



Elevated 
Aesthetics

EA WEIGHT LOSS PROGRAM TITRATION GUIDELINE

Semaglutide

Weeks 1-4

- Inject 5 units (0.25mg) on the insulin syringe subcutaneously once a week (morning or night does not matter but should be on the same day weekly).
- The purpose is to get your body acclimated to the medication; some individuals can only tolerate a low dose of this medication.
- You will not lose a major amount of weight in the first 4 weeks.
- Weight loss seen in the first 4 weeks averages on 3-15 lbs.

Week 5-8

- Follow up with EA for weight and check-in.
- Inject 10 units (0.50mg) on the insulin syringe subcutaneously once a week.
- Major side effects noted with dosage increase are nausea, heartburn, burping, diarrhea/constipation.

Week 9-12

- Follow up appointment (phone)
- Inject 20 units (1.0mg) on the insulin syringe subcutaneously once a week.
- Major side effects noted with dosage increase are nausea, heartburn, burping, diarrhea/constipation.
- Patients usually see good results at this stage, ranging in weight loss on average of 15-30 lbs.
- You will need to purchase more vials at this time to last you the next 12 weeks.

Week 12+

- Follow up appointment (phone)
- Inject 40 units (2.0mg) on the insulin syringe subcutaneously once a week.
- This is your maintenance dose!
- You will see best results around 5-6 months.
- Your final appointment at the 6-month mark will be to weigh you and discuss titrating off the medication the way you titrated on, whether you want to continue another 3 months etc.

Week 20

- Follow up appointment (phone)

Where to Buy Syringes and Sharps Containers?

Amazon

- Insulin Syringes 31Gauge .3ml 5/16 6-8mm (Max is 30 units)
- Insulin Syringes 31Gauge .5ml 5/16 6-8mm (Max is 50 units)
- Insulin Syringes 31Gauge 1ml 5/16 6-8mm (Max is 100 units)

SUPPLY LIST EXAMPLES

Last purchased Feb 5, 2023
View order



EasyTouch U-100 Insulin Syringe with Needle, 31G 0.5c 5/16-Inch (8mm), Box of 100
Visit the Easy Touch Store
4.4 ★★★★★ (399 ratings) | 4 answered questions
Amazon's Choice for "insulin syringes 31g"

Price: **\$18.50** (\$18.50 / Count) **prime** One-Day
May be available at a lower price from other sellers, potentially without free Prime shipping.

Brand: Easy Touch
Material: Polyethylene
Style: 31G 0.5cc 5/16" (8mm)
Sterility Rating: Sterile
Unit Count: 1.0 Count

About this item
• Sharp Needle Springs For Comfortable Injection: Easy Touch diabetic needles are made with surgical steel, heat-treated, to-bevel cut, and electro-polished to remove burrs, creating one of the sharpest



Alcohol Wipes | Individually Wrapped Alcohol Prep Pads with 70% Isopropyl Alcohol. Great for Medical & First Aid Kits | Sterile, Antiseptic 2 Ply Alcohol Swabs - 100 count
Visit the Care Touch Store
4.7 ★★★★★ (2,521 ratings) | 15 answered questions
Amazon's Choice for "isopropyl alcohol swabs"

List Price: \$6.99 Details
Price: **\$4.99** (\$4.99 / Count) **prime** Two-Day
FREE Returns
You Save: **\$4.00 (58%)**

Thank you for being a Business Prime Member. Pay \$4.99 **\$0.00** for this order. Get a \$200 Amazon Gift Card upon approval for the Amazon Business Prime Card with an eligible Prime membership. Terms apply.

Size: 100 Count (Pack of 1)
100 Count (Pack of 1) \$4.99 (\$4.99 / Count)
200 Count (Pack of 1) \$9.99 (\$9.99 / Count)

results



Alcedo Sharps Container for Home Use 1 Quart (1-Pack) | Biohazard Needle and Syringe Disposal | Small Portable Container for Travel and Professional Use
Visit the Alcedo Store
4.7 ★★★★★ (3,815 ratings) | 9 answered questions
Amazon's Choice for "tattoo sanitation supplies"

Was: ~~\$7.85~~ Details
Price: **\$6.95** **prime** One-Day
FREE Returns
You Save: **\$0.90 (11%)**

Buy more, save more:

5 units	50 units
\$6.65 Save 15%	\$6.05 LOWEST PRICE Save 22%

Thank you for being a Business Prime Member. Pay ~~\$6.95~~ **\$0.00** for this order. Get a **\$200 Amazon Gift Card** upon approval for the **Amazon Business Prime Card** with an eligible Prime membership. Terms apply.

Number of Items: 1

1 \$6.95 prime	3 \$13.85 (\$4.62 / Item) prime	5 \$20.75 (\$4.15 / Item) prime
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