



Patient Weight Care Common Symptom Management Guide

If you're taking compounded sublingual semaglutide, injectable semaglutide, or FDA injectable Wegovy® for weight management, this guide provides helpful tips for managing common side effects. Semaglutide can be highly effective, but like many medications, it can cause some discomfort. This guide explains what to watch for, how to manage symptoms, and when to reach out to your healthcare provider, but make sure to review your treatment guide as well!

Common Side Effects and How to Manage Them

Gastrointestinal Symptoms

Semaglutide can slow how fast your stomach empties, which may cause nausea, vomiting, or diarrhea. Here are some tips:

- **Diet Changes:**
 - Eat smaller meals more frequently.
 - Start with low-fat and low-fiber foods to reduce nausea and bloating.
 - Avoid heavy, greasy meals, and include protein throughout the day to help maintain muscle during weight loss.
 - Ensure to prioritize protein to around 20-30 grams every 3-4 hours.
- **Over-the-Counter Remedies:** You can use over the counter antacids for heartburn.
- **Prescription Remedies:** You can consider discussing adding on Ondansetron (zofran) with your Wisp provider to help manage your symptoms of nausea.
- **Ginger:** Ginger (capsules, tea, or fresh) may help with nausea. It's generally safe but check with your provider if you have gallstones or take blood thinners.
- **Magnesium:** Magnesium supplements can help with muscle spasms or GI motility issues related to nausea. Start with 200-400 mg a day, but be cautious—too much can cause diarrhea.

If your symptoms persist, talk to your provider about adjusting your dose.

Constipation

Semaglutide can also cause constipation by slowing your digestion. Try these solutions:

- **Stay Hydrated:** Drink water slowly throughout the day to prevent dehydration and help with digestion.
- **Mild Laxatives:** You can use a gentle laxative, such as polyethylene glycol (Miralax®) , and gradually increase your fiber intake.
- **Magnesium Glycinate:** This form of magnesium helps with constipation without causing diarrhea. Take 200-400 mg daily with water.

Appetite Changes and Weight Loss

Semaglutide suppresses your appetite, which may lead to weight loss. If you're losing more than 14 pounds monthly, let your healthcare provider know so they can adjust your dose.

Hypoglycemia (Low Blood Sugar)

Semaglutide typically doesn't cause low blood sugar unless taken with other medications that lower glucose (like metformin). To stay safe:

- Be aware of signs of low blood sugar: dizziness, sweating, shaking, or confusion.
- Keep glucose tablets or sugary snacks on hand in case your blood sugar drops.
- Check your blood sugar if you experience symptoms and talk to your healthcare provider about adjusting your medication.

Fatigue and Weakness

You might feel tired due to dehydration, low blood sugar, or a reduced calorie intake. Adjust your activity levels to match how you feel and talk to your provider if these symptoms persist.

Injection Site Reactions

To avoid irritation, rotate your injection sites and refer to your treatment guide for proper technique.

- [Administering your Wegovy Injection](#)
- [Administering your Semaglutide Injection](#)

Monitoring and Managing Your Symptoms

- **Symptom Tracking:** Keep a diary of any symptoms you experience, including when they start, how often they happen, and how severe they are. This can help your provider adjust your treatment.
- **Dose Adjustments:** If side effects are severe, your provider may temporarily lower your dose and increase it slowly as you tolerate it.
- **Over-the-Counter (OTC) Help:** You can use OTC medications to manage mild symptoms, but always check with your provider first.

By following these tips and staying in close communication with your healthcare provider, you can manage the side effects of semaglutide or Wegovy while achieving your treatment goals. Always reach out to your provider if you experience anything unusual or if you're concerned about your symptoms.