

SEMAGLUTIDE 30mg TITRATION

How to Reconstitute Semaglutide:

1.

Clean the top of the Semaglutide vial with an alcohol wipe.
2.

Pull back plunger on syringe. Insert into Semaglutide 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.

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Phase 1, inject 3 ml of BAC water into the 30mg Semaglutide vial.

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Phase 2, inject 3 ml of BAC water into each 30mg Semaglutide vial.
4.

Mix the Solution:

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Inject the required amount of BAC water into the Semaglutide vial.

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

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

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

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

Phase 1

Requires Purchase of (1) Semaglutide 30mg Kit or (1) 30mg Semaglutide vial

Inject 3ml of BAC water into the 30mg Semaglutide vial.

Week	Dose (mg)	Syringe Volume	Syringe Units
1	0.5	0.05	5
2	0.5	0.05	5
3	1	.1	10
4	1	.1	10
5	1	.1	10
6	1	.1	10
7	1.5	.15	15
8	1.5	.15	15
9	1.5	.15	15
10	1.5	.15	15
11	1.5	.15	15
12	2	.2	20
13	2	.2	20
14	2	.2	20
15	2.5	.25	25
16	2.5	.25	25
17	2.5	.25	25
18	3	.3	30

Phase 2

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

Inject 3ml of BAC water into the 30mg Semaglutide vial.

Week	Dose (mg)	Syringe Volume	Syringe Units
17	3.5	0.29	29 units
18	3.5	0.29	29 units
19	4	0.33	33 units
20	4	0.33	33 units
21	4.25	0.35	35 units
22	4.5	0.37	37 units
23	4.75	0.39	39 units
24	5.0	0.42	42 units
25	5.25	0.44	44 units
26	5.25	0.44	44 units

Subcutaneous Injection Guideline

1.

Wash Your Hands:

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Use soap and dry thoroughly.

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Put on gloves if necessary.
2.

Open the Alcohol Wipe:

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Wipe the top of the vial with the alcohol pad.
3.

Draw the Medication:

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Insert the syringe into the vial and pull back the barrel to your desired dose.
4.

Inserting the Needle into the Subcutaneous Area:

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Pinch together the skin of your stomach.

o

Insert the needle at a 90-degree angle.
5.

Injecting Medicine:

o

Inject the medicine.
6.

Remove the Needle:

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

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

Dispose of syringe properly.
- A blue line-art diagram of a human figure from the waist up and down. Three areas are highlighted in solid blue and labeled with lines pointing to them: 'Upper arms' on the upper outer arm, 'Stomach' on the abdominal area with a note '(keep 2 inches away from your belly button)', and 'Upper legs' on the front of the thigh with a note '(front of thighs)'.
- A detailed illustration of a hand holding a syringe and drawing liquid from a vial. Labels with lines point to the 'Peptide Solution' in the vial, the 'Needle' in the vial's stopper, the 'Syringe' barrel, and the 'Plunger' tip. An inset circle shows a close-up of the syringe barrel with an arrow pointing to 'Bubbles' trapped in the liquid.
- A photograph showing a person's bare midsection. A hand is holding a syringe and injecting the liquid into the abdominal wall. Another hand is visible on the right side of the abdomen, possibly stabilizing the skin.
- This guide should not be considered medical advice or guidance.