Retatrutide Pre-filled Pen (30 mg) Administration Guide

This guide provides step-by-step instructions for preparing, injecting, and storing your Retatrutide pen. Retatrutide is a new weekly weight loss injection that's still in development.
Please read carefully before use.

Pen Overview

- **Ready to use:** No mixing or reconstitution required.
- **Micro-dial dosing:** Each click = 0.1 mg.
- **Total content:** 30 mg (300 clicks).
- **Storage**: Refrigerated at 35-40°F. Stable 30 days at 25 °C for travel.

What You'll Need:

- **Retatrutide pre-filled pen** (ready to use)
- **Sterile pen needle** (compatible; purchased separately)
- **Alcohol pad** (for cleaning the injection site)
- **Sharps container** (for safe needle disposal)

Step 1: Preparing the Pen & Needle

1. **Wash your hands** thoroughly with soap and water.
2. **Remove the pen cap.**
3. **Attach a new sterile pen needle:**
    - Peel off the protective seal from the needle.
    - Push the needle straight onto the pen tip and twist until secure.
    - Remove and discard the outer needle cap. Keep the inner cap in place until ready to inject.
4. **Check the solution** through the pen window. It should be clear, colorless, and free of particles. Do not use if cloudy or discolored.

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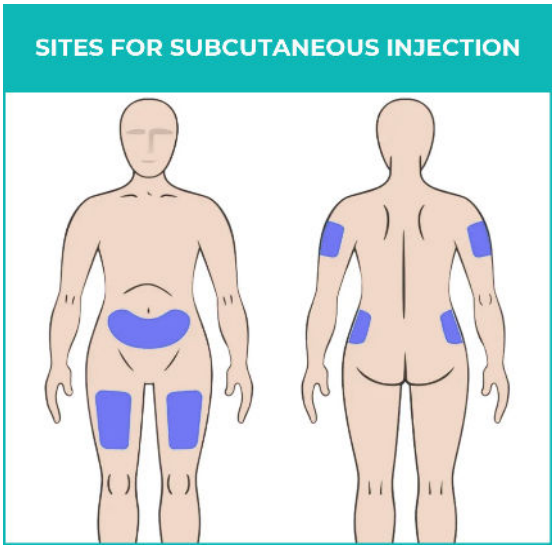
Step 2: Choosing & Preparing the Injection Site



Recommended areas: Abdomen, thigh, or upper arm.

Rotation: Always rotate sites to prevent irritation. Avoid injecting into the same exact spot repeatedly.

Preparation: Clean the site with an alcohol pad and let dry before injecting.

Step 3: Injecting the Dose

1. **Dial your dose:** Turn the dial until the correct number of clicks is selected (see titration schedule below).
2. **Remove the inner needle cap.**
3. **Pinch the skin** gently at the injection site.
4. **Insert the needle subcutaneously** at a 90° angle (or 45° if very lean).
5. **Press the injection button** until it clicks and hold for 5–10 seconds to ensure full delivery.
6. **Withdraw the needle** and release the skin.
7. **Dispose of the needle** immediately in a sharps container. Replace the pen cap.

Step 4: Dosing Information

! Retatrutide does not yet have an officially approved dosing schedule, as it is still in development.

However, phase II studies have used the following titration approach:

- **Starting dose:** 1 mg or 2 mg weekly
- **Dose escalation:** Increase every 4 weeks
- **Maximum dose studied:** 12 mg weekly
- **Maintenance dose in studies:** varied between 4 mg and 12 mg weekly, depending on individual tolerance and goals

Example escalation from trials:

1-4 weeks → **1 mg**
5-8 weeks → **2 mg**
9-12 weeks → **4 mg**
13-16 weeks → **8 mg**
17+ weeks → **up to 12 mg (if tolerated)**

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Week	Weekly Dose (mg)	Clicks
Month 1 (weeks 1-4)	1 mg	10 clicks
Month 2 (weeks 5-8)	2 mg	20 clicks
Month 3 (weeks 9-12)	4 mg	40 clicks
Month 4 (weeks 13-16)	8 mg	80 clicks
Month 5+ (week 17+)	12 mg	120 clicks

- Always escalate gradually (every 4 weeks) to reduce GI side effects.
- Skip escalation if the current dose is well-tolerated but effective.

📌 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.

📅 Frequency of Injections

- Retatrutide 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.

❄️ Storage & Safety Tips

- **Refrigeration:** Store at 35–40°F (2–8°C).
- **After opening:** Stable for up to 30 days at 25 °C for travel.
- **Do not freeze.** If frozen, discard.
- **Keep capped when not in use.**
- **Protect from light.**

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