



An OrthoAlliance
Partner Practice

Weight Loss Clinic: What to Expect at your Appointments

Initial Consultation:

At your initial consultation, we will discuss your goals for losing excess weight. We will review your medical history, including chronic conditions, past surgeries, current medications and allergies to make sure that the weight loss injections are safe for you.

We will cover your lifestyle habits, physical activity, what your diet looks like, and your relationship with food. Psychological factors such as irregular eating patterns and eating as a distraction will also be addressed. This helps in giving targeted advice and developing sustainable habits with long-term results.

Lastly, we will examine your past weight loss attempts. What methods or medications you have tried in the past, what worked and what didn't, so we can come up with a more effective plan.

At your next appointment with the Weight Loss Clinic, it is time for your first injection.

Before your injection, we will obtain vital signs and measurements and discuss any possible side effects. This ensures that you are in good condition for the injection and fully informed about what to expect.

The medication is administered subcutaneously and the location of the injection is rotated every week to avoid adverse injection site reactions. Tirzepatide and Semaglutide come in prefilled syringes. With the Tirzepatide, you will have to change the needle prior to giving yourself the injection.

After the injection, we will monitor you for any immediate reactions. We will educate how to self-

administer injections and demonstrate how to do that safely and effectively.

Post-Injection Care and Follow- Up:

After receiving your first weight loss medication injection, it is common to experience some side effects. We will monitor your reaction, starting with a small dose and slowly increasing in order to minimize and limit the side effects. Two of the most frequently reported issues are nausea and constipation. If you have severe side effects like difficulty breathing, rapid heartbeat, or swelling, seek immediate medical help.

Follow-Appointments:

Regular follow-up appointments are a key to tracking progress, adjusting the treatment as needed and providing ongoing support. You will follow-up once a month to monitor your response to the injections and life style changes. Our doctor can adjust the dosage of the medication and address side effects as needed. We will track weight, body mass index, body measurements, and vital signs. These appointments will also offer a chance to discuss concerns and get support which ensures your weight loss treatment is safe, effective and tailored to you.

Please make sure that you bring back your cooler/ ice pack to every follow up appointment to be able to transport your medication.

Need to speak with a member of the Gen Med Team?

Day: 614-526-4659

After 4pm: 614-499-9271