

**Introduction:** This plan is designed to help you navigate your treatment with a GLP-1 receptor agonist. These medications are powerful tools, but they work best when combined with proactive lifestyle choices and open communication with your healthcare provider. Use this guide to feel empowered and in control of your health journey.

---

## Phase 1: Before You Start (Preparation is Key)

- ☐ **Complete Your Medical Evaluation:**
    - Confirm all baseline blood work is done (HbA1c, kidney function, lipids).
    - Discuss your full personal and family medical history with your doctor, especially regarding pancreatitis or thyroid C-cell tumors (Medullary Thyroid Carcinoma).
  - ☐ **Set & Discuss Clear Goals:**
    - What is the primary goal? (e.g., lower HbA1c below 6.5%, lose 10% of body weight, etc.)
    - Write your primary goal here:
- 
- ☐ **Prepare Your Kitchen & Pantry:**
    - **Stock up on "Go-To" Foods:**
      - **Lean Proteins:** Chicken breast, fish, eggs, tofu, Greek yogurt, protein shakes.
      - **High-Fiber Foods:** Vegetables (broccoli, spinach), beans, lentils, berries.
      - **Hydration:** Water, herbal tea, clear broths.
    - **Limit "Trigger" Foods:** Reduce your stock of greasy, fried, sugary, and heavily processed foods, which can worsen side effects like nausea.
- 

## Phase 2: The First 4-6 Weeks (Adaptation & Learning)

- ☐ **Master Your Medication Routine:**
  - If injectable, receive proper training on technique from your nurse or pharmacist.
  - Mark your calendar with your dose day and any scheduled dose increases (titration). **Do not rush your dose increases.**
- ☐ **Adopt the "5-S" Rule for Meals:** This strategy helps manage fullness and prevent nausea.
  - **Small:** Eat smaller portions than you used to.
  - **Slow:** Put your fork down between bites. It takes time for your brain to register fullness.
  - **Simple:** Avoid overly rich, fatty, or complex meals.
  - **Satisfying:** Focus on protein and fiber to feel full and nourished.
  - **Spread-Out:** Eat 4-5 small meals throughout the day instead of 2-3 large ones.
- ☐ **Prioritize Hydration:**
  - Aim for at least 64 ounces (2 liters) of water daily unless told otherwise by your doctor.

- Hydration helps manage potential side effects like constipation and fatigue.
- ☐ **Keep a Simple Symptom Journal:**
  - Track your energy levels, appetite, and any side effects (nausea, constipation, etc.). Note the severity on a scale of 1-5. This is excellent information for your doctor's appointments.

---

### Phase 3: Long-Term Success (Integration & Lifestyle)

- ☐ **Integrate Consistent Movement:**
  - Start with walking 20-30 minutes most days.
  - Incorporate **resistance training** (weights, bands, bodyweight exercises) 2-3 times per week. This is crucial for preserving muscle mass during weight loss.
- ☐ **Schedule Your Follow-Up Appointments:**
  - Plan to see your doctor regularly (e.g., every 3 months) to review progress, check lab results, and make any necessary adjustments to your overall healthcare plan.
- ☐ **Build Your "New Normal":**
  - Use the assistance from your medication as an opportunity to build lasting healthy habits. Focus on nutrition, mindful eating, and regular activity that you can sustain for life.

---

### ! IMPORTANT: When to Call Your Doctor Immediately !

Contact your healthcare provider right away if you experience any of the following:

- **Severe abdominal pain** that is constant and may radiate to your back (could be a sign of pancreatitis).
- **Persistent vomiting** or inability to keep fluids down.
- Signs of a lump or swelling in your neck, hoarseness, or trouble swallowing.
- Symptoms of very low blood sugar (if you take other diabetes medications), such as dizziness, confusion, sweating, or shakiness.

---

*Disclaimer: This guide is for informational purposes and is not a substitute for professional medical advice. Always follow the specific instructions provided by your qualified healthcare provider.*