

TIRZEPATIDE 30mg TITRATION

How to Reconstitute Tirzepatide:

1. Clean the top of the Tirzepatide vial with an alcohol wipe.
2. ***Pull back plunger on syringe. Insert into Tirzepatide vial. The plunger should move, equalizing the pressure in the vial.***
3. Clean top of Bac Water vial. Use an insulin syringe to draw up the required amount of BAC water.

• Phase 1, inject 2 ml of BAC water into the 30 mg Tirzepatide vial.

• Phase 2, inject 1.5 ml of BAC water into each 30 mg Tirzepatide vial.

• Phase 3, inject 1 ml of BAC water into each 30 mg Tirzepatide vial.

• Phase 4, inject 1 ml of BAC water into each 30 mg Tirzepatide vial.

• Phase 5, inject 1 ml of BAC water into each 30 mg Tirzepatide vial.
4. Mix the Solution:

○ Inject the required amount of BAC water into the Tirzepatide vial.

○ Aim injection towards the wall of the vial to reduce turbulent mixing.

○ It is best to just let the vial sit until the powder is dissolved without your interference.

○ You can gently swirl the vial to mix until the powder is fully dissolved.

DO NOT SHAKE!! Shaking the mixture will destroy the solution!

Phase 1

Requires Purchase of (1) Tirzepatide Kit or (1) 30mg Tirzepatide vial.

Inject 2ml of BAC water into the 30 mg Tirzepatide vial.

Injection Amount:

Week	Dose (mg)	Syringe Volume	Syringe Units
1	2.5 mg	0.167 ml	17 units
2	2.5 mg	0.167 ml	17 units
3	2.5 mg	0.167 ml	17 units
4	2.5 mg	0.167 ml	17 units
5	5 mg	0.333 ml	33 units
6	5 mg	0.333 ml	33 units
7	5 mg	0.333 ml	33 units
8	5 mg	0.333 ml	33 units

Phase 2

Requires Purchase of (2) Tirzepatide Kits or (2) 30mg Tirzepatide vials.

Inject 1.5ml of BAC water into each 30 mg Tirzepatide vial.

Once dissolved, combine all mixed solution into a single vial.

Injection Amount:

Week	Dose (mg)	Syringe Volume	Syringe Units
9	6 mg	0.300 ml	30 units
10	6 mg	0.300 ml	30 units
11	7 mg	0.350 ml	35 units
12	7 mg	0.350 ml	35 units
13	8 mg	0.400 ml	40 units
14	8 mg	0.400 ml	40 units
15	9 mg	0.450 ml	45 units
16	9 mg	0.450 ml	45 units

Phase 3

Requires Purchase of (2) Tirzepatide Kits or (2) 30mg Tirzepatide vials.

Inject 1ml of BAC water into each 30 mg Tirzepatide vial.

Once dissolved, combine all mixed solution into a single vial.

Injection Amount:

Week	Dose (mg)	Syringe Volume	Syringe Units
17	9 mg	0.300 ml	30 units
18	9 mg	0.300 ml	30 units
19	10 mg	0.333 ml	33 units
20	10 mg	0.333 ml	33 units
21	11 mg	0.367 ml	37 units
22	11 mg	0.367 ml	37 units

Phase 4

Requires Purchase of (2) Tirzepatide Kits or (2) 30mg Tirzepatide vials.

Inject 1ml of BAC water into each 30 mg Tirzepatide vial.

Once dissolved, combine all mixed solution into a single vial.

Injection Amount:

Week	Dose (mg)	Syringe Volume	Syringe Units
23	11 mg	0.367 ml	37 units
24	11 mg	0.367 ml	37 units
25	12 mg	0.400 ml	40 units
26	13 mg	0.433 ml	43 units
27	13 mg	0.433 ml	43 units

Phase 5

Requires Purchase of (2) Tirzepatide Kits or (2) 30mg Tirzepatide vials.

Inject 1ml of BAC water into each 30 mg Tirzepatide vial.

Once dissolved, combine all mixed solution into a single vial.

Injection Amount:

Week	Dose (mg)	Syringe Volume	Syringe Units
28	14.0 mg	0.467 ml	47 units
29	15.0 mg	0.500 ml	50 units
30	15.25 mg	0.512 ml	51 units
31	15.5 mg	0.516 ml	52 units

Subcutaneous Injection Guideline

1. Wash Your Hands:

○ Use soap and dry thoroughly.

○ Put on gloves if necessary.
2. Open the Alcohol Wipe:

○ Wipe the top of the vial with the alcohol pad.
3. Draw the Medication:

○ Insert the syringe into the vial and pull back the barrel to your desired dose.
4. Inserting the Needle into the Subcutaneous Area:

○ Pinch together the skin of your stomach.

○ Insert the needle at a 90-degree angle.
5. Injecting Medicine:

○ Inject the medicine.
6. Remove the Needle:

○ Once the medicine is injected, remove the needle at the same angle as it went in.

○ Place bandage over the area where you gave the injection if needed.

Dispose of syringe properly.

