



Peptide Therapy Pre-Care Instructions:

To ensure safe treatment and optimal results with peptide therapy, please review and follow these guidelines before your appointment.

1–2 Weeks Before Treatment

- Inform your provider of all current medications, supplements, and recent treatments.
- Discontinue use of anabolic steroids or growth hormone supplements unless otherwise directed by your provider.
- Notify your provider if you are pregnant, breastfeeding, or planning pregnancy.
- If you have a history of cancer, autoimmune disease, uncontrolled diabetes, thyroid disorders, or cardiovascular conditions, discuss this with your provider prior to treatment.

3–5 Days Before Treatment

- Limit alcohol consumption, which can impair liver function and peptide metabolism.
- Stay well-hydrated by drinking plenty of water daily.
- Avoid starting any new supplements or medications unless prescribed by your physician.
- If you will be receiving injectable peptides, avoid blood-thinning medications or supplements (aspirin, ibuprofen, fish oil, vitamin E, ginkgo, garlic) unless prescribed, as these may increase bruising.

Day of Treatment

- Eat a light, balanced meal before your appointment to minimize the chance of lightheadedness.
- Arrive well-hydrated.
- Wear comfortable, loose-fitting clothing if injections will be administered.

- If you feel unwell, have an active infection, or are experiencing flu-like symptoms, please reschedule your appointment.

Important Notes

- Always use peptides exactly as prescribed—do not adjust your dose without consulting your provider.
- Notify your provider of any allergies, especially to medications, injectable solutions, or preservatives.
- If you are needle-sensitive or prone to bruising, let your provider know so adjustments can be made for your comfort.