PATIENT EDUCATION

Medication Safety & What to Watch For

A practical guide to recognizing common reactions, knowing when to contact your care team, and using prescribed compounded medications safely.

A note before you begin

Every prescription is individualized. The information below is general education only and is not a complete list of risks, contraindications, interactions, or medication-specific instructions. Always follow the directions on your prescription label and the instructions from your prescriber and pharmacist. Compounded medications are not FDA-approved; FDA does not review compounded medications for safety, effectiveness, or quality before they are marketed. FDA labeling requirements, such as the November 2026 vision warning described below, apply to FDA-approved brand-name products; this handout summarizes that safety information for the compounded versions of those medications.

Weight Management Prescriptions

Some prescription medications used as part of an individualized weight-management plan may cause gastrointestinal or other reactions, particularly when treatment is started or the dose is changed.

Serious warnings for GLP-1 medications (semaglutide and tirzepatide)

- **Possible thyroid tumors, including cancer.** In animal studies, these medications caused thyroid C-cell tumors; it is not known whether they cause these tumors in people. FDA-approved versions carry a boxed warning. Do not use these medications if you or any family member has ever had medullary thyroid carcinoma (MTC), or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). Tell your prescriber if you notice a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath.
- **Inflammation of the pancreas (pancreatitis).** Stop your medication and call your prescriber right away if you have severe stomach pain that will not go away, with or without vomiting. The pain may spread to your back.
- **Tell your prescriber before starting** if you are pregnant, planning to become pregnant, or breastfeeding; if you use birth control pills (tirzepatide can make them less effective); or if you have had pancreatitis, gallbladder or kidney disease, or diabetic eye disease.
- **Before surgery or sedation,** tell the doctor or anesthesia team that you take a GLP-1 medication, because it can increase the risk of food entering the lungs during a procedure.

Possible reactions may include

- Nausea, vomiting, diarrhea, constipation, stomach discomfort, bloating, indigestion, or decreased appetite.
- Headache, dizziness, fatigue, or weakness.
- **Vision changes (NAION).** On November 9, 2026, the U.S. Food and Drug Administration (FDA) required a new warning on all GLP-1 receptor agonist medications about a potential risk of non-arteritic anterior ischemic optic neuropathy (NAION), a rare eye condition that causes sudden, usually painless vision loss in one eye that can be permanent. This medication class includes compounded semaglutide and tirzepatide. Before starting, tell your prescriber if you have ever had NAION or any other optic nerve problem, because a prior episode increases the risk of it happening again. Contact your prescriber right away if you notice any of the following, usually in one eye: vision loss you notice on waking; a blind spot, missing areas of vision, or tunnel vision; colors looking different; or blurry or hazy central vision. If you cannot reach your prescriber, seek urgent care. Your prescriber may refer you to an eye specialist and will discuss with you whether to continue or stop the medication. More information: fda.gov (search “GLP-1 NAION”).
- Injection-site redness, tenderness, swelling, itching, or irritation when an injectable medication is prescribed.
- Dehydration, especially when vomiting or diarrhea is persistent.
- Low blood sugar may occur in some patients, particularly when certain other glucose-lowering medications are used at the same time.

Contact your prescriber promptly if you experience

- Persistent or severe abdominal pain; repeated vomiting; inability to keep fluids down; or symptoms that are worsening rather than improving.
- Symptoms of dehydration, fainting, significant weakness, or concerning changes in urination.
- Symptoms suggestive of gallbladder problems, such as significant upper abdominal pain, fever, or yellowing of the skin or eyes.
- A new or concerning reaction after a dose change, or uncertainty about the amount you are supposed to administer.

Dose safety matters

Use only the dose and schedule written on your prescription label. Concentrations can differ between compounded preparations. Do not convert units, change the amount administered, increase frequency, or accelerate a titration schedule unless your prescriber or pharmacist specifically instructs you to do so.

Wellness & Vitamin Injections

Depending on the prescribed formulation and route of administration, possible reactions can include:

- Temporary injection-site discomfort, redness, bruising, swelling, or irritation.
- Headache, flushing, nausea, lightheadedness, or fatigue.
- Allergic or sensitivity reactions to an ingredient in the prescribed formulation.
- With intravenous administration, reactions can occur during or shortly after an infusion; immediately report unusual chills, shaking, shortness of breath, chest discomfort, severe nausea, or a sudden change in how you feel.

NAD+ Therapy

Individual responses vary. Possible reactions reported with injectable or infused NAD+ products can include:

- Nausea, stomach discomfort, headache, fatigue, flushing, or lightheadedness.
- Injection- or infusion-site discomfort.
- Chills, shaking, vomiting, or other significant symptoms requiring medical evaluation have been reported after some injectable NAD+ products. Tell your care team immediately if a reaction occurs during administration.

Sermorelin Therapy

Possible reactions may vary by patient and formulation. Report new or persistent symptoms to your prescriber.

- Injection-site pain, redness, swelling, itching, or irritation.
- Headache, dizziness, flushing, sleep-related changes, or nausea.
- Swelling or fluid retention, tingling or unusual sensations, or other new symptoms that concern you.
- Signs of an allergic reaction require immediate attention.

Testosterone Therapy

Testosterone therapy requires individualized prescribing and clinical monitoring. Possible reactions and clinically important effects can include:

- Acne or oily skin, changes in hair growth, mood or energy changes, headache, or injection-site reactions.
- Fluid retention or swelling and increases in blood pressure.
- Changes in red blood cell levels that may require laboratory monitoring.
- Changes in urinary or prostate-related symptoms in appropriate patients.
- Changes in fertility or sperm production.

- Breast tenderness or enlargement, or changes in sexual function.

Monitoring is part of treatment

Keep recommended follow-up visits and laboratory testing. Tell your prescriber about cardiovascular history, blood-pressure concerns, prostate or urinary symptoms, fertility plans, sleep-related breathing problems, and all prescription medicines, over-the-counter products, and supplements you use.

When to Seek Urgent Medical Care

Call 911 or seek emergency medical attention for severe or rapidly worsening symptoms, including:

- Trouble breathing; swelling of the face, lips, tongue, or throat; severe hives; or other signs of a serious allergic reaction.
- Chest pain, severe shortness of breath, fainting, sudden weakness or numbness, confusion, or other symptoms that may indicate a medical emergency.
- Severe or persistent abdominal pain, especially when accompanied by repeated vomiting or other significant symptoms.
- Any reaction that feels severe, unusual, or immediately concerning.

Before Every Dose

1. Confirm the medication name, concentration, prescribed dose, and route on your current label.
2. Use the measuring device or syringe specified for your prescription and follow the pharmacy's administration instructions.
3. Check storage requirements and the beyond-use date. Do not use medication that is expired, improperly stored, or appears unexpectedly changed.
4. If anything about the dose, appearance, storage, or administration instructions is unclear, contact the pharmacy or your prescriber before using it.

Questions about your prescription?

Contact MTZ Compounding Rx or your prescribing clinician before changing, stopping, combining, or restarting a prescribed medication. For a suspected adverse event or medication error, seek appropriate medical care and contact your care team.

Important: This handout is a general patient-education resource and is not intended to replace medication-specific labeling, a prescription, informed consent, clinical judgment, or counseling by a licensed healthcare professional. Risks differ by medication, formulation, dose, route, patient history, and concurrent therapies. Revised November 2026.