

GLP-1

quick start guide



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Timing your dose

1

You may just be thinking about starting GLP-1, or maybe you've already received it and you're wondering where to begin. One of the first and most important things you need to consider is when you want to take your dose each week.

This can often be the first stumbling block and set you up for difficulties in the weeks to come without you even realising...



Pick 1-2 days that you frequently won't have too many responsibilities, for example, a weekend, or after a run of shifts



Pick a time that will allow you to have some rest whilst the side effects may hit their peak, for example, just before going to bed

Following these two rules means you will likely have:

- Better tolerance to the medication
- Increased longevity
- Better control of your side effects
- More likely to achieve your personal daily targets

....and therefore, ***BETTER RESULTS***



How to prepare

In order to get the most out of your GLP-1 medication, there are a few things you need to do before getting started. Its vitally important you understand how it works and the potential side effects, set yourself realistic goals to support your journey, and prepare how you will make the lifestyle adjustments required. We have put together a checklist to support you with this.

2

Checklist for starting on GLP-1



Research the medications, side effects, and find a reputable healthcare professional(s) or provider that will support you throughout



Plan your meals, snacks, when you will buy groceries and prepare your meals. Look up healthy recipes to try. Contact a dietitian to support you.



Practice eating smaller portions, chewing well & eating slower



Explore the reasons why you want to lose weight and what has prevented you in the past. Think about your relationship with food.



Make a note of habits you would like to change and how you will aim to do this. Seek support from a psychologist if needs be.



Take measurements of your starting weight, arms, waist, hips and thighs. Take pictures if you feel this will help.



Plan when you will exercise and what type of exercise you will enjoy doing regularly



Are you good at drinking water? If not, think of purchasing a particular water bottle or how you will encourage yourself to drink more



Think about who of your friends and family you would like to know about your journey and how you will ask for their support, particularly when you might be struggling. It may help to join a community online or in person.



Set realistic goals for your initial weeks and plan how you will reward yourself. This can give motivation in the early weeks.

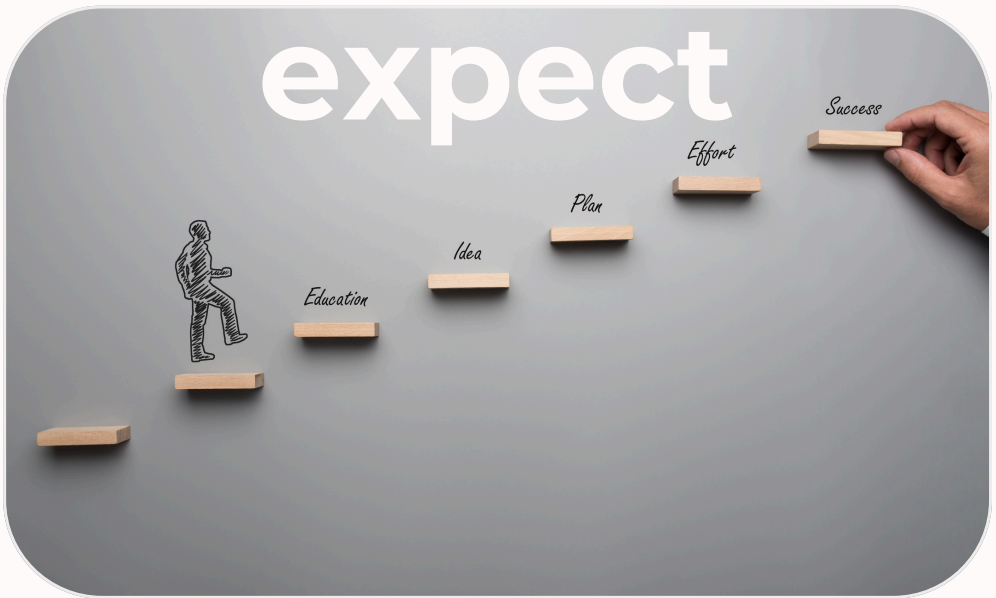


Make sure you have anti-nausea remedies or medications to hand when commencing on the medication



Know that this won't be a quick fix, be patient and persistent

What to expect



3

Starting on GLP-1 medication can be a mixture of both daunting and exciting! Everyone can respond slightly differently, so it's important not to compare yourself to others. Instead, try to listen to your body and respond appropriately. Below we will take you through what to expect in your first 4 weeks...

1

In your first week expect some initial side effects, such as nausea, headaches, and potentially some constipation or diarrhoea. Have your remedies ready to hand. Keep hydrated and focus on small, simple meals. Don't make too many new changes at once and let your body get used to the medication.



2

In the second week your side effects will likely improve and you'll start to feel more control around food. Your appetite will likely be slightly suppressed and you'll feel fuller sooner, although sometimes these effects can take a while to build so don't be concerned if you still feel the same.

Over the next couple of weeks as the changes become more consistent, try to focus on the following points....



Ensure you are eating something at every meal time rather than skipping meals, even if you have no appetite.



Make sure you are having protein with every meal and gradually start to increase your intake of fibre.



Start practicing mindful eating techniques. Learn to listen to your hunger and fullness cues.



Try some regular gentle exercise, steadily increasing as you feel able.



Begin establishing sustainable habits that will support you in achieving your goals. You may not be losing any weight yet but stay consistent and remember, this is a marathon not a sprint!



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Side effects

Side effects are common and to be expected to some extent, but they should be manageable either by modifications to your intake or with supplemental remedies or medications. If they are unmanageable or significantly affecting your quality of life then it's important to speak with your specialist team.



Nausea

- Eat small, frequent meals
- Use ginger & peppermint
- Stay hydrated but avoid drinking large amounts of water with meals

Constipation

- Increase fibre gradually with foods like fruits, vegetables, and whole grains
- Drink plenty of water throughout the day
- Stay active with light exercise like walking

Diarrhoea

- Stick to bland, easy-to-digest foods like bananas, rice, and toast
- Avoid caffeine, alcohol, and greasy foods
- Stay hydrated with water or oral rehydration solutions

Indigestion

- Eat slowly and chew food thoroughly
- Avoid lying down immediately after eating

Appetite changes

- Listen to your hunger and fullness cues, and avoid overeating
- Focus on nutrient-dense foods like lean proteins and vegetables

5

Red flags



Persistent vomiting and/or unable to keep any food or fluid down



Severe central abdominal pain



Concerning changes in your mental health



Persistent itchiness, redness or other symptoms of an allergic reaction at injection sites



Increased hypoglycaemic episodes



Uncontrollable weight loss

Ready to take the next step?



Download The Complete GLP-1 Weight Loss Guide

The ultimate 64-page guide packed with all the information you could possibly need for your GLP-1 journey, written by reputable health care professionals. Take the guess work out of GLP-1 and learn how to make sustainable & realistic changes to achieve long-term weight loss!

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