

Overview of Tesamorelin Peptide Therapy

What It Is:

Tesamorelin is a synthetic peptide analog of a growth hormone-releasing factor. It's primarily used to reduce excess abdominal fat, especially in patients with HIV-associated lipodystrophy.

Why It's Used:

It helps improve body composition by reducing visceral adipose tissue and can positively affect metabolic parameters.

Benefits of Tesamorelin

Reduction in Visceral Fat:

It helps decrease abdominal fat, which is particularly beneficial for patients with HIV-associated lipodystrophy.

Improved Metabolic Health:

It can lead to better metabolic profiles, including potential improvements in insulin sensitivity.

Enhanced Quality of Life:

Patients may experience improved physical comfort and self-esteem by addressing abnormal fat distribution.

Dosing:

Type: GHRH (Growth Hormone Releasing Hormone) – 44 amino acid chain

Dosing: 10-20 units SQ, Monday-Friday

Mixing bacteriostatic water: 1ml into peptide vial

Schedule: 5 days on, 2 days off

Amount per injection: 10 units

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Reconstitution: Mixing with Bacteriostatic Water

Proper reconstitution is critical to maintain stability and potency for peptide formulations provided as a lyophilized (powder) product.

Purpose of Bacteriostatic Water:

Bacteriostatic water contains a preservative that helps keep the solution sterile, which is critical for injectable medications.

Step-by-Step Mixing Instructions:

Gather Supplies:

- Tesamorelin vial (lyophilized powder)
- Bacteriostatic water vial
- A sterile syringe and needle
- Alcohol swabs

Prepare the Vials:

- Clean the tops of both vials with an alcohol swab.

Inject the Bacteriostatic Water:

- Draw the prescribed amount of bacteriostatic water into the syringe.
- Insert the needle into the peptide powder vial and inject the water slowly, directing the stream along the side of the vial to minimize foam formation.

Mix Gently:

- Gently swirl the vial to help dissolve the powder completely. Avoid shaking vigorously, as this can affect the integrity of the compound.

Ensure Complete Dissolution:

- Confirm that the powder has fully dissolved, and that the solution appears as expected. Check the manufacturer's instructions for any specifics.

Storage:

- Store the reconstituted solution according to guidelines—typically in a refrigerator—to maintain its potency.

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Important Patient Details

Administration Methods:

- Typically, Tesamorelin is administered via subcutaneous injection.
- Patients must receive proper training if they are self-administering injections.

Dosage and Schedule:

- Patients must follow the exact dosing schedule prescribed by their healthcare provider.

Potential Side Effects:

- Injection site reactions (e.g., redness, swelling, or discomfort)
- Possible allergic reactions
- Other systemic effects (patients should report any unusual symptoms)

Storage and Handling:

- Once mixed, the medication must be stored as directed (usually in the refrigerator) to maintain its effectiveness.
- Emphasize proper hygiene and safe disposal of needles and syringes.

Monitoring and Follow-Up:

- Patients should have regular follow-up appointments to monitor treatment efficacy and any adverse effects.
- Adjustments to the dosage or therapy may be made based on these evaluations by your provider only.
- We will utilize our comprehensive lab panel to track results.