

# 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).

 **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**

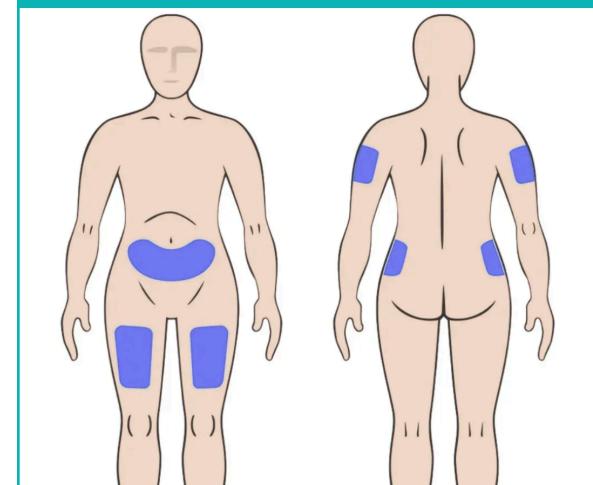
with a new alcohol prep pad. Let it dry.

**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 mg ÷ your weekly dose (in mg) = 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