

Precautions and Consent From for GLP-1 Hormone Injection

✿ Possible Side Effects

[Hypoglycemia (Low Blood Sugar)]

If you experience symptoms of hypoglycemia—such as a rapid heartbeat, difficulty concentrating, or in some cases, loss of consciousness—take immediate action. Other possible symptoms include weakness, fatigue, intense hunger, cold sweats, paleness, palpitations, severe trembling, headache, dizziness, nausea, and visual disturbances.

If any of these occur, promptly consume glucose or a product that contains glucose.

[Gastrointestinal symptoms]

GLP-1 slows digestion by inhibiting gastrointestinal movement, which helps suppress appetite. However, it may cause side effects such as nausea, abdominal discomfort, or diarrhea.

If these occur, avoid putting pressure on your abdomen: loosen your belt, remove any corsets or tight waistbands, and avoid lying on your stomach. Instead, lie on your side with your knees slightly bent. When eating, choose easily digestible foods to reduce gastrointestinal strain. In the event of diarrhea, increase your fluid intake to prevent dehydration.

[Other]

In rare cases, serious conditions such as acute pancreatitis or anaphylactic shock may occur. If you experience persistent, severe abdominal pain with vomiting, difficulty breathing, or other serious symptoms, contact your clinic immediately.

✿ Precautions for Those Performing Daily Injections

[Injection Site]

In rare cases, serious conditions such as acute pancreatitis or anaphylactic shock may occur. If you experience persistent, severe abdominal pain with vomiting, difficulty breathing, or other serious symptoms, contact your clinic immediately.

- Self-administer the injection subcutaneously into the abdomen or thigh.
- Rotate the injection site by about 3 cm each time to avoid repeated use of the same spot.

[Disinfection]

Clean the injection site with an alcohol swab before injecting.

[Injection]

- Press the injection button vertically and firmly.
- Keep the needle inserted for at least 6 seconds while holding down the button to ensure the full dose is delivered.
- Do not release the injection button until the needle is fully withdrawn. Releasing it too soon may, in rare cases, cause blood to enter the cartridge.

✦ Precautions for Those Performing Daily Injections

[If You Forget to Take Your Dose]

- Try to inject the GLP-1 hormone at the same time each day.
- If you forget and it's been less than 3 hours since your usual time, inject as soon as possible.
- If more than 3 hours have passed, skip the missed dose and resume your regular schedule the next day.
- Never take two doses at once.
- Do not change your dosage or injection schedule without consulting your doctor.

[Storage and Handling Instructions]

- The injection pen contains glass components—handle with care. If dropped onto a hard surface, do not use it; replace with a new pen.
- Once you bring the GLP-1 injection home, store it promptly in the refrigerator at 2–8°C.
- After starting use, you may store it at room temperature protected from light. However, if the room temperature exceeds 30°C (e.g., in summer), keep it in a part of the refrigerator such as the vegetable drawer, egg compartment, or door shelf—areas not directly exposed to cold air.
- Keep out of reach of children.
- Always use a new needle for each injection. Never reuse needles.

[Disposal Method]

- Do not dispose of used injection pens in regular household waste. Place them in a sturdy container, such as a plastic bottle, and return them to the clinic.
- If the return of used pens cannot be confirmed, new injections will not be provided.

[For Women]

- Do not use this injection during pregnancy or breastfeeding. If you become pregnant during treatment, contact your clinic immediately.

We use medications with the same mechanism of action as GLP-1. These drugs are approved for obesity treatment in the U.S., Europe, and South Korea, and for diabetes treatment in Japan, where their safety has been confirmed by the Ministry of Health, Labour and Welfare. However, GLP-1 injections are not covered by insurance for weight loss purposes in Japan, so treatment is self-paid.

[Precautions]

The following individuals are not eligible for this treatment:

<Contraindications>

- ☐ Currently pregnant or within 3 months postpartum (including post-abortion or miscarriage)
- ☐ Cancer (under treatment or within 3 months after treatment; consult your primary physician thereafter)
- ☐ Diabetes
- ☐ Active herpes
- ☐ Severe allergic reactions
- ☐ Pancreatic disorders
- ☐ Ascites or edema
- ☐ Heart or kidney dysfunction
- ☐ Undergoing dialysis
- ☐ History of hypersensitivity to GLP-1 or similar medications
- ☐ Individuals unable to fully comprehend or provide informed consent

<Caution Required>

- ☐ Breastfeeding
- ☐ Heart disease
- ☐ Autoimmune conditions
- ☐ Collagen diseases
- ☐ Thyroid disorders
- ☐ Epilepsy
- ☐ Infectious diseases
- ☐ Individuals operating vehicles or working at heights 7.5 to 10 hours post-injection
- ☐ Use of anticoagulant medications
- ☐ Drug allergies
- ☐ Metal allergies
- ☐ Alcohol intolerance

※ Maintain a consistent eating schedule to prevent hypoglycemia.

If any of the above conditions apply and are not disclosed, the clinic cannot be held responsible.

If you have implants or artificial materials near the injection site, complications may occur and injection is not recommended.

The clinic cannot take responsibility for any complications resulting from undisclosed conditions.