Harmony Community Clinic
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Informed Consent: Medical Weight Management with GLP-1 Medications

Semaglutide, tirzepatide, and liraglutide (brand-name or compounded)

Patient name (print) _____ Date of birth _____ Date _____

1. Treatment description

GLP-1 medications (and the dual GIP/GLP-1 medication tirzepatide) act on hormones that control appetite, fullness, and blood sugar. They are given as an injection under the skin, usually once a week (liraglutide is daily). The dose starts low and is increased slowly. Medication works best together with healthy eating, adequate protein, physical activity, and regular follow-up visits.

- Medication: ☐ Semaglutide ☐ Tirzepatide ☐ Liraglutide ☐ Other: _____
- Product: ☐ FDA-approved brand-name ☐ Compounded (see Compounded Medication Disclosure, form HCC-10)

2. Possible benefits and alternatives

Possible benefits include weight loss, reduced appetite, and improvement in blood sugar, blood pressure, and cholesterol. Alternatives include nutrition and exercise programs alone, other weight-loss medications, bariatric surgery, or no treatment.

3. Common side effects

Nausea, vomiting, diarrhea, constipation, stomach pain, bloating, heartburn, burping, decreased appetite, fatigue, headache, dizziness, and redness or itching at the injection site. These are often worse when starting or increasing the dose.

4. Serious risks

- **Thyroid tumors:** in rodent studies these medications caused thyroid C-cell tumors. It is unknown whether this happens in humans. They must not be used by anyone with a personal or family history of medullary thyroid cancer or Multiple Endocrine Neoplasia type 2 (MEN2). I will report a lump or swelling in the neck, hoarseness, trouble swallowing, or shortness of breath.
- **Pancreatitis:** severe stomach pain that may spread to the back, with or without vomiting. I will stop the medication and seek care immediately.
- **Gallbladder problems,** including gallstones, especially with rapid weight loss.
- **Dehydration and kidney injury** from vomiting or diarrhea. I will drink enough fluids.
- **Low blood sugar,** especially if I also take insulin or a sulfonylurea (such as glipizide or glyburide).
- **Slow stomach emptying:** severe or long-lasting nausea, vomiting, or bloating, and in rare cases bowel blockage. This also increases the risk of inhaling stomach contents during anesthesia or sedation. I will tell any surgeon, dentist, or anesthesia provider that I take this medication before any procedure.
- **Allergic reactions,** including swelling of the face, lips, or throat, rash, or trouble breathing.
- Increased heart rate; worsening of diabetic eye disease in people with diabetes; rare reports of sudden vision loss in one eye (NAION).
- Changes in mood, depression, or thoughts of self-harm. I will report these right away.
- Loss of muscle along with fat, and temporary hair thinning, with rapid weight loss.
- Weight regain is common after stopping the medication.

I have read and understand the risks listed above. _____ Initials

5. Pregnancy and contraception

These medications must not be used during pregnancy or breastfeeding. Semaglutide should be stopped at least 2 months before a planned pregnancy. Tirzepatide can make birth control pills less effective: I will use a non-oral method or add a backup method (such as condoms) for 4 weeks after starting and for 4 weeks after each dose increase. For patients who can become pregnant: I confirm that, to the best of my knowledge, I am not pregnant and not breastfeeding, and I will tell the provider right away if I become pregnant, plan to become pregnant, or begin breastfeeding.

6. Screening questions

	Yes	No
Do you or any family member have medullary thyroid cancer or MEN2?	☐	☐
Have you ever had pancreatitis?	☐	☐
Do you have gallbladder disease, kidney disease, or gastroparesis?	☐	☐
Do you take insulin or diabetes pills?	☐	☐
Do you have diabetic eye disease (retinopathy)?	☐	☐
Do you have a history of an eating disorder, depression, or suicidal thoughts?	☐	☐
Do you have surgery or a procedure with sedation scheduled?	☐	☐

7. My responsibilities

- Use the exact dose prescribed and never increase it on my own.
- Attend follow-up visits and complete laboratory tests as ordered.
- Eat smaller meals, stop eating when full, drink water, and include protein and strength activity.
- Report side effects promptly, and tell the clinic about any new medication or medical condition.

No guarantee: I understand that medicine is not an exact science. Results vary from person to person, and no promise or guarantee has been made to me about the results of this treatment.

Right to refuse or stop: I may refuse this treatment or stop it at any time. Stopping will not affect my right to receive other care at Harmony Community Clinic. Charges for services already provided or medications already dispensed still apply.

If I have a severe reaction, such as trouble breathing, swelling of the face or throat, chest pain, fainting, sudden vision changes, or severe pain, I will call 911 or go to the nearest emergency room right away, and then notify the clinic.

I consent to medical weight management with GLP-1 medication. _____ Initials

Signatures

By signing below, I confirm that I have read this form (or had it read to me) in a language I understand, that I had the opportunity to ask questions and all of my questions were answered, and that I agree to its terms voluntarily.

_____ Patient name (print)

_____ Patient signature

_____ Date

_____ Parent / guardian / legal representative (print, if applicable)

_____ Relationship to patient

_____ Representative signature

_____ Date

_____ Provider name and credentials

_____ Provider signature

_____ Date

Tell us about your visit

Your opinion helps other families find quality care. After your visit, scan this code with your phone camera to leave Harmony Community Clinic a review on Google.

Thank you for trusting us with your health.