REMEDY WELLNESS

Informed Consent for GLP-1 Medication

REMEDY METABOLIC | SEMAGLUTIDE | TIRZEPATIDE

This form explains what the medication is, what it can and can't do, the risks, and what we ask of you. Your provider will go over it with you. Please initial each section and ask about anything that isn't clear before you sign.

What the medication is

Semaglutide and tirzepatide copy hormones your gut already makes after a meal (GLP-1, and for tirzepatide also GIP). They slow stomach emptying, increase fullness, lower appetite, and improve blood sugar control. They're given as a weekly injection under the skin.

Compounded medication

Remedy may prescribe these medications from a licensed compounding pharmacy rather than the brand-name products (Ozempic, Wegovy, Mounjaro, Zepbound). Compounded medications are prepared for individual patients and are not FDA-approved. They have not gone through the FDA's review for safety, effectiveness, or manufacturing quality in the way brand products have. Compounded doses may be measured differently than brand pens, so always confirm your dose with our team in milligrams and in syringe units.

_____ I understand my medication may be compounded and is not FDA-approved.

What to expect

Results vary. Some people lose a meaningful amount of weight and some lose less than they hoped. We start at a low dose and increase slowly, and we may hold or lower your dose based on how you feel and how your body is responding. Our goal is the lowest dose that works for you. Many people regain weight after stopping, which is why the program includes a maintenance plan.

Common side effects

Nausea, vomiting, diarrhea, constipation, reflux, bloating, decreased appetite, fatigue, headache, dizziness, injection site redness or itching, and hair shedding during rapid weight loss. These are usually worse in the first days after a dose increase and usually ease with time, hydration, and smaller meals.

Serious risks

- **Thyroid C-cell tumors.** These caused thyroid tumors in rodents. It isn't known whether they do in people. Do not use them if you or a family member has had medullary thyroid cancer or MEN2. Report a lump in your neck, trouble swallowing, or persistent hoarseness.
- **Pancreatitis.** Severe stomach pain that may spread to your back, with or without vomiting. Stop the medication and seek care.
- **Gallbladder disease**, including gallstones, which is more likely with rapid weight loss.
- **Dehydration and kidney injury**, especially with vomiting or diarrhea.
- **Low blood sugar**, mainly if you also take insulin or a sulfonylurea.
- **Worsening diabetic eye disease** in people with diabetes and existing retinopathy.
- **Mood changes.** Report new or worsening depression or any thoughts of self-harm right away.
- **Allergic reaction.** Swelling of the face or throat, trouble breathing, or severe rash. Call 911.
- **Loss of muscle and bone.** Rapid weight loss can come from lean tissue as well as fat. Adequate protein, resistance training, and body composition monitoring are required parts of this program for that reason.

_____ I have read the side effects and risks and had the chance to ask questions.

Pregnancy and birth control

Do not use these medications if you are pregnant or breastfeeding. Stop at least two months before trying to conceive. Weight loss can increase fertility, so use reliable contraception. Tirzepatide can make birth control pills less effective. If you take the pill, use a backup method for four weeks after starting and for four weeks after each dose increase.

_____ I understand the pregnancy and contraception guidance.

Surgery, procedures, and other medications

Because these medications slow stomach emptying, they can raise the risk of inhaling stomach contents during anesthesia or sedation. Tell any surgeon, dentist, or endoscopy team that you take a GLP-1, and tell us before any scheduled procedure so we can advise when to hold your dose. Slower stomach emptying can also change how some oral medications are absorbed. Tell us before starting any new prescription.

What we ask of you

- Use the medication exactly as prescribed. Never change your dose on your own or share your medication.
- Store it as directed and do not use it past the date on the label.
- Keep your scheduled visits, including weigh-ins, body composition scans, and labs.
- Follow the protein, hydration, and exercise recommendations in your Partnership Agreement.
- Tell us about new symptoms, new medications, pregnancy, or planned procedures as soon as they come up.

_____ I agree to the responsibilities above.

Alternatives

Other options include nutrition and lifestyle changes on their own, other prescription weight medications, brand-name GLP-1 medications through a retail pharmacy, bariatric surgery referral, or no treatment.

Medication, refunds, and stopping

You may stop treatment at any time. Tell us first so we can help you do it safely. Medication cannot be returned or refunded once it has been dispensed. Program fees and commitment terms are described in your program agreement.

_____ I understand dispensed medication is non-refundable.

When to get help right away

Call us the same day, or go to urgent care or the ER after hours, for: severe or persistent stomach pain, vomiting that won't stop or keeps you from holding down fluids, signs of dehydration (dizziness, very little urine), bloody or black stools, chest pain, trouble breathing, fainting, swelling of the face or throat, or thoughts of harming yourself. Call or text 988 for a mental health crisis. Call 911 for an emergency.

Consent

By signing, I confirm that I have read this form, my questions have been answered, and I understand the benefits, risks, and alternatives. I have given my provider a complete and accurate medical history. I voluntarily consent to GLP-1 medication therapy under the supervision of Remedy Wellness providers.

Patient name (print)	Date of birth
Patient signature	Date
Provider signature	Date