



DAY-ONE HANDOUT

# Tirzepatide — Day One

Day-one Tirzepatide reference: dose schedule, titration timing, and the side-effect playbook for the first eight weeks.



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## STARTING TIRZEPATIDE

Dual GIP/GLP-1 weekly injection: how to use, what to expect, and safety signals.

### QUICK START

- Once-weekly subQ, same day each week; rotate abdomen, thigh, or upper arm.
- Follow the titration plan—appetite effects can feel brisk early.
- Small, protein-first meals; sip fluids through the day.

### WHY IT WORKS

Tirzepatide activates both GIP and GLP-1 receptors to enhance satiety, slow gastric emptying, and improve glycemic control, often delivering early appetite reduction.

## HOW TO TAKE IT

### Weekly injection

- Choose one weekly day; rotate sites; clean skin; inject slowly.
- Use fresh needle each time; dispose in sharps container.
- Store pens refrigerated; protect from heat/freezing.

### Missed dose

- If within 4 days of your usual day, take it; if >4 days, skip and resume on the next scheduled day.
- Never double doses.

### GI comfort

- Slow eating, smaller portions; avoid greasy or very sugary meals.
- Prioritize lean protein, vegetables, fiber; walk after meals.
- Hydrate consistently; consider electrolytes if advised.

## WHAT TO EXPECT BY WEEK

### Weeks 0–2

Noticeable appetite reduction is common; mild nausea or fullness possible.

### Weeks 2–8

Weight change often begins; GI effects usually ease with pacing and hydration.

### 8+ weeks

Continued weight and metabolic improvements as habits and dosing stabilize.

### MONITORING

- Titration check-ins typically every 4–8 weeks.
- Labs per plan (glycemic markers, lipids, metabolic panel) and vitals as indicated.
- Track appetite, weight, hydration, GI symptoms.

### COMMON, USUALLY MILD

- Nausea, early fullness, constipation or loose stools, reflux.
- Injection-site redness/itch (should remain mild and brief).

### Call us immediately

- Severe or persistent abdominal pain, especially with nausea/vomiting.
- Unable to keep fluids down; signs of dehydration or dizziness.
- Yellowing skin/eyes or sharp right-upper abdominal pain.
- Allergic reaction: swelling, rash, breathing difficulty.

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### HABITS THAT AMPLIFY RESULTS

- Protein target ~0.7–1.0 g/lb goal body weight (per clinician guidance).
- Daily hydration and fiber; light movement after meals.
- Resistance training 2–4x/week to preserve lean mass.
- Limit alcohol; separate caffeine from late meals.

### FAQs

- **Travel?** Keep pens cool (not frozen) with an ice pack in carry-on; store needles safely; maintain your weekly day.
- **Constipation?** Hydrate, add fiber, walk daily; ask before OTC aids.
- **Can I pause doses?** Do not change or pause without clinician guidance; appetite may rebound and GI effects can return if restarted high.

This guide is educational and not a substitute for medical advice. Follow your clinician's instructions.

SIDE EFFECTS? QUESTIONS?

## Most are normal. We will tell you which.

Tirzepatide titrates upward across your first months. We coach the dose to your tolerance, not a fixed schedule.

[Schedule a Consultation](#)

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