Tirzepatide Pre-filled Pen (30 mg) Administration Guide

This guide provides step-by-step instructions for preparing, injecting, and storing your Tirzepatide pen. 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 for 30 days after opening.

What You'll Need:

- **Tirzepatide 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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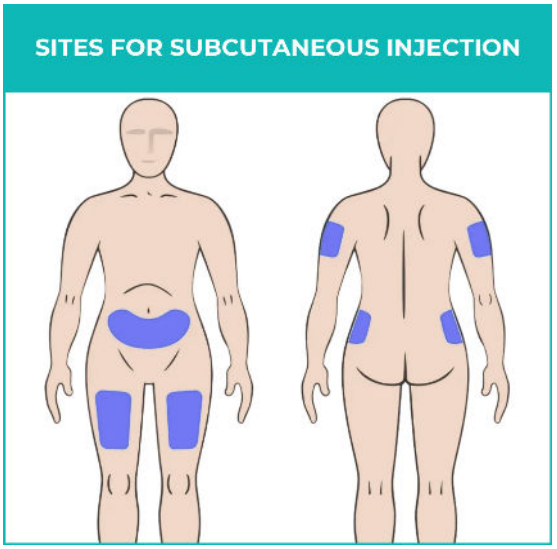
Step 2: Choosing & Preparing the Injection Site

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 & Titration Schedule

- **Administration**: Once weekly, on the same day each week.
- **Escalation**: Increase the dose every 4 weeks if tolerated.
- **Skip escalation** if current dose is effective and well-tolerated.

Week	Weekly Dose (mg)	Clicks
Month 1 (weeks 1-4)	2.5 mg	25 clicks
Month 2 (weeks 5-8)	5 mg	50 clicks
Month 3 (weeks 9-12)	7.5 mg	75 clicks
Month 4 (weeks 13-16)	10 mg	100 clicks
Month 5 (weeks 17-20)	12.5 mg	125 clicks
Month 6+ (week 21+)	15 mg	150 clicks

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The pen allows you to select only 2.5 mg or 5 mg per injection.
If your dose is different, you will need to administer multiple injections to reach the correct weekly amount.
For example, 7.5 mg = 5 mg + 2.5 mg; 15 mg = 5 mg + 5 mg + 5 mg.

Dosage must not be increased by more than 2.5 mg at a time, and a minimum of 4 weeks should be kept between dose changes.

The typical maintenance dosage is 5 mg, 10 mg, or 15 mg.

📌 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

- 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."

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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.

Pen Usage by Dose

2.5 mg/week → lasts ~12 weeks
5 mg/week → lasts ~6 weeks
7.5 mg/week → lasts ~4 weeks
10 mg/week → lasts ~3 weeks
12.5 mg/week → lasts ~2.4 weeks
15 mg/week → lasts ~2 weeks

❄️ Storage & Safety Tips

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

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