



GLP-1 Receptor Agonist (GLP-1 RA) Consent Form

At Renew Aesthetics & Wellness, we're dedicated to offering advanced options to support your weight loss and wellness goals. One of these options includes GLP-1 Receptor Agonists—a class of medications originally used to manage type 2 diabetes, now widely prescribed for weight loss and overall health improvement.

These medications work by mimicking a natural hormone (GLP-1) in your body that helps regulate blood sugar and appetite. They're typically given as weekly injections, but some forms are available as daily injections or oral tablets.

Purpose of This Treatment

GLP-1 medications are prescribed to help:

- Support weight loss and long-term weight management for adults with a BMI over 25
- Improve blood sugar control in people with type 2 diabetes
- Lower the risk of heart attacks and strokes in diabetic patients with heart disease
- Reduce sleep apnea symptoms in individuals who are overweight

We provide a personalized treatment plan, which includes:

- Medication prescribed at the right dose for your body and goals
- Nutrition and exercise guidance
- Support for lifestyle and behavior changes

Potential Benefits

While results vary from person to person, benefits may include:

- Meaningful weight loss
- Better control of blood sugar levels
- Feeling full sooner and staying full longer
- Reduced cravings and obsessive thoughts about food ("food noise")
- Improved heart and kidney health
- Potential decrease in risk for certain cancers, Alzheimer's disease, and fatty liver disease
- Decreased addictive behaviors

Ongoing research continues to show more health benefits from GLP-1 medications.

Possible Side Effects and Risks

Like all medications, GLP-1 medications may cause side effects. Most are mild and manageable:

Common side effects:

- Nausea, vomiting, diarrhea, bloating, constipation, or acid reflux
- Headache, dizziness, or fatigue
- Mild pain or redness at the injection site

Less common but serious risks:

- **Pancreatitis** (inflammation of the pancreas): sudden, severe stomach pain
- **Gallbladder issues:** stomach pain, yellowing skin/eyes, clay-colored stool
- **Bowel blockages:** bloating, no bowel movements or gas, vomiting
- **Thyroid tumors:** hoarseness, trouble swallowing, neck lumps
- **Dehydration or kidney issues**
- **Changes in vision** (especially in people with diabetic eye disease)
- **Increased resting heart rate**
- **Rare allergic reactions**
- **Sore throat or runny nose**

What to Expect with Treatment

- You may experience mild injection discomfort
- Side effects can usually be controlled with medication or dose adjustments
- Injections are given regularly over several months
- Your dose may change depending on your progress
- Once your goal weight is reached, we'll work with you on a lower maintenance dose
- Continued treatment may be needed to maintain weight loss

Important Safety Information

You should not use this medication if you:

1. Are pregnant or breastfeeding
2. Have or had a type of thyroid cancer called **Medullary Thyroid Carcinoma**
3. Have a family history of this type of thyroid cancer
4. Have had a serious allergic reaction to a GLP-1 medication

Your Consent

By signing this form, you confirm that:

- You understand the purpose, risks, and benefits of GLP-1 medication
- All your questions have been answered by your provider
- You understand this treatment is voluntary, and you may stop at any time
- You are aware of both common and rare side effects

Patient Signature: _____

Date: _____

Print: _____