



Expert Aesthetics Informed Consent

GLP-1 RECEPTOR AGONIST MEDICATIONS FOR WEIGHT LOSS

- Semaglutide and Tirzepatide should be used with a reduced calorie meal plan and increased physical activity.
- Semaglutide and Tirzepatide contains vitamin B-12 and should not be used with other GLP-1 medication containing products.
- It is not known if Semaglutide and Tirzepatide is safe and effective when taken with other prescription, over the counter, or herbal weight loss products.
- It is not known if Semaglutide and Tirzepatide can be used safely in people with a history of pancreatitis.
- It is not known if Semaglutide or Tirzepatide is safe and effective for use in children under 18 years of age.

GLP-1 medications may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, Semaglutide and medicines that work like Semaglutide caused thyroid tumors, including thyroid cancer. It is not known if Semaglutide will cause thyroid tumors, or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.
- Do not use Semaglutide if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- Do not use GLP-1 receptor agonist if you have any GI disease processes such as ulcerative colitis, chron's, diverticulosis or have undiagnosed or untreated GI issues. It is imperative to consult your GI specialist before utilizing a GLP-1 receptor agonist for weight loss.

Do not use GLP-1 medications if:

- you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

- you have had a serious allergic reaction to Semaglutide or any of the ingredients in Semaglutide.

Before using GLP-1 receptor agonists, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys.
- have history of diabetic retinopathy.
- have or have had depression, suicidal thoughts, or mental health issues.
- are pregnant or plan to become pregnant. Semaglutide may harm your unborn baby. You should stop using Semaglutide 2 months before you plan to become pregnant.
- are breastfeeding or plan to breastfeed. It is not known if Semaglutide passes into your breast milk.
- GI issues resolved or unresolved, diagnosed or undiagnosed.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. GLP-1 medications work. Tell your healthcare provider if you are taking other medicines to treat diabetes, including Sulfonylureas or insulin. GLP-1 medications slow stomach emptying and can affect medicines that need to pass through the stomach quickly.

What are the possible side effects of GLP-1 receptor agonists medications?

GLP-1 medications may cause serious side effects, including:

- **inflammation of your pancreas (pancreatitis).** Stop using GLP-1 medications and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.
- **gallbladder problems.** GLP-1 medications may cause gallbladder problems, including gallstones. Some gallstones may need surgery. Call your healthcare provider if you have symptoms, such as pain in your upper stomach (abdomen), fever, yellowing of the skin or eyes (jaundice), or clay-colored stools.
- **increased risk of low blood sugar (hypoglycemia) in patients with type 2 diabetes, especially those who also take medicines for type 2 diabetes such as sulfonylureas or insulin.** This can be both a serious and common side effect. Talk to your healthcare provider about how to recognize and

treat low blood sugar and check your blood sugar before you start and while you take GLP-1 medications. Signs and symptoms of low blood sugar may include dizziness or light-headedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, or feeling jittery.

- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration) which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.
- **serious allergic reactions.** Stop using GLP-1 medications and get medical help right away, if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue, or throat; problems breathing or swallowing; severe rash or itching; fainting or feeling dizzy; or very rapid heartbeat.
- **change in vision in patients with type 2 diabetes.** Tell your healthcare provider if you have changes in vision during treatment with GLP-1 medications.
- **increased heart rate.** GLP-1 medications can increase your heart rate while you are at rest. Tell your healthcare provider if you feel your heart racing or pounding in your chest and it lasts for several minutes.
- **depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes in your mood, behaviors, thoughts, or feelings. Call your healthcare provider right away if you have any mental changes that are new, worse or worry you.

The most common side effects of GLP-1 medications may include nausea, diarrhea, vomiting, constipation, stomach (abdomen) pain, headache, tiredness (fatigue), upset stomach, dizziness, feeling bloated, belching, gas, stomach flu and heartburn.

It's better to take medication at night.

The healthcare provider has explained, and I duly understand that my responsibility by utilizing a GLP-1 medication, I must maintain an adequate calorie intake for my BMI between 1200-1500 calories per day or 1800-2000 per day including protein, complex carbohydrates, vegetables, fruit, and hydration. I understand that fried foods and sugar-based food or snacks can increase unwanted side effects listed above.

Do not share your GLP-1 injections with other people, even if the needle has been changed. You may give other people a serious infection or get a serious infection from them.

Consent to treatment by a physician extender: You may be evaluated and treated by a physician assistant (P.A.) or a nurse practitioner (N.P.) whose recommended care and treatment is subject to supervision and review by a licensed physician.

I HAVE READ AND FULLY UNDERSTAND THIS CONSENT FORM AND I REALIZE I SHOULD NOT SIGN THIS FORM IF ALL ITEMS HAVE NOT BEEN SATISFACTORILY EXPLAINED TO ME. WITH MY SIGNATURE, I ACKNOWLEDGE THAT MY QUESTIONS HAVE BEEN ANSWERED FULLY, AND THAT I HAVE BEEN REQUESTED TO READ THIS FORM AND HAVE BEEN GIVEN AMPLE TIME TO UNDERSTAND ALL ITS CONTENTS.

I UNDERSTAND THAT IF I HAVE NOT HAD A BOWEL MOVEMENT GREATER THAN 72 HOURS, I WILL CEASE THE MEDICATION AND CONTACT THE OFFICE.

I HAVE PROVIDED HONEST AND REQUESTED INFORMATION INCLUDING RECENT LABS SUCH AS A1C OR BLOOD GLUCOSE, AST AND ALT, CHOLESTROL (TRIGLYCERIDES) PANEL.

I UNDERSTAND THAT AFTER 6 MONTHS, IF I ELECT TO CONTINUE WITH TREATMENT, I WILL PROVIDE NEW LABS AS LISTED ABOVE. FURTHER I UNDERSTAND THAT MY DOSE MAY DECREASE.

I UNDERSTAND THAT RECEIVING THE MEDICATION FROM THE PHARMACY IS MY RESPONSIBILITY AND WILL NOT HOLD EXPERT AESTHETICS RESPONSIBLE FOR ANY REASON.

I WILL INJECT THE MEDICATION AS PRESCRIBED ONLY AND WILL CONSULT WITH THE PRESCRIBING PHYSICIAN AND PHYSICIAN EXTENDERS FOR ALL QUESTIONS OR CONCERNS REGARDING THE PRESCRIBED COMPOUNDED GLP-1 RECEPTOR AGONISTS MEDICATIONS.

I HAVE BEEN GIVEN THE OPTION TO HAVE MY MEDICATION INJECTED BY A HEALTHCARE LICENSED PROFESSIONAL IN-OFFICE, THE FEE IS \$25 PER WEEK. I UNDERSTAND IF I ELECT TO INJECT MYSELF AT HOME, I WILL ALTERNATE SITES OF INJECTIONS AND UTILIZE THE "SUPPLIES" PROVIDED ONCE AND DISPOSE OF PROPERLY.

I UNDERSTAND THAT ONCE PAYMENT IS PROCESSED, IT IS NON-REFUNDABLE.

Disclaimer: At Expert Aesthetics we are NOT prescribing the Brand name **Ozempic/Mounjaro** BUT we are prescribing the generic compounded (**Semaglutide and Tirzepatide**) injection which is an injectable prescription medicine used for adults with obesity (BMI ≥ 30) or overweight (excess weight) (BMI ≥ 27) who also have weight-related medical problems to help them lose

weight and keep the weight off. Both Semaglutide (Ozempic) and Tirzepatide (Mounjaro) are GLP-1 receptor agonist medications.

Patient Name and Signature _____

Date _____

Expert Aesthetics Representative _____

Date _____