



Wellness IV Saloon Peptide Protocol

Patient Information Sheet

Obtaining Clearance

Step 1: Collecting or Obtaining Current Lab Values

You may provide current lab results (within 90 days) obtained from your physician or other healthcare source or;

WIVS can perform venipuncture to obtain blood to be analyzed to obtain lab values for the following tests: (\$100 without insurance, \$20 with insurance)

- Complete Blood Count (CBC)
- Comprehensive Metabolic Panel (CMP)
- Hemoglobin A1c
- Insulin
- Thyroid Stimulating Hormone (TSH)
- Advanced Lipid Panel
- Statement of Denial of Pregnancy or Negative Pregnancy Test (not performed at WIVS)

Step 2:

You will have a telehealth or on-site consultation with our Physician/Nurse Practitioner/Nurse to discuss medical history, medication education, and treatment goals and decide which peptide medication will work best for you. If approved, you will move on to step 3.

Step 3:

Sign consent forms and set a date for your first injection!



Congratulations, you have been cleared and are ready for your first injection!

First Appointment:

Your nurse will check and record your blood pressure and starting weight. (blood sugar if diabetic)

Your nurse will discuss potential side effects of taking peptide medications and instruct you on how to prevent or combat those side effects.

Your injection will be given about 2 inches from your belly button using a small subcutaneous needle. While any injection can be painful, most patients report little to no pain at all.

If possible, your nurse will schedule you for your next appointment and ensure you have our contact information in case you have any questions or concerns after receiving your injection.

Subsequent Appointments:

Your nurse will check and record your blood pressure and weight every visit.

Dosage and frequency will be evaluated each visit and increases will be agreed upon on a case-by-case basis, although you will be required to stay on each dose for 2-3 injections minimum to get an accurate evaluation of the medication's efficacy.

Lab values will need to be re-checked **every 90 days** (about 3 months) you are actively taking the medication to ensure clearance eligibility for continued treatment. If needed, a telehealth or on-site consultation will be scheduled with our Physician/Nurse Practitioner.

Maintenance Therapy:



The above guidelines will continue while on maintenance dosage.

To obtain an accurate maintenance dose, these steps will be taken:

When you are close to reaching a healthy BMI (27-29) or goal weight, you will begin maintenance protocol.

A telehealth or on-site consultation will be scheduled with our Physician/Nurse Practitioner/Nurse to discuss switching to maintenance therapy.

Once approved, your nurse will schedule your next injection to be one tier lower on the dosage protocol.

You will stay on this dose for 2-3 injections and results will be evaluated.

Options for maintenance therapy are on a case-by-case basis from this point and may include lower dosage or longer intervals between injections. These options will be discussed at your injection appointments. Maintenance dosing **MUST** be initiated if a BMI of 29 has been achieved. If BMI goes below 27, treatment **MUST** be discontinued.

Discontinuing Therapy:

Dosage will be lowered every 2-4 injections after clearance from Physician/Nurse Practitioner

Once you reach the lowest dose and do not require maintenance doses, a final consultation will be scheduled with Physician/Nurse Practitioner for official clearance to discontinue peptide therapy.