



Semaglutide Weekly Weight Loss Injections (Post-Treatment)

Congratulations on starting the weekly weight loss program with Semaglutide and Kiss Aesthetics. There are some important things to remember while taking this medication.

GI side effects are normal and can be managed with simple over the counter treatments. For constipation, we recommend Colace and/or Miralax as needed. For nausea, we recommend Pepcid/Tums or the prescribed Zofran as needed. Be sure to increase your protein and decrease your carbohydrate intake. This will help dramatically with nausea spells. We also recommend adding a supplement such as "Vital Protein" to your coffee/drinks throughout the day. One scoop has 9 grams of protein, which makes it easy to get additional protein in your diet. Please let us know if you are not tolerating your current dose, as it can be adjusted.

Initials

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