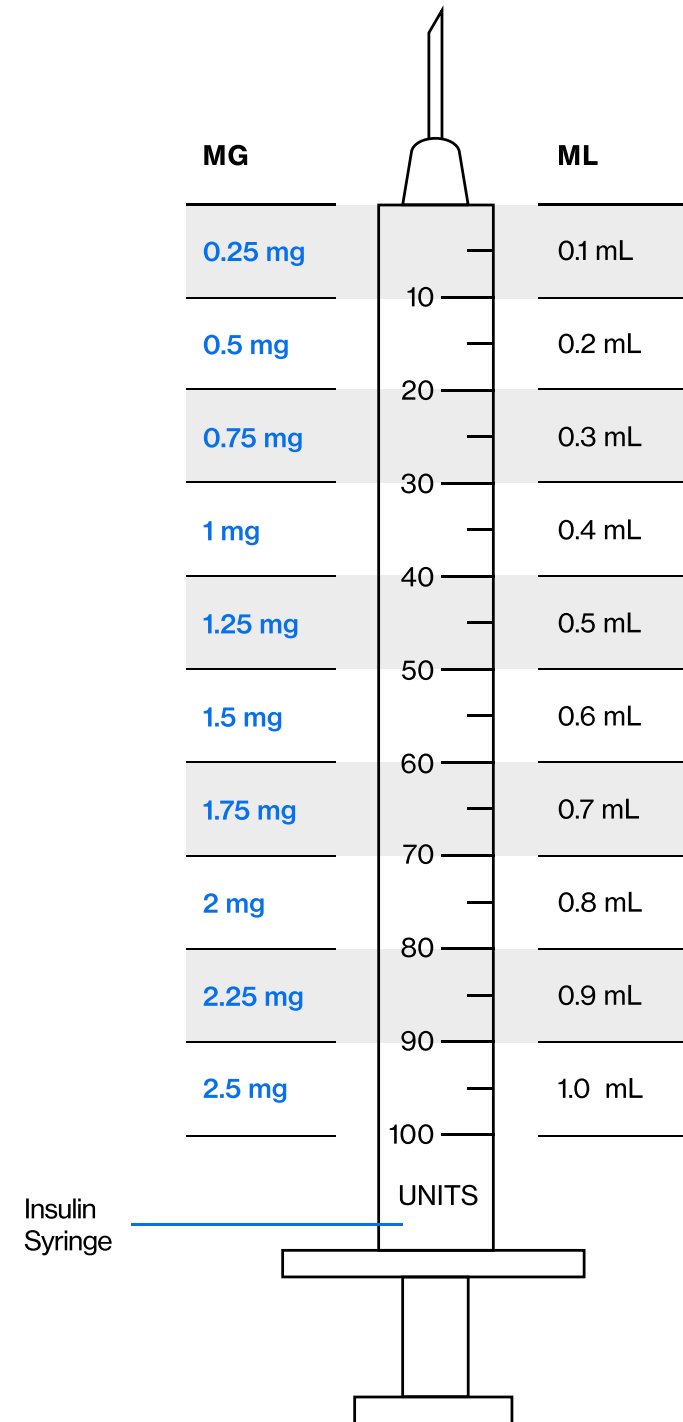
#### EDUCATION

# Semaglutide dosing

Insulin syringes are used for subcutaneous injections. They are marked in Units on the insulin syringe barrel (see Insulin Syringe). Insulin Syringes facilitate the precise measurement of tiny amounts of liquids which are ideal for medications such as insulin that require small and accurate dosing. Unit marks are also expressed in mL's and can be interchangeably referenced. A prescriber may write a prescription in Units or in mL's.

Within the amount of liquid is the prescribed mg dosage of Semaglutide (see mg chart). Milligrams (mg) is not an amount of liquid, but rather the amount of drug that is within. The conversion between units and milligrams varies depending on the concentration of the product being used.

**Example** 2.5 mg/mL = **2.5 mg** of Semaglutide in every 1.0 ml or 100 Insulin Units





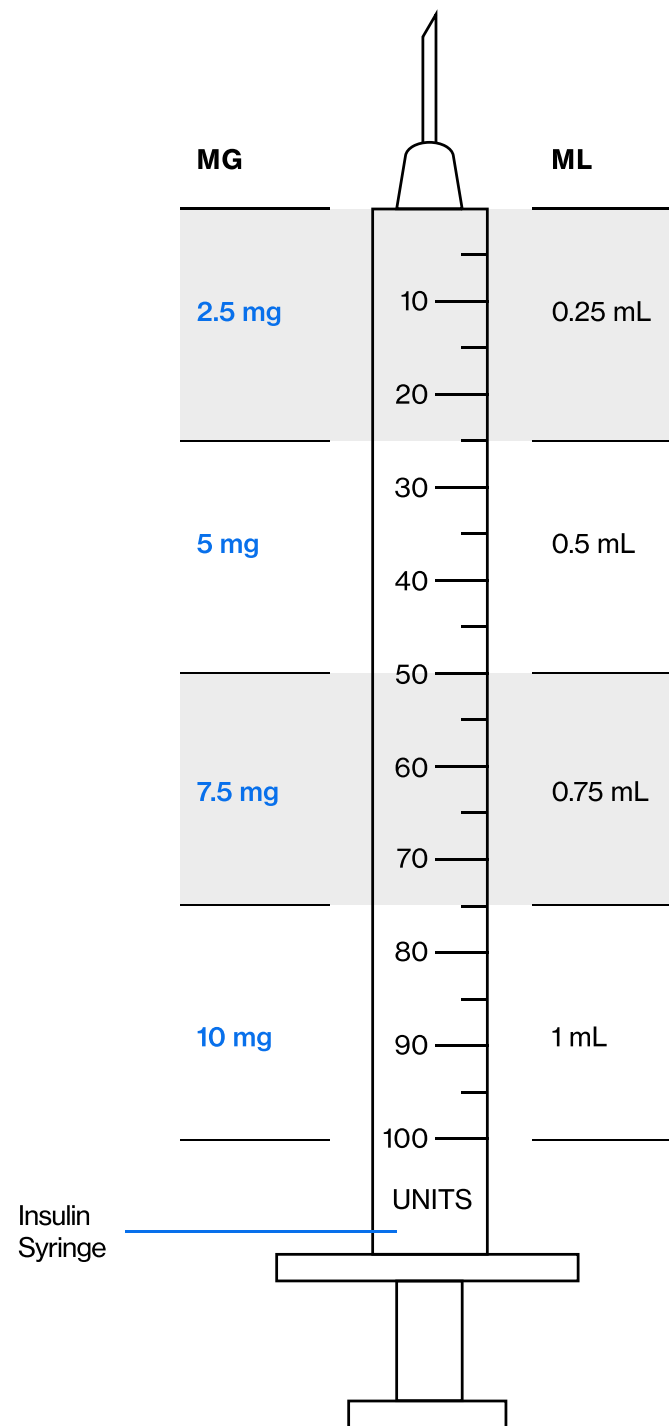
## EDUCATION

# Tirzepatide dosing

Insulin syringes are used for subcutaneous injections. They are marked in Units on the insulin syringe barrel (see Insulin Syringe). Insulin Syringes facilitate the precise measurement of tiny amounts of liquids which are ideal for medications such as insulin that require small and accurate dosing. Unit marks are also expressed in mL's and can be interchangeably referenced. A prescriber may write a prescription in Units or in mL's.

Within the amount of liquid is the prescribed mg dosage of Tirzepatide (see mg chart). Milligrams (mg) is not an amount of liquid, but rather the amount of drug that is within. The conversion between units and milligrams varies depending on the concentration of the product being used.

**Example** 10 mg/mL = **10 mg** of Tirzepatide in every 1.0 ml or 100 Insulin Units



# FAQs

## How does your company ensure the quality and purity of GLP-1 products during the manufacturing process?

Our injectables, including GLP-1 products, undergo rigorous manufacturing processes and quality assurance measures. We operate in state-of-the-art facilities covering a combined 60,000 Sq Ft, exceeding basic standard requirements. Our dedicated team of over 400 staff includes microbiologists, pharmacists, clinical pharmacists, a retired FDA manufacturing Inspector (our quality auditor), cGMP talent and supporting staff.

## Can you provide information about the testing and quality control procedures for GLP-1 products, including potency and analytical parameters?

Each batch of our injectable products undergoes thorough testing for sterility and potency. We also conduct quality audits on our FDA registered API (Active Pharmaceutical Ingredient) vendors to ensure the quality of the ingredients used in our products. Furthermore, we utilize commercial GLP-1 products as reference standards for analytical testing which supports the quality of our products. Adopting various cGMP practices demonstrates our commitment to quality and the patients we serve.

## Are you using the salt form (sodium or acetate) of Semaglutide for compounding?

No. Our Semaglutide is of pure base form.

## How does Hallandale address concerns from patients who may not be achieving the expected results with GLP-1?

We understand the frustration of patients not achieving expected results. The reasons for lack of response could include dosing titration, injection technique, insulin resistance, duration of use and other variables. We emphasize the importance of discussing expectations with healthcare providers and are committed to collaborating with them to address concerns.

## Can you elaborate on the duration of gastric side effects?

Glp-1 medications like Semaglutide and Tirzepatide may initially cause gastric side effects such as nausea and heartburn. However, these side effects tend to diminish over time as dosing stabilizes. Patients should be aware that increasing dosing during titration may temporarily bring back side effects, but they typically lessen or disappear as the body adjusts. Side effects may be managed by slowing the titration schedule, decreasing the dosage, and/or using anti-emetic medications such as Ondansetron.

## What advice do you have for patients using GLP-1 regarding injection technique and the administration schedule for optimal results?

It's essential to ensure correct dosing titration, meticulous injection technique, and using the right needle length. Insulin-resistant patients may need to balance sugar levels first. Many patients experience greater weight loss as the therapy progresses versus the expected immediate results. Staying consistent with the administration schedule, injecting on the same day and time every week, is recommended for optimal results. We stress the importance of maintaining good hydration during medication therapy.

## Can I request a Certificate of Analysis (COA) for the product I received?

For privacy concerns, we cannot provide the COA to every patient who requests it. We can provide a COA to your prescriber whom can interpret the data with you. The COA is proprietary information and is not meant to be disseminated to the public. Should a patient wish to see the COA, we can provide redacted results only. We hope you understand our commitment to maintaining privacy and the integrity of our proprietary information.





# FAQs: Why is my medication not working?



It's encouraging to see more people turning to medications like Wegovy to address challenges with obesity and diabetes. However, there's an important issue that needs attention: many individuals are discontinuing their treatment prematurely. According to a recent report, a significant 58% of users stop taking their medication within just 12 weeks, with over 30% abandoning it within the first four weeks! This trend can be attributed to various reasons, such as experiencing side effects or not witnessing the desired results as quickly as expected. However, another significant factor is the fear of financial loss, as these medications can be expensive. But here's where the support comes in: by maintaining regular communication with your doctor and seeking assistance, you can navigate through any challenges more effectively. These medications offer promising outcomes, but they're not overnight solutions. It's about committing to the treatment plan, understanding that progress takes time, and remaining engaged with your healthcare team for guidance and encouragement along the way. Remember, they're here to support your journey to better health!

## Reasons Your Medication May Not Be Working:

Through clinical feedback from a very small population of patients who do not respond to medication, most issues are resolvable, while for others, unfortunately, the medication may not be a good fit. It's crucial to manage expectations and discuss them with your provider. Just like other medications such as antibiotics, blood pressure, and diabetes drugs, sometimes don't work as expected. It's important not to blame the medication outright, but rather consider other factors.

## Considerations for Lack of Response:

- 1. Dosing Titration:** Are you at the optimal dose? GLP-1 medications are designed to slowly titrate you to the most optimal dose. While most patients experience results at lower doses, it is important to adhere to the titration duration to achieve optimal results.
- 2. Injection Technique:** Ensure that your dose is precisely measured on your insulin syringe, avoiding air pockets. Even the smallest pocket of air can affect your dosage and ultimately the response. Consider the needle length, especially if you have a higher body fat percentage.
- 3. Insulin Resistance:** Patients with prediabetes or diabetes may have a harder time responding, as balancing sugar levels is crucial. Unstable sugar levels can complicate weight loss efforts.
- 4. Duration of Use:** How long have you been on the medication? The duration of use is crucial in achieving results with medication, and these results may not be immediate. It's essential to adhere to the entire course of treatment to accurately assess the true effectiveness of the medication. Gastric side effects such as nausea and heartburn typically diminish over time as dosing stabilizes. These side effects can be managed by medications such as Ondansetron, enabling better tolerance and extended treatment duration.
- 5. Administration Schedule:** Consistency is key. Injecting the medication on the same day and at the same time each week is recommended for optimal results.

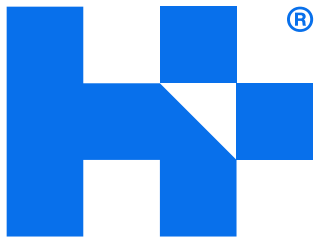
Stay Hydrated! We always emphasize the importance of drinking fluids and staying well hydrated throughout your treatment. Remember to discuss any concerns or questions with your healthcare provider.

Questions for the pharmacist? Email us at [Orders@hallandalex.com](mailto:Orders@hallandalex.com).

# Accreditation

At Hallandale Pharmacy, we hold accreditation from PCAB (Pharmacy Compounding Accreditation Board). This accreditation demonstrates our commitment to upholding industry standards in pharmaceutical compounding. Our adherence to these rigorous criteria ensures the quality, safety, and efficacy of our compounded medications, providing assurance to our patients and practitioners. This accreditation highlights our dedication to excellence in pharmaceutical compounding practices.





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