

# Mixing, Dosing & Administration Guide

For tirzepatide 7.5 mg vials with 0.5 mL solvent each

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## Step 1: Mixing Instructions

### What You'll Need:

- 1 vial of tirzepatide 7.5 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 0.5 mL (50 units) of solvent:**
  - a. Uncap your insulin syringe.
  - b. Pull back the plunger to draw in 0.5 mL (50 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 0.5 mL (50 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.

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**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:  
**7.5 mg per 0.5 mL = 15 mg/mL**  
**That's 0.15 mg per unit**

## Step 2: Dosing Guide

Weekly Dose (mg)	Syringe Units (approx)
2.5 mg	17 units
5 mg	34 units
7.5 mg	50 units
10 mg	67 units
12.5 mg	84 units
15 mg	100 units

✓ **All doses up to 15 mg fit in a single injection.**

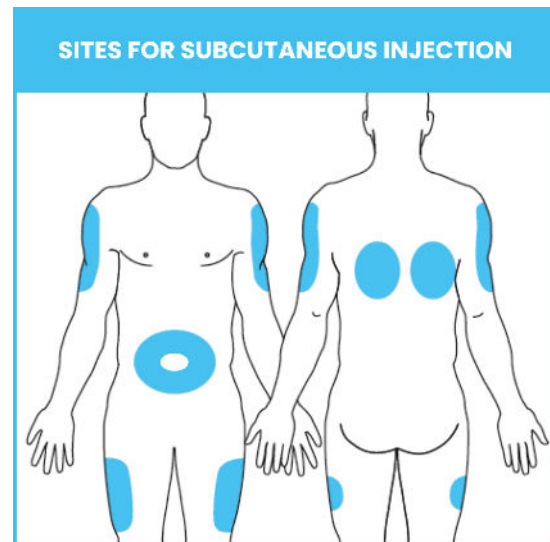
## Step 3: Inject Tirzepatide

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 7.5 mg, draw to 50 units — this draws in air.*
  - 4.3. Insert the needle into the vial. 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 = 7.5 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.

## 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 37.5 mg total tirzepatide.

Use this formula:

$$37.5 \text{ mg} \div \text{your weekly dose (in mg)} = \text{how many weeks it will last}$$

### Examples:

2.5 mg/week → 15 weeks

5 mg/week → 7.5 weeks

7.5 mg/week → 5 weeks

10 mg/week → 3.75 weeks

12.5 mg/week → 3 weeks

15 mg/week → 2.5 weeks

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 9 full 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