



## SEMAGLUTIDE PROTOCOL

- Semaglutide is a glucagon-like peptide-1 (GLP-1) receptor agonist and is mixed with cyanocobalamin (Vitamin B12) or L-Carnitine. Semaglutide may aid in the treatment of type 2 diabetes mellitus, may reduce cardiovascular mortality and CV events in type 2 diabetes mellitus patients who also have established cardiovascular disease. May also aid in the treatment of obesity and chronic weight management in adjunction to a reduced calorie diet and increased physical activity. It works by stimulating GLP-1 receptors in the brain, which causes the body to feel full after eating smaller portions of food. It also helps reduce fat levels in the body by increasing insulin sensitivity.
- Cyanocobalamin may aid in the treatment of vitamin B12 deficiency. May help with increasing the metabolism of fats and carbohydrates.
- Semaglutide with cyanocobalamin mimics a hormone incretin that our body makes when it senses food has been ingested. These hormones are released by the small intestine immediately after eating and aid in appetite suppression and digestion. The hormone also aids in digestion by decreasing how quickly the food leaves your stomach which allows patients to feel satisfied for a longer period.
- Semaglutide with L-Carnitine also mimics the body's hormones to enhance weight loss by decreasing appetite and improve metabolism.
- Semaglutide compounds are filled at a licensed pharmacy.

### Contraindications

- Do not prescribe semaglutide to anyone who has a personal or family history of medullary thyroid carcinoma or if they have a history of Multiple Endocrine Neoplasia Syndrome Type 2.
- Do not prescribe to patients that are breastfeeding, pregnant or planning on becoming pregnant while taking Semaglutide.
- Allergy to Semaglutide or other GLP-1 agonists such as Adlyxin, Byetta, Bydureon, Ozempic, Rybelsus, Trulicity, Victoza, Wegovy, Mounjaro (This list is not all-inclusive).
- Insulin dependent diabetic patients are NOT suitable for this program.
- Patients seeing a specialist for a chronic health problem that will be directly affected by semaglutide will be required to get medical clearance from the specialist prior to starting the injections. (Diabetes, pancreatitis, kidney disease, kidney insufficiency, and gastrointestinal diseases, etc.)
- Less than 18 years old

### Candidates

- Adult patients with an initial BMI of 30 or greater.
- Adult patients with an initial BMI of 27 or greater in the presence of at least one weight-related comorbid condition (HTN, non-insulin dependent type 2 diabetes mellitus, or dyslipidemia).

### Initial Office Consult

- Patient will review, complete, and sign the Patient Demographics form, Semaglutide Consent, Semaglutide Contract, and Medical History forms.
- **Patient will pay a \$50 initial office consult fee (cash or check only) if self pay.**

- Patient will have their heart rate, spo2, temperature, blood pressure, height and weight obtained and LMP documented if applicable.
- Measurements of waist, bust, arms, and hips (optional).
- Physical examination will be completed by the provider.
- **Lab Review:**
  - **Patients may bring a printed copy of their lab results or fax to Symmetry Family Health PLLC prior to their appointment.**
  - **Labs must be drawn within 3 months and must include CBC with Diff, CMP, A1C, TSH and Lipid Panel.**
  - **If patient does not have up to date labs, they will be given a laboratory order. Results will be faxed to Symmetry Family Health PLLC and reviewed by the provider prior to initiating semaglutide injections.**

#### First Injection

- If patient is a candidate, First Injection, may be given at initial office consult. If further evaluation or review of labs is needed then a follow up appointment will be scheduled.

#### Payment

- Fees for initial office consult, follow up office visits and weekly dosing fee are due at time of service.

#### Follow-Ups

- After the Initial Office Consult, patients will have a scheduled meeting with the provider at one month and then every three months thereafter while receiving semaglutide injections. At each dosing visit, the patient will weigh-in and discuss dose adjustments (if indicated).
- At the 3-month follow-up, A physical examination, repeat measurements, and repeat labs will be ordered or reviewed at this appointment.
- After the 3-month follow-up, the provider will determine based on medical necessity how often the patient will need a complete follow-up with the provider for a physical examination and repeat labs.
- The provider may discontinue semaglutide at any time if they determine semaglutide has not been helpful in achieving results, detrimental to the patient, medication has not been taken properly, unfavorable side effects, untruthfulness in medical or family history, not following through with the recommended plan of care set by provider or not following patient responsibilities in the semaglutide contract and semaglutide consent.
- The provider may wean semaglutide or transition the patient to a maintenance does if they deem it appropriate.

#### Appointments

- Patients must make an appointment for all meetings and follow-up visits at Symmetry Family Health, PLLC.
- Appointments must be cancelled or rescheduled at least 1 full business day prior to appointment.
- A second failure to show up for a pre-appointed visit or failure to cancel at least one full business day prior to the scheduled appointment will result in a \$25 missed visit fee.
- If 90 or more days has passed since the last medical weight loss visit, without prior arrangement between staff and patient, the patient will be considered to have dropped out of the program.
- If the patient has not had a visit and has discontinued semaglutide injections for 60 days or less and wants to "re-start" the medication, they may continue with the program as directed.
- If the patient has not had a visit and has discontinued semaglutide injections for 60 days or more and wants to "re-start," the patient will be scheduled for an initial office consult.