

INSTRUCTIONS FOR USE

Injection, for subcutaneous use

Multi-dose single-patient-use pre-filled pen

Each pen contains 4 fixed doses, one dose taken weekly.

Retatrutide 30 mg Pen solution for injection in pre-filled pen

Retatrutide

This Instructions for Use contains information on how to inject Retatrutide Pen.



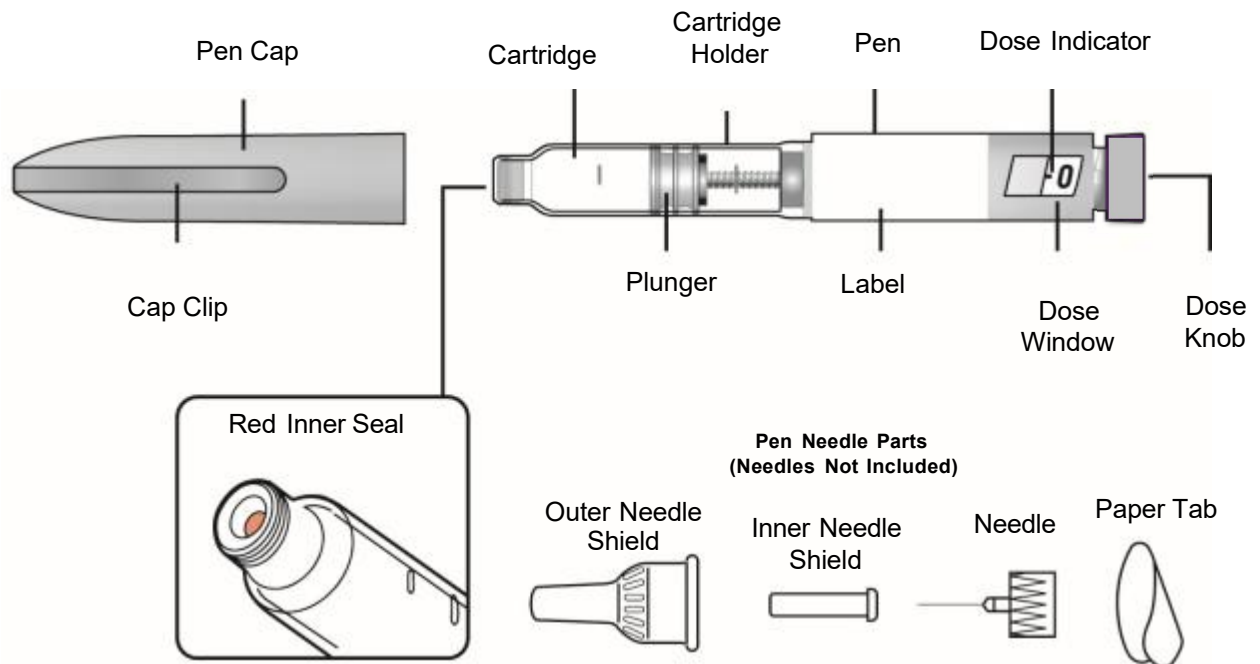
Important information you need to know before injecting Retatrutide Pen.

Read this Instructions for Use and the package leaflet before you start injecting Retatrutide Pen and each time you get another new pen. There may be new information. This information does not take the place of talking to your doctor, pharmacist or nurse about your medical condition or treatment.

- Retatrutide Pen is a disposable multi-dose single-patient-use pre-filled pen. **The pen contains 4 fixed doses, one dose taken weekly.** Inject 0.6 ml in a single weekly injection, under the skin (subcutaneously).
- After 4 doses, dispose of the pen.
- **Do not** share your Retatrutide Pen with other people, even if the pen needle has been changed. You may give other people a serious infection or get a serious infection from them.
- People who are blind or have vision problems should not use the pen without help from a person trained to use the pen.

Guide to parts

Parts of the Retatrutide Pen



Supplies needed to give your injection

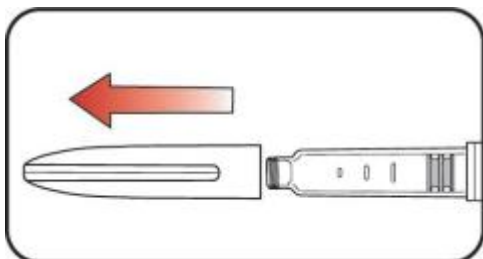
- Retatrutide Pen
- Pen compatible needle
- Swab
- Gauze or cotton ball
- Sharps disposal container or household container

Preparing to inject Retatrutide Pen



Step 1:

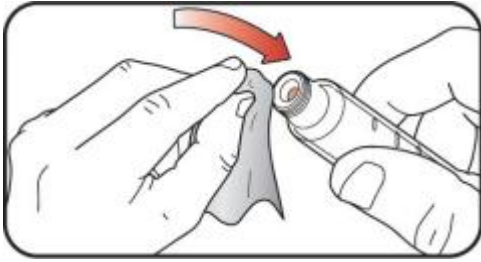
- Wash your hands with soap and water.



Step 2:

- Pull the pen cap straight off.
- Inspect the pen and label. **Do not** use if:
 - the medication name or dose strength does not match your prescription.
 - the pen is expired (EXP) or looks damaged.
 - the medication has been frozen, has particles, is cloudy, or is discoloured.

Retatrutide should be colourless to slightly yellow.



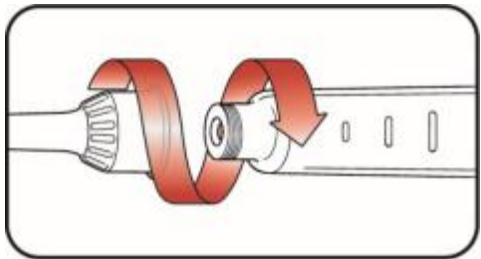
Step 3:

- Wipe the inner seal with a swab.



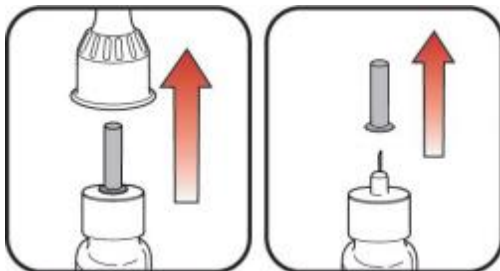
Step 4:

- **Select a new pen needle.** Always use a new pen needle for each injection to help prevent infections and blocked needles.
- Pull off the paper tab from the outer needle shield.



Step 5:

- Push the capped pen needle straight onto the pen and twist the pen needle on until it is tight.

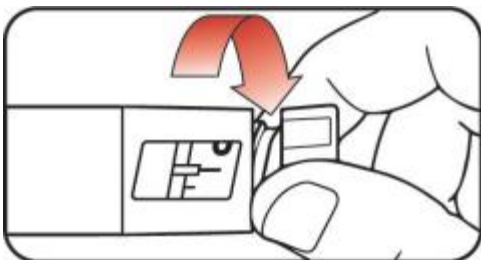


Step 6:

- a. Pull off the outer needle shield and keep it. This will be reused.
- b. Pull off the inner needle shield. Put it in your household bin.

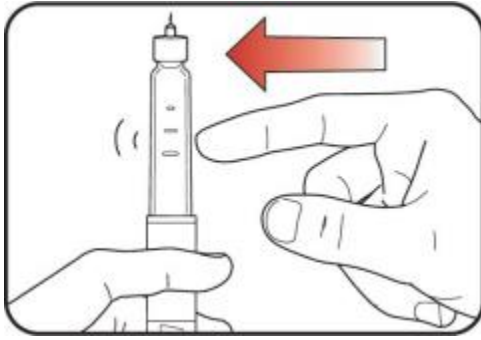
a. Outer needle shield

b. Inner needle shield



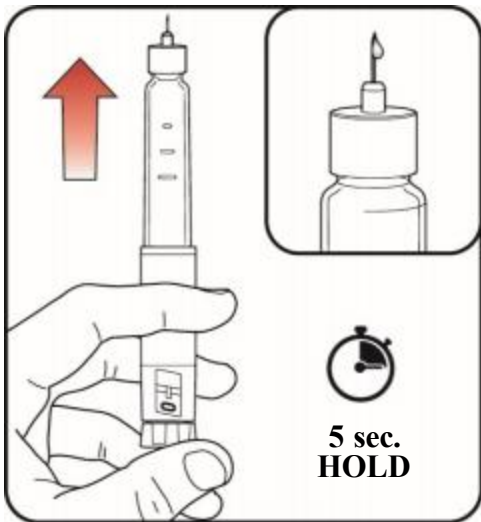
Step 7:

- Slowly turn the dose knob until you hear **2 clicks** and the  extended line is shown in the dose window. This is the prime position. It can be corrected by turning the dose knob in either direction until the prime position lines up to the dose indicator.



Step 8:

- Hold your pen with the needle pointing up.
- Tap the cartridge holder gently to collect air bubbles at the top.



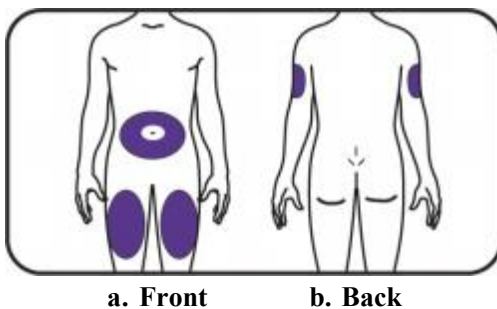
Step 9:

- Release some medicine into the air by **pushing the dose knob in** until it stops, then **slowly count to 5 while holding the dose knob**. The **0** icon must be shown in the dose window. **Do not** inject into your body.

Priming removes air from the cartridge and makes sure that your pen is working correctly. Your pen has been primed if a small amount of medicine comes out of the tip of the pen needle.

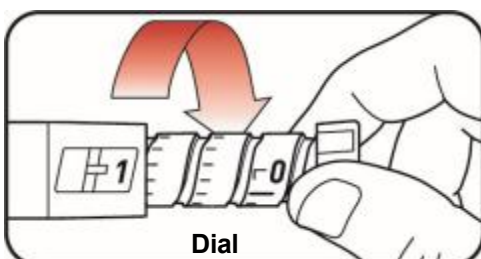
- If you do not see medicine, repeat **steps 7-9**, no more than 2 additional times.
- If you still do not see medicine, then change the pen needle and repeat **steps 7-9**, no more than 1 additional time.
- If you still do not see medicine, contact your local Godzilla Weight Loss.

Injecting Retatrutide Pen



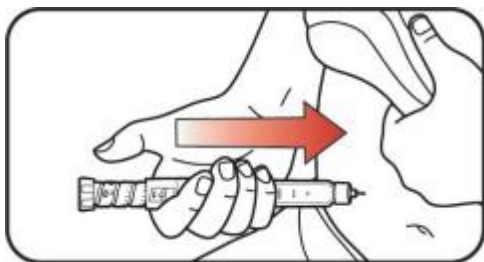
Step 10:

- Choose an injection site.
 - a. You or another person can inject the medicine in your thigh or stomach (abdomen) at least 5 centimetres from the belly button.
 - b. Another person should give you the injection in the back of your upper arm.
- **Change (rotate)** your injection site each week. You may use the same area of your body but be sure to choose a different injection site in that area.



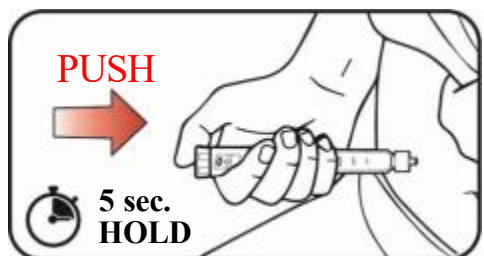
Step 11:

- Turn the dose knob until it stops and the **1/1** icon is shown in the dose window. The **1/1** icon is equal to a full 0.75 ml dose.

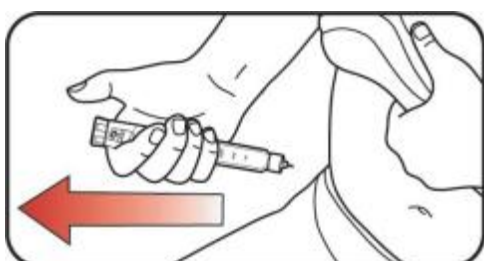


Step 12:

- a. Insert the needle into your skin.



- b. Inject the medicine by **pushing the dose knob in** until it stops then **slowly count to 5 while holding the dose knob**. The  icon must be shown in the dose window before removing the needle.



Step 13:

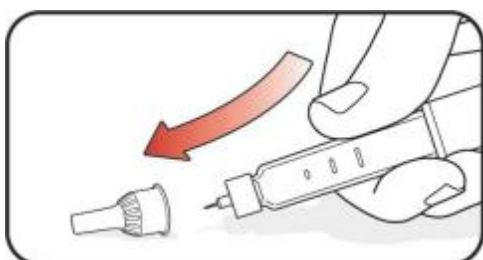
- Pull the needle out of your skin. A drop of medicine on the needle tip is normal. It will not affect your dose.
- Confirm the  icon is in the dose window. If you see the  icon in the window, you have received the full dose. If you do not see the  icon in the dose window, insert the needle back into your skin and finish your injection. **Do not** redial the dose. If you still do not think you received the full dose, **do not** start over or repeat the injection. Contact your local pda labs if you have any questions or problems with Retatrutide Pen.

After your Retatrutide Pen injection



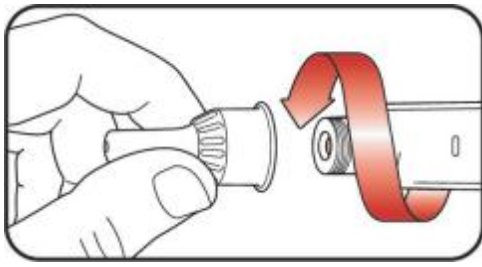
Step 14:

- If you see blood after you pull the needle out of your skin, lightly press the injection site with gauze or a cotton ball. **Do not** rub the injection site.



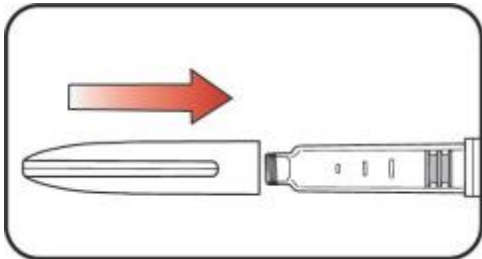
Step 15:

- Carefully replace the outer needle shield.



Step 16:

- Unscrew the capped needle and put the needle in a sharps container (see “Disposing of Retatrutide Pen and needles” section).
Do not store the pen with the needle attached to prevent leaking, blocking the needle, and air from entering the pen.



Step 17:

- Replace the pen cap.
Do not store the pen without the pen cap attached.

Storing your Retatrutide Pen

Unused pens:

- Store **unused pens** in the **refrigerator** between 2°C to 8°C.
- Unused pens may be used until the expiration date printed on the label if the pen has been kept in the refrigerator.
- **Do not** freeze your pen. Throw away (discard) the pen if it has been frozen.

Used pens:

- You may store your **used pen** at **room temperature** up to 30°C after your injection.
- Keep away from heat.
- Keep your pen and needles out of the sight and reach of children.
- Dispose of the pen 30 days after first use.
- Dispose of the pen after receiving 4 weekly doses.

Disposing of Retatrutide Pen and pen needles

- Dispose of your used pen needles in a sharps disposal container right away after use, **do not** dispose of loose pen needles in your household waste.
- Dispose of the used pen in your household bin or sharps disposal container after you have removed the needle.
- Do not recycle your used sharps disposal container.
- Ask your doctor, pharmacist or nurse about how to dispose of medicines you no longer use.

Troubleshooting

- If you cannot remove the pen cap, gently twist the pen cap back and forth, and then pull the pen cap straight off.
- If the dose knob is hard to push:
 - pushing the dose knob more slowly will make it easier to inject.
 - your needle may be blocked. Put on a new pen needle and prime the pen.
 - you may have dust, food, or liquid inside the pen. Throw the pen away and get a new pen.

Side effects

- The most common Retatrutide pen side effects are nausea, diarrhea, decreased appetite, vomiting, constipation, heartburn (dyspepsia), and abdominal pain.
- These gastrointestinal effects typically affect more than 5% of patients, usually improve within weeks, and are more frequent at higher doses. People are more likely to discontinue Retatrutide pen due to stomach side effects if they are on a higher Retatrutide dosage (5mg dose: 3.0% risk of stopping treatment vs 15mg dose: 6.6% risk).

Tips for managing Retatrutide stomach side effects

Following these tips may help you manage Retatrutide's stomach side effects:

- Eat more slowly.
- Consume smaller meals.
- Select more bland, low-fat foods (like crackers, toast, and rice).
- Avoid greasy, fried foods or sugar treats.
- Eat foods that contain water (like soup or gelatin).
- Don't lie down right after eating.
- Drink clear or ice-cold liquids.
- If possible, go outside for fresh air if you feel sick.
- Serious Retatrutide side effects.

Retatrutide can cause serious side effects such as inflammation of the pancreas, vision changes, low blood sugar levels, kidney problems, and serious allergic reactions, and it can also increase the risk of food or liquid getting into your lungs during surgery or a medical procedure.

Get emergency medical help if you have signs of an allergic reaction, such as hives, itching, dizziness, fast heartbeats, difficulty breathing, or swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have:

- Vision changes;
- Unusual mood changes, thoughts about hurting yourself;
- Pounding heartbeats or fluttering in your chest;
- A light-headed feeling, like you might pass out;
- Signs of a thyroid tumor - swelling or a lump in your neck, trouble swallowing, a hoarse voice, feeling short of breath;
- Symptoms of pancreatitis - severe pain in your upper stomach spreading to your back, nausea with or without vomiting, fast heart rate;
- Gallbladder problems - upper stomach pain, fever, clay-colored stools, jaundice (yellowing of the skin or eyes);
- Low blood sugar--headache, hunger, weakness, sweating, confusion, irritability, dizziness, fast heart rate, or feeling jittery;
- Kidney problems - swelling, urinating less, blood in urine, feeling tired or short of breath
- Stomach flu symptoms - stomach cramps, vomiting, loss of appetite, diarrhea (may be watery or bloody)
- Symptoms of ileus (stomach paralysis) - bloating, stomach cramps or pain, nausea or vomiting, constipation or diarrhea, loss of appetite.

Additional Information:

If you have questions or problems with your Retatrutide Pen, contact your local pda labs or your doctor, pharmacist or nurse.

Godzilla Weight Loss

Daniel gonzalez

Brickell,Miami,FL,USA

Tel: + 1(305) 916-3619

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Medication Calendar

Use Retatrutide 1 time a week.

I inject my weekly 0.6 ml dose on the dates below.

Write the day of the week you choose to inject. Inject on this day each week (Example: Monday).

(Day/Month) (Day/Month) (Day/Month) (Day/Month)

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