

GLP- 1 Weight Loss Program: Patient Information and Guidelines

At Truecare Cosmetic Surgery and Medical Spa, we are proud to offer our GLP-1 Agonist/GIP Peptide Program. This medication is a compounded version of Tirzepatide, and it includes two additional ingredients—a small amount of glycine and vitamin B12. These are added to help stabilize the medication and support your overall wellness.

在 Truecare 整形外科与医疗水疗中心，我们自豪地推出 GLP-1 受体激动剂/GIP 肽类项目。这种药物是 Tirzepatide 的复合版本，另外还添加了两种成分——少量甘氨酸和维生素 B12。这些成分有助于稳定药物，同时支持您的整体健康

The amounts are very small—less than a milligram of each per injection—and they are not expected to cause any noticeable effects or interact with your other medications. Glycine is a naturally occurring amino acid, and vitamin B12 is included to gently support energy and nerve function, which can be helpful when you're making lifestyle changes or losing weight.

这些成分的剂量非常小——每次注射中每种成分都少于一毫克——预计不会产生明显的影响，也不会与您正在使用的其他药物产生相互作用。甘氨酸是一种天然存在的氨基酸，而维生素 B12 的添加旨在温和地支持能量和神经功能，这在您进行生活方式调整或减重期间可能会有所帮助。

If you have any allergies you're aware of, please let us know

如果您已知有任何过敏反应，请务必告知我们。

Program Structure and Schedule:

- The starting dose of the GLP-1 Agonist/GIP peptide will be administered once weekly in-office by a licensed medical provider. GLP-1 激动剂/GIP肽的起始剂量将在有执照的医疗提供者的监督下，每周在办公室施用一次
- Patients are required to attend weekly appointments for administration and progress tracking 患者需要每周参加预约，以进行施用和进展跟踪。
- The dosage may be increased gradually based on individual response and tolerance, with adjustments made every 4 weeks. 根据个体的反应和耐受性，剂量可能会逐渐增加，每4周进行一次调整。

All injections will be in-office by a licensed provider and will be scheduled on a weekly basis

Diet and Exercise:

Follow a high-protein diet with 1 gram of protein per pound of your ideal body weight. Engage in regular strength training and resistance exercises to ensure maintenance of muscle mass throughout the program. 遵循高蛋白饮食，每磅理想体重摄入1克蛋白质。参与定期的力量训练和抗阻力锻炼，以确保在整个程序中维持肌肉质量。

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DEXA Scan for Visceral Fat and Muscle Evaluation

- We encourage all patients to undergo a DEXA scan at the beginning of the program to obtain an accurate status of your visceral fat and skeletal muscle mass. This scan will help assess your progress more effectively and ensure you maintain muscle while reducing fat. 我们鼓励所有患者在程序开始时进行DEXA扫描, 以获得您内脏脂肪和骨骼肌质量的准确状态。该扫描将有助于更有效地评估您的进展, 并确保在减少脂肪的同时维持肌肉

Side Effects and Their Management:

Although the GLP-1 Agonist/GIP peptide is generally well-tolerated, some patients may experience mild side effects. The most common side effects include: 尽管GLP-1激动剂/GIP肽通常耐受良好, 但一些患者可能会经历轻微的副作用。最常见的副作用包括

- Nausea, diarrhea, or constipation 恶心、腹泻或便秘
- Bloating or mild discomfort after eating 吃完后腹胀或轻微不适
- Mild headaches 轻度头痛

Most of these symptoms subside over time as your body adjusts to the treatment. You can manage these by: 大多数这些症状会随着身体对治疗的适应而逐渐减轻。您可以通过以下方式进行管理:

- Eating smaller, more frequent meals 吃更少、更频繁的餐
- Avoiding fatty or greasy foods 避免脂肪或油腻食物
- Staying hydrated and eating slowly 保持水分, 慢慢进食
- Consulting your provider if symptoms persist 如果症状持续, 请咨询您的提供者

Warnings and Precautions:

If you experience any of the following symptoms, it is important to seek immediate medical attention or consult your healthcare provider: 如果您出现以下任何症状, 重要的是要立即寻求医疗帮助或咨询您的医疗提供者:

- Severe vomiting or persistent nausea that does not resolve. 严重呕吐或持续恶心, 无法缓解。
- Chronic constipation lasting several days or worsening over time. 持续几天的慢性便秘或随时间加重。
- Any signs of intestinal blockage, such as: 任何肠梗阻的迹象, 例如:
 - Severe abdominal pain or cramping. 严重的腹痛或抽筋
 - Inability to pass gas or have a bowel movement. 无法排气或排便。
 - Abdominal bloating or distention. 腹部胀气或膨胀。

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Frequently Asked Questions:

What should I expect during my treatment?

- You will receive weekly injections administered by a licensed provider. Your progress will be monitored at every visit, and adjustments to your dosage will be made based on how well you tolerate the medication. 在治疗期间我应该期待什么？• 你将每周接受由持牌医生进行的注射。每次就诊时会监控你的进展，并根据你对药物的耐受性调整剂量。

Will I need to change my diet or exercise routine?

- Yes, for the best results, it's important to follow a high-protein diet and engage in regular strength training and resistance exercises to support muscle maintenance and fat loss. 我需要改变饮食或锻炼计划吗？• 是的，为了获得最佳效果，建议遵循高蛋白饮食，并定期进行力量训练和阻力运动，以支持肌肉维持和脂肪减少

What happens if I miss a dose?

- It's important to stick to the weekly schedule for optimal results. If you miss an appointment, contact the office to reschedule as soon as possible. 如果我错过了一剂怎么办？• 为了达到最佳效果，遵守每周的日程非常重要。如果错过了预约，请尽快联系诊所重新安排。

How long will I be on this program?

- The duration of the program varies for each individual and depends on your goals and how well you respond to the treatment. Your provider will guide you on the recommended length of treatment. 我会在这个项目上待多久？• 该项目的持续时间因人而异，取决于你的目标和对治疗的反应。你的医生会根据情况建议适合的治疗时长。

What if I have an emergency?

- Although this is rarely reported if you feel like you have a medical emergency then please seek immediate attention. Please go to your closest emergency room or call 911 如果有紧急情况怎么办？• 尽管这种情况很少见，但如果你感到有医疗紧急情况，请立即寻求帮助。请前往最近的急诊室或拨打911。

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Commitment to Health and Safety:

By participating in this program, you agree to adhere to the recommended lifestyle changes, including diet and exercise, for optimal results. Must inform the Truecare and your primary medical team of all the past medical history, family medical history and medication or supplements. Also if any changes to any of the above to immediately update truecare and your primary medical team. Notify your medical provider of any changes in your health, medications, or lifestyle immediately.

健康与安全承诺：通过参与此计划，您同意遵循推荐的生活方式改变，包括饮食和锻炼，以获得最佳效果。

· 必须告知Truecare和您的主治医疗团队所有的既往病史、家族病史以及药物或补充剂的使用情况。如果以上情况有任何变化，应立即更新Truecare和您的主治医疗团队。如果您的健康状况、药物或生活方式有任何变化，请立即通知您的医疗提供者。

Informed Consent and Off-label Use

By participating in this voluntary program, you acknowledge that this is a medical program involving Compounded GLP-1 Agonist/GIP peptide therapy. You testify that you have read all above and understood all the details and agree to follow the treatment plan, adhere to lifestyle recommendations, and attend all necessary appointments for monitoring and treatment. Any data collected will be used to assess the effectiveness of the program, ensuring that patient safety and care are maintained throughout. You testify that the above information was explained to you in detail. All questions were answered and there were no language barriers in understanding the details of this handout and agreement.

通过参与此自愿计划，您确认这是一个涉及GLP-1激动剂/GIP肽治疗的医疗计划。您证明您已阅读并理解上述所有内容，并同意遵循治疗计划，遵守生活方式建议，并参加所有必要的监控和治疗预约。收集的任何数据将用于评估该计划的有效性，确保在整个过程中维持患者的安全和护理。您证明上述信息已向您详细解释，所有问题均已得到解答，并且在理解本手册和协议的细节时没有语言障碍。

Contact Information联系信息：

Office Phone: Irvine: 949-543-1166 办公室电话: Irvine: 949-543-1166

After-hours Emergency Contact (DOCTORS CELL): (909)560-6463

非工作时间紧急联系方式: (909)560-6463