

Zepbound, Made Simple

tirzepatide • Weekly treatment for long-term weight management and eligible OSA

ONE WEEKLY DOSE. TITRATE SLOWLY. PLAN FOR PREGNANCY AND PROCEDURES.

Zepbound is a once-weekly injection used with nutrition and physical activity for long-term weight management. It is also approved for moderate-to-severe obstructive sleep apnea in adults with obesity. The starting dose is not a maintenance dose; increases are spaced at least 4 weeks apart to reduce stomach side effects.

1 Use it once weekly

Inject on the same day each week, at any time, with or without food.

2 Follow the titration

Do not increase early or copy another person's dose. Each step lasts at least 4 weeks.

3 Prevent pregnancy

Stop when pregnancy is recognized. Oral birth control may be less reliable during dose changes.

4 Protect muscle

Pair weight loss with adequate protein, resistance activity, and clinician-guided nutrition.

5 Plan procedures

Tell the anesthesia and procedure team. Zepbound delays stomach emptying.

6 Know serious symptoms

Persistent severe abdominal pain, dehydration, or allergy symptoms require prompt help.

Your weekly titration and missed-dose plan

Missed dose: take within 4 days (96 hours). After 4 days, skip it.

- Resume your regular weekly day after the missed-dose decision.
- You may change the weekly day only when doses remain at least 3 days (72 hours) apart.
- Never combine Zepbound with another tirzepatide product or another GLP-1 medicine unless your prescriber directs it.

CALL PROMPTLY

- Repeated vomiting or diarrhea
- Unable to keep fluids down
- Upper-right abdominal pain, fever, or yellow skin
- New or worsening vision changes if you have diabetes
- Neck lump, trouble swallowing, or persistent hoarseness

GET URGENT HELP

- Severe abdominal pain that may spread to the back
- Face, tongue, or throat swelling
- Trouble breathing or fainting
- Severe low blood sugar that cannot be treated safely

HOW FAIRVIEW HELPS

- Confirm the product, strength, weekly day, and injection technique.
- Check every new prescription, OTC medicine, and supplement.
- Help prevent refill gaps and address insurance or supply barriers.

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tirzepatide • Simplified refrigerator guide

My Zepbound Plan

My weekly day: _____

My strength: _____

My treatment reason: _____

My next increase date: _____

My next refill: _____

My prescriber: _____

The rule to remember

Inject once weekly. Do not increase sooner than prescribed. Use non-oral or barrier contraception for 4 weeks after starting and for 4 weeks after each dose increase when applicable.

MISSED DOSE

- Within 4 days: take the missed dose.
- More than 4 days late: skip it.
- Never take doses less than 3 days apart.

CALL BEFORE USING

- Insulin or sulfonylureas
- Other GLP-1 or tirzepatide products
- Oral birth-control pills
- Medicines with narrow timing needs

CALL THE CARE TEAM

- Repeated vomiting or diarrhea
- Unable to keep fluids down
- Upper-right abdominal pain, fever, or yellow skin
- New or worsening vision changes if you have diabetes
- Neck lump, trouble swallowing, or persistent hoarseness

URGENT / 911

- Severe abdominal pain that may spread to the back
- Face, tongue, or throat swelling
- Trouble breathing or fainting
- Severe low blood sugar that cannot be treated safely

Keep treatment safe and sustainable

- Use a reduced-calorie eating plan and physical activity as directed.
- Preserve lean mass with adequate protein and resistance activity when medically appropriate.
- Long-term treatment may be needed to maintain benefits; do not stop only because progress slows.