

# TRT PEP

## SEMAGLUTIDE / TIRZEPATIDE INJECTION INSTRUCTIONS

- Administration: Once weekly, preferably at night before bedtime.
- Injection Site: Abdomen (stomach area).

### Step 1

Clean area with Alcohol swab. Slightly pinch a fold of skin at the spot of your choice.

### Step 2

Place the syringe at a 90-degree angle to the injection site.

### Step 3

Quickly push the needle all the way into the pinched-up fold of skin. Push the plunger of the syringe all the way in.

### Step 4

Take the needle out at the same angle that you inserted it. Let go of the skin fold. If you bleed a little, apply pressure over the shot area. You can use your finger, a cotton ball, or a piece of gauze. To help avoid bruising, don't rub the area.

Refer to the diagram below for the recommended injection sites.

