

Mixing, Dosing & Administration Guide

For tirzepatide 10 mg vials with 1 mL solvent each

Step 1: Mixing Instructions

What You'll Need:

- 1 vial of tirzepatide 10 mg (powder)
- 1 mL (100-unit) insulin syringe
- Sterile solvent (provided in the kit)
- Alcohol prep pad
- Clean surface with good lighting

Step-by-Step Instructions:

1. **Wash your hands** thoroughly with soap and water.
2. **Prepare your materials:**
 - a. Place the vial, syringe, and solvent vial on a clean surface.
 - b. Open an alcohol pad, but don't use it yet.
3. **Remove the plastic cap** (flip-off rubber cap) from the top of the tirzepatide vial. You'll see a rubber stopper underneath — do not remove the stopper.
4. **Wipe the top of the vial** (rubber stopper) with the alcohol pad. Let it air dry for a few seconds — this keeps it sterile.
5. Do the same with the **solvent vial** — remove its cap and wipe the rubber top with a new alcohol pad.
6. **Draw 1 mL (100 units) of solvent:**
 - a. Uncap your insulin syringe.
 - b. Pull back the plunger to draw in 1 mL (100 units) of air.
 - c. Insert the needle into the solvent vial and push the air in (this equalizes pressure).
 - d. Turn the vial upside down and draw out exactly 1 mL (100 units) of solvent.
7. **Inject the solvent** into the tirzepatide vial:
 - a. Insert the needle through the rubber stopper of the tirzepatide vial.
 - b. Slowly inject the solvent down the inner wall of the vial, not directly onto the powder — this helps it dissolve gently.
 - c. Remove the needle once all solvent is in.
8. **Mix the solution:**
 - a. Do not shake the vial.
 - b. Gently swirl the vial in small circles until the solution becomes clear and fully dissolved (this may take a few minutes).
 - c. If foam forms, let it settle in the fridge before use.
9. **Label the vial** with the date you mixed it.
10. **Store** the mixed vial in the refrigerator (36–46°F).

Final concentration: **10 mg/mL**
That's 0.1 mg per unit

Step 2: Dosing Guide

Week	Weekly Dose (mg)	Syringe Units
Weeks 1-4	2.5 mg	25 units
Weeks 5-8	5 mg	50 units
Weeks 9-12	7.5 mg	75 units
Weeks 13-16	10 mg	100 units
Weeks 17-20	12.5 mg	125 units (1.25 mL)
Week 21+	15 mg	150 units (1.5 mL)

✓ **All doses up to 10 mg fit in a single injection.**

For 12.5+ mg, simply split the dose into two injections (e.g., 75 + 75 units).

i **Most users stay at 5 or 7.5 mg/week as their maintenance dose.**

Higher doses (10-15 mg) are optional and should be evaluated individually.

Step 3: Inject Tirzepatide

- 1. Wash your hands** thoroughly with soap and water.
- 2. Take the tirzepatide vial out of the refrigerator** and let it sit for a few minutes at room temperature — this makes the injection more comfortable.
- 3. Wipe the rubber top of the vial** with an alcohol prep pad. Let it dry fully.
- 4. Draw the dose into the syringe:**
 - 4.1. Remove the cap from the insulin syringe.
 - 4.2. Pull the plunger back to the number of units that matches your dose.
Example: For 5 mg, draw to 50 units — this draws in air.
 - 4.3. Insert the needle into the vial and push the air into the vial (this helps equalize pressure).
 - 4.4. Flip the vial upside down and slowly draw your dose (e.g. 50 units = 5 mg).
 - 4.5. Check for air bubbles — if there are any, tap the syringe gently and push the air out.
 - 4.6. Confirm you're at the correct unit mark for your dose.



5. Choose an injection site:

- 5.1. Common areas: stomach (at least 2 inches away from the belly button), front of the thigh, or outer upper arm.
- 5.2. Rotate sites weekly to avoid irritation.

6. Clean the skin at the injection site

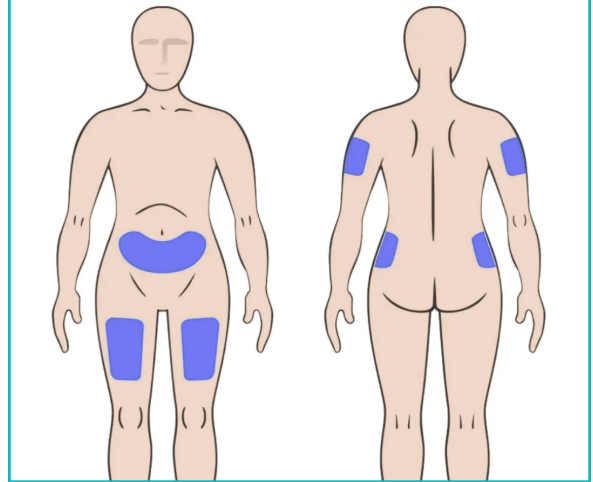
with a new alcohol prep pad. Let it dry.

7. Inject the medication:

- 7.1. Hold the syringe like a pencil at a 90° angle (or 45° if very lean).
- 7.2. Pinch the skin if needed.
- 7.3. Insert the needle in one smooth motion.
- 7.4. Slowly push the plunger all the way down.
- 7.5. Hold for 5–10 seconds, then gently remove the needle.

8. Dispose of the used syringe in a sharps container.

SITES FOR SUBCUTANEOUS INJECTION



 Tips for a Comfortable Injection:

- Inject at room temperature (cold solution can sting)
- Use a fresh needle every time
- Apply light pressure to the site if there's a small drop of blood
- Use a different injection site each week when injecting in the same body region.

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Frequency of Injections

- Tirzepatide is injected **once per week**.
- You should take your dose on the **same day each week**, at a time that's convenient for you (morning or evening).
- You do not need to fast before or after the injection.
- Set a weekly reminder or alarm to stay on schedule.

Example: If you take your first dose on a Monday, all future doses should also be on Mondays.

Missed Dose

If you miss a dose, here's what to do:

- If it's within 4 days (96 hours) of your scheduled injection, take the missed dose as soon as possible.
- If it has been more than 4 days, skip the missed dose and wait until your next scheduled injection day.
- Do not double up on doses to "catch up."

Example: You usually inject on Monday but forgot. You remember on Thursday (3 days later) — it's okay to take it then and continue with your usual Monday schedule next week.

How to Calculate How Long the Kit Will Last

Your kit contains 50 mg total tirzepatide.

Use this formula:

$50 \text{ mg} \div \text{your weekly dose (in mg)} = \text{how many weeks it will last}$

Examples:

2.5 mg/week → 20 weeks

5 mg/week → 10 weeks

7.5 mg/week → ~6.7 weeks

10 mg/week → 5 weeks

12.5 mg/week → 4 weeks

15 mg/week → ~3.3 weeks

If you're just starting: the kit will last 10 to 16 weeks, depending on your titration pace.

If using a titration plan (e.g. 4 weeks at 2.5 mg, 4 weeks at 5 mg, then increase to 7.5 mg), the kit will last 10-11 weeks.

Storage & Safety Tips

- **Unmixed vials:** Store at room temperature, away from light
- **Mixed vials:** Store in the refrigerator (36–46°F)
- **Do not freeze**
- Always use sterile technique
- Dispose of used syringes in a sharps container