



## **Semaglutide + L-Carnitine Injections Informed Consent**

Semaglutide is a human-based glucagon-like peptide-1 receptor agonist 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 Semaglutide 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
- Limit alcohol intake as this medication can lower blood pressure
- 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) • Multiple Endocrine Neoplasia syndrome type 2 • 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. • 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 have a history of Pancreatitis • You are allergic to Semaglutide or any other GLP-1 agonist such as: Adlyxin®, Byetta®, Bydureon®, Ozempic®, Rybelsus®, Trulicity®, Victoza®, Wegovy®; • If you have other allergies. This product may contain inactive ingredients, which can cause

allergic reactions or other problems. Talk to your pharmacist for more details. Before using this medication, tell your doctor/pharmacist your medical history.

## **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® (THIS IS NOT AN ALL-INCLUSIVE LIST). Other medications used in diabetes, please tell your provider about any medications that may lower your blood sugar. Possible side effects: Nausea, diarrhea, vomiting, constipation, abdominal pain, headache, fatigue, dyspepsia, dizziness, abdominal distension, belching, hypoglycemia, flatulence, gastroenteritis, and gastroesophageal reflux disease. Subcutaneous Injections: common injection site reactions characterized by itching, burning at site of administration with or without thickening of the skin(welting). If you notice other side effects not listed above, contact your doctor or pharmacist. 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/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. Report adverse side effects to your doctor or pharmacist. In the event of any emergency, call 911 immediately.

## **Possible Side Effects:**

Nausea, diarrhea, vomiting, constipation, abdominal pain, headache, fatigue, dyspepsia, dizziness, abdominal distension, belching, hypoglycemia, flatulence, gastroenteritis, and gastroesophageal reflux disease. Subcutaneous Injections: common injection site reactions characterized by itching, burning at site of administration with or without thickening of the skin(welting). If you notice other side effects not listed above, contact your doctor or pharmacist. 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/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. Report adverse side effects to your doctor or pharmacist. In the event of any emergency, call 911 immediately.

L-carnitine helps maintain good health and has been shown to be beneficial in helping to: reduce risk of cholesterol, high blood pressure, heart disease, stroke, diabetes, arthritis, and depression. Another study suggest L-carnitine can promote weight loss by helping the body produce energy, muscle movement, and aid with proper heart and brain functions. L-carnitine Injections are better absorbed by the body since they

go directly into the blood stream. Alternatives to these injections are Oral Vitamins, Capsules, Powder, and Tablets. L-carnitine Injections common side effects include but are not limited to: '

1. Risks: I understand there is risk of mild diarrhea, upset stomach, nausea, a feeling of pain and a warm sensation at the site of the injection, a feeling, or a sense, of being swollen over the entire body, headache and joint pain.
2. If any of these side effects become severe or troublesome I will contact my physician immediately.
3. I understand that although rare L-carnitine injections can result in serious side effects. Although this is a relatively rare occurrence, anyone taking L-carnitine injections should be aware of the possibility. Uncommon side effects are much more serious than the common side effects of L-carnitine injections, and such side effects should be reported to a physician to be evaluated for seriousness. Uncommon and dangerous side effects include: • headache • nausea • vomiting • diarrhea • seizures • indigestion or heartburn • gastrointestinal hyperactivity • flushed face • chills • fever • mild stomach upset
4. Before starting L-carnitine injections I will make sure to tell my Physician if I am pregnant, lactating or have any of the following conditions. • Peripheral vascular disease • Hypertension (high blood pressure) • Kidney disease • Liver disease • History of seizures • Under-active thyroid (hypothyroidism) • An infection • Diabetes, mellitus, or high blood sugar levels • An unusual or allergic reaction to other medicines, foods, dyes, or preservatives
5. I understand that certain herbal products, vitamins, minerals, nutritional supplements, prescription and non-prescription medications may result in side effects when they interact with the L-carnitine Injection. I agree not to take any other weight loss medications, other than those prescribed by Randi Coray, MSN, FNP-BC and further agree to inform the staff of ANY changes in my medication or medical history. I understand that there is no guarantee that this program will work for me and Cheeky Medspa cannot guarantee results. I understand that I must follow the program as directed in order to achieve weight loss. By consenting to treatment, I agree to pay, in full, for all visits and charges incurred at each visit. I understand that these charges may or may not be covered by my insurance and Cheeky Medspa does not provide or fill out claim forms for insurance purposes. I also understand that no refunds are given out.

I agree not to take any other weight loss medications, other than those prescribed by Randi Coray, MSN, FNP-BC and further agree to inform the staff of ANY changes in my medication or medical history. I agree not to take any other weight loss medications, other than those prescribed by Randi Coray, MSN, FNP-BC and further agree to inform the staff of ANY changes in my medication or medical history.

**IF YOU HAVE ANY QUESTIONS AS TO THE RISKS OR HAZARDS OF THIS TREATMENT, OR ANY QUESTIONS WHATSOEVER CONCERNING THIS PROPOSED TREATMENT OR OTHER POSSIBLE TREATMENTS, ASK THE STAFF 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, and any past adverse reactions I've experienced. I have informed the medical staff of all medications and supplements I'm currently taking. I release Cheeky Medspa of all liability for which might occur to me while taking this medication. I understand there are other ways and programs that can assist me in my desire to decrease my body weight and acknowledge that no guarantees have been made to me concerning my results. I further agree in the event of non- payment, to bear the cost of collection, and/or Court cost and reasonable legal fees, should this be required.

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