



Tips for Patients

Taking Lifestyle Injectable Medications

Personalized medications are becoming more popular. Common uses include weight loss or other lifestyle goals. Asking questions is an important way to understand the risks of taking any medication. Keep in mind that medication quality and provider training can vary.

Lifestyle injectable medications include:

- GLP-1's and other compounded weight loss products
- Peptides
- IV Hydration
- IV Ketamine
- Neurotoxins (i.e. Botox, Dysport, Jeuveau, Daxxify)
- Platelet-Rich Fibrin (PRF)
- Platelet-Rich Plasma (PRP)
- Injectable Vitamins

Provider & Assessment

Only use providers that are licensed in Idaho. Check online at:

https://edopl.idaho.gov/OnlineServices/_/

It is OK to ask about your provider's training. Ask their staff too.

- *The supervising provider is responsible for making sure all staff have enough education, training, and experience.*

Make sure your provider asks you about your medical history and current medications before you receive treatment.

Medication Safety

Is the medication you are taking approved by the FDA? You can check at:

<https://www.accessdata.fda.gov/scripts/cder/daf/index.cfm>





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Medication Safety Continued...

Ask your provider: Was the medication made on site? Or did it come from a pharmacy?

- *When a provider mixes a medication just for you, it is called “compounding.” Ask if they are using ingredients from an FDA-approved manufacturer.*
- *Compounding pharmacies and wholesalers must be registered in Idaho. You can check the list at: <https://edopl.idaho.gov/OnlineServices/>*

Ask to see the original medication packaging before your injection.

- *The label should be in English. It should not say “Research Use Only” or “RUO”.*

Education & Follow-Up

Ask your provider to help you understand common side effects of the medication, signs and symptoms of adverse reactions, and when to seek follow-up care.

Work with your provider to monitor your progress. This could include follow-up visits to update your care plan.

Your provider may give you medications to use at home. Make sure you understand how to take and store the medications.

- *Facilities must have a license from the Idaho Board of Pharmacy if they give you medications to take home.*

If you have concerns about a healthcare provider or pharmacy in Idaho, file a complaint at: <https://edopl.idaho.gov/OnlineServices/>

If you have a serious adverse reaction, report it to the FDA at:
<https://www.accessdata.fda.gov/scripts/medwatch/>