

Your GLP-1 Injection Guide

Safe Use. Better Results. Day by Day.



Advice from PillSorted pharmacists to support your treatment journey.

The Basics About Injectables

MOUNJARO AND WEGOVY: HOW THEY WORK

These injectable weight loss medicines act on gut hormones that regulate appetite and digestion. With consistent use and healthy habits, they support gradual, long-term weight loss.

They help with weight loss by reducing hunger and making you feel full sooner and for longer.



How to Use Your Pen

Each weekly dose involves four steps:

1. Preparing
2. Priming
3. Injecting
4. Aftercare

Your medication comes with a detailed leaflet. Please follow those instructions carefully to ensure safe and effective use.




mounjaro



wegovy



Key Things to Remember



Inject once a week, on the same day each week. Set a weekly reminder to help you stay on track.



Rotate injection sites (abdomen, thigh, or upper arm) to avoid irritation.



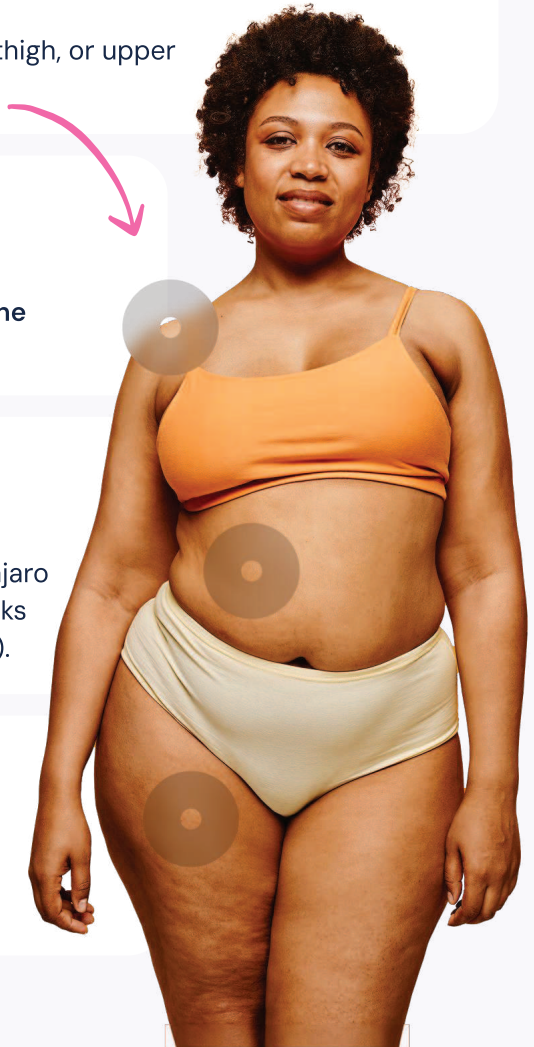
Unopened pens **must be kept in the fridge** (2°C–8°C).



After first use, you can store Mounjaro for 30 days and Wegovy for 6 weeks **at room temperature** (15°C–30°C).



Keep away from direct sunlight, heat, and freezing temperatures.



How Much Protein Do I Need?

GLP-1 medications reduce appetite, so it's important to make every bite count. Getting enough protein each day helps protect your muscles, maintain energy, and support healthy weight loss.

Your daily target

Aim for **1.2–1.6g of protein** per kg of body weight.

For example, if you weigh 100kg, you'll need: **120–160g of protein / day.**

THINK OF THIS AS:

4 meals with ~30–40g of protein each

MEAT & DAIRY



120g cooked
chicken breast



5–6 large eggs



400g Greek
yoghurt (low-fat)



1 scoop protein
shake (whey)

VEGETARIAN OPTIONS



200g tofu



300g cooked
lentils



150g quorn
(mycoprotein)



1 scoop protein
shake (vegan)

Tip: Mix sources across meals — e.g., eggs at breakfast, tofu at lunch, chicken at dinner, and a shake as a snack.

Helpful Habits

Injections alone aren't enough. To get the best results — and feel your best — your body needs daily support.

These simple habits can make a big difference:



Hydration

Drink 2–3 litres of water daily. Helps reduce nausea, prevent constipation, and support your metabolism.



Movement

Take a short daily walk. Even 15–20 minutes boosts digestion, energy, and mood.



Mindful Eating

Eat small, slow meals. Helps you tune in to real hunger cues and avoid overeating.



Magnesium

Take 200–400mg in the evening (citrate or glycinate). Can ease leg cramps, improve digestion, and support restful sleep.



Collagen (optional)

Add 10–20g daily with Vitamin C. May help support joints, skin elasticity, and recovery.

GLP-1 Side Effects

WHAT'S NORMAL



Nausea or bloating

Often occurs in the first few weeks. Eating smaller meals and avoiding high-fat foods can ease discomfort.



Constipation or diarrhoea

Digestion may slow or speed up. Stay hydrated and add fibre if needed.



Fatigue or dizziness

Can result from lower calorie intake or dehydration. Rest and stay well hydrated.



Reduced appetite

A normal effect — just focus on mindful eating and getting enough nutrients.



Dry mouth, dehydration, or sulphur burps

Common with reduced fluid intake or slower digestion. Aim for 2–3 litres of water a day, and eat slowly to help ease symptoms.

WHAT'S NOT NORMAL



Severe stomach pain

Could indicate pancreatitis — Go to A&E or call NHS 111 immediately.



Pain under the ribs or yellowing skin

May be a sign of gallbladder problems. — Don't wait. If you feel unsure, it's always safer to get checked.

Important Safety Notes



GLP-1 medicines are not recommended for people with:

- A personal or family history of medullary thyroid cancer (**MTC**)
- A history of multiple endocrine neoplasia type 2 (**MEN2**)

If this applies to you, please speak to your GP before starting treatment.



Is my medication still safe to use?

Our insulated packaging protects your medication for at least 36 hours in transit. A melted ice pack is expected — not a problem.

Your pen is still safe to use if:

- It has not been frozen
- It looks clear and unclouded
- It was delivered within 36 hours

If delivery took longer than 36 hours, your pen may still be safe if:

- Mounjaro has been kept at or below 30°C for up to 30 days
- Wegovy has been kept below 30°C for up to 6 weeks

Do not use the pen if it was frozen.

Questions?

Contact us at help@pillsorted.com or call **03334 050380**



Important Warning

**Are you experiencing
severe pain at the top of
your stomach?**

This could be a sign of pancreatitis — a rare
but serious side effect of treatment.



Stop using your injections.

Go to **A&E** or call **NHS 111** immediately.
Do not wait.