



## Tirzepatide for Weight Loss

**Overview:** Tirzepatide is a medication prescribed to manage blood sugar and can be used off-label to encourage weight loss. Tirzepatide is a GIP (glucose-dependent insulinotropic polypeptide) receptor and a GLP-1 (glucagon-like peptide-1) receptor agonist, both of which impact blood sugar and metabolic health.

Because of its dual effect on GIP and GLP-1, Tirzepatide may produce greater reductions of hyperglycemia (high blood sugar) compared to selective GLP-1 receptor agonists like Semaglutide. Tirzepatide also impacts the digestive system by slowing the digestive process, which can reduce hunger cravings and assist patients in adhering to a low-calorie diet.

### Suggested Dosage:

2mg to 10.5mg of Tirzepatide, injected weekly as a subcutaneous injection.

Tirzepatide must be titrated or started at a lower dose and gradually increased over time, to help the body adjust to the medication. The maximum dose for Tirzepatide is a 10.5mg subcutaneous injection weekly, though patients may require smaller doses depending on their needs, lab results, and response to the medication.

Defy Medical patients may access two forms of this medication as appropriate: Tirzepatide and Tirzepatide combined with Niacinamide (B3). A provider will guide your titration schedule and final dosage, and it's important to follow your provider's instructions. Patient protocols may vary from the general guidelines provided here.

### Titration Schedule for Tirzepatide 5mg/0.5ml:

1. Start with a 2.5mg (0.25 mL or 25 units on an insulin syringe) subcutaneous injection weekly for 4 weeks.
2. After that, increase to a 5mg (0.5mL or 50 units on an insulin syringe) subcutaneous injection once weekly.
3. Patients may continue to increase to 7.5mg (0.75mL or 75 units on an insulin syringe) weekly for at least 4 weeks, and then may increase to 10mg weekly (1mL or 100 units on an insulin syringe) for at least 4 weeks.

Tirzepatide Injection	Vial Size	SKU	Patient Price
5mg/0.5mL	1mL	1316-hd	\$225
5mg/.5mL	2mL	1424-hd-1	\$425
5mg/0.5mL	3mL	1425-hd	\$575
5mg/0.5mL	5mL	1426-hd	\$895



**Titration Schedule for Tirzepatide/Niacinamide 8/2 mg/mL:**

1. Start with a 2mg subcutaneous injection weekly for 4 weeks. This is 0.25mL (25 units on an insulin syringe).
2. Increase to 4mg subcutaneous injection weekly for 4 weeks. This is 0.5mL (50 units on an insulin syringe).
3. Then increase to a 6mg subcutaneous injection once weekly for 4 weeks. This is 0.75mL (75 units on an insulin syringe).
4. After that, increase to 7mg subcutaneous injection once weekly. This is 0.88mL (88 units on an insulin syringe).

**Titration Schedule for Tirzepatide/Niacinamide 17/2 mg/mL:**

1. Start with a 2mg subcutaneous injection weekly for 4 weeks. This is 0.12mL (12 units on an insulin syringe).
2. Increase to 4mg subcutaneous injection weekly for 4 weeks. This is 0.24mL (24 units on an insulin syringe).
3. Then increase to a 6mg subcutaneous injection once weekly for 4 weeks. This is 0.36mL (36 units on an insulin syringe).
4. After that, increase to 8mg subcutaneous injection once weekly for 4 weeks. This is 0.48mL (48 units on an insulin syringe).
5. Patients can then increase to 9mg subcutaneous injection once weekly for 4 weeks. This is 0.54mL (54 units on an insulin syringe).
6. Increase the dosage to 10.5mg subcutaneous injection once weekly. This is 0.63mL (63 units on an insulin syringe).

Tirzepatide/ Niacinamide Injection	Vial Size	SKU	Patient Price
8/2 mg/mL	2.5 mL	1780-emp	\$425
17/2 mg/mL	2mL	1781-emp	\$675

**Combination Therapies:**

Tirzepatide can be combined with other medications and supplements as appropriate under the supervision of a provider. The following products may be co-administered to potentiate effects:

- LIPO-C Injections
- B12 Injections
- Lipo Burn weight management products
- Bella weight management products
- LipoSculpt cream



**In Case of Side Effects:**

Side effects for Tirzepatide include nausea, constipation, heartburn, diarrhea, and other gastrointestinal issues due to its method of action. For patients who experience these side effects, there are medications and supplements that can help.

- Prescription Zofran for nausea
- Probiotics and fiber supplements for digestive issues
- Proton Pump Inhibitors (PPIs) like Nexium or antacid tablets like Tums for heartburn