



What to Expect & How It Works

GLP-1 medications like semaglutide and tirzepatide help regulate appetite and blood sugar levels. They work by slowing digestion, reducing hunger, and promoting feelings of fullness. These medications are administered weekly via subcutaneous injection. Over time, this helps you eat less and lose weight safely and effectively.

Common Side Effects

Mild nausea, constipation, or fatigue are common early on. These symptoms usually improve as your body adjusts. Staying hydrated and eating smaller, protein-rich meals can help minimize discomfort.

Dosing & Injection Tips

Start low and go slow. Your provider will gradually increase your dose based on your progress and tolerance. Injections are typically given in the abdomen or thigh once weekly. Rotate sites and follow your injection instructions carefully.

Weight Loss Expectations

Most patients begin noticing changes within 4–6 weeks. Weight loss tends to be gradual—on average, 1–3 pounds per week after dose stabilization. Results vary based on adherence, nutrition, and metabolism.

Realistic Results Timeline

- Weeks 1–4: Appetite changes and early side effects may appear.
- Weeks 5–8: Weight loss begins to become noticeable.
- Weeks 9–16: Steady fat loss and improved energy.
- Month 4 and beyond: Sustainable progress with continued consistency.

Success Tips

1. Stay consistent—take your medication on the same day each week. 2. Focus on protein and fiber for balanced nutrition. 3. Hydrate—aim for at least 64 oz of water daily. 4. Move your body regularly. 5. Communicate with your provider about side effects or concerns.

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