PurpleCow



KICKSTART GUIDE

YOUR FIRST 30 DAYS ON SEMAGLUTIDE.

@PURPLECOWINDIA
PURPLECOW.CO.IN

Disclaimer: This eBook is for informational purposes only and does not constitute medical advice.

TABLE OF CONTENTS

Starting on Semaglutide can feel overwhelming but knowing what to expect can help you navigate those first crucial weeks. Note that different people's experiences vary greatly.

Here's your guide to the first 30 days.

01
Welcome

02
Week by Week guide

03
Common concerns

04
Daily tracking

05
Tips for success

WELCOME

Losing weight doesn’t just come down to willpower and doing all the ‘right things.’ For some, underlying factors like hormones make it more difficult than it should be.

This was the start of a discovery for PurpleCow. PurpleCow officially opened its online clinic in 2024, but we have been a physical hospital treating diabetes patients for the last 40 years.

We want to create a community where getting help isn't weakness. Sometimes we just need tools to work with our biology instead of constantly fighting against it.
Heres your guide to cut through the confusion and to start your journey right.
Hope you feel supported in every step with us.

-Team PurpleCow

WEEK 1: GETTING STARTED

How to take the medication - Take your medication 30 mins before your main meal. It can be either your breakfast, lunch or dinner.

- Expect minimal appetite suppression at first – the medication takes time to build up in your system
- Side effects may begin, commonly including:
  - Nausea (especially 24-48 hours after first tablet)
  - Fatigue
  - Headaches
  - Potential constipation or diarrhea

Tips for this week:

- Keep meals simple but nutritious
- Stay well hydrated

WEEK 2: ADJUSTED

You may start noticing:

- Slightly decreased appetite
- Early satiety (feeling full faster)
- Better control around food choices
- Side effects may still be present but potentially improving

Focus on:

- Establishing a regular eating schedule
- Learning to recognize your new fullness cues
- Getting enough protein with each meal
- Taking it slow with meals – no rushing

WEEK 3-4: FINDING YOUR RHYTHM

Many people experience:

- More consistent appetite suppression
- Better management of side effects
- Possible initial weight loss (though this varies greatly) More stable energy levels

Important habits to build:

- Eating regular meals even if not hungry
- Focusing on protein and fiber
- Staying ahead of constipation
- Regular hydration
- Gentle movement if you feel up to it

WHAT SUCCESS LOOKS LIKE IN THE FIRST MONTH

It's NOT about:	It IS about:
• Losing a specific amount of weight • Having zero side effects • Perfect eating • Comparing your results to others	• Learning your body's new signals • Establishing sustainable habits • Managing side effects effectively • Building a foundation for long-term success

COMMON CONCERNS
IN THE FIRST 30 DAYS

"I'm not losing weight yet!"
This is completely normal. Some people don't see significant weight loss until the medication has fully built up in their system. Focus on adjusting to the medication and building healthy habits rather than the scale.

"My side effects are intense!"
Side effects are common but usually manageable. Reach out to us via whatsapp to find solutions, and remember that most side effects improve with time. Don't hesitate to reach out to us if side effects are severely impacting your quality of life.

"My appetite isn't suppressed enough!"
Remember that Semaglutide doesn’t mean you completely eliminate hunger – that wouldn't be healthy! The medication should help you feel more in control around food, but you should still experience normal hunger cues.

HOW TO MANAGE SIDE EFFECTS

Nausea	Fatigue	Constipation
Eat slowly Small, frequent meals Ginger & peppermint	Stay hydrated Prioritize protein Regular meals Proper hydration Adequate rest	High fiber foods Lots of water Daily movement Regular routine

RED FLAGS TO WATCH FOR



Inform us and meet a local doctor if you experience:

- Severe or persistent vomiting
- Unable to keep fluids down
- Severe abdominal pain
- Extreme fatigue
- Severe headaches
- Any concerning symptoms that worry you

DAILY HABITS

FOCUS ON ALL OF THE WEIGHT LOSS PILLARS

Focus on
- Taking your medication
- Moving your body for at least 30 minutes a day
- Drinking 2 L of water
- Getting 7 to 9 hours of sleep
- Eating enough protein

Consistency is Key:
Skipping or taking medication at irregular times, or taking more than prescribed, can all prevent your medication from working optimally. So be sure to follow the instructions.

Nourish the Body and Mind:
Make sure you eat healthy foods and make attainable lifestyle adjustments like workouts.

Avoid Alcohol:
Alcohol can increase side effects of medications. Alcohol can also hinder weight loss because:

- Calories in alcohol lack nutritional value
- Drinking boosts cravings for high-calorie foods
- Alcohol negatively affects sleep quality

Try Exercise Snacks or Short Workouts:
Resistance training can help preserve and build muscle mass. If you don't have time for a full workout or access to a gym, consider incorporating "exercise snacks" or "short workouts" into your daily routine. Here are some exercise “snack” ideas for 2-minute intervals:

- Wall push-ups
- Squats
- Lunges
- Planks

These short exercises are easy to do from almost anywhere. Try doing a set of squats during commercial breaks while watching TV or even while brushing your teeth. For the best results, aim for at least 5 exercise snacks throughout your day.

PREP BEFORE STARTING

Have these ready

- High-protein foods
- Fiber-rich foods
- Easy-to-digest foods for side effect days
- Healthy snacks
- Meal prep containers
- Water bottle
- Sugar-free beverages
- Ginger tea/nausea remedies

Tracking system ready

- Weight tracking method chosen (app or journal)
- Food tracking method selected, if desired
- Side effect tracking system
- Prescription refill reminder system

Measurement tools ready

- Reliable scale
- Measuring tape
- Well-fitting clothes to gauge progress

Progress documentation prepared

- "Before" photos taken (front, side, back)
- Initial measurements recorded
- Starting weight logged
- Current clothing sizes noted
- Health metrics documented (blood pressure, blood sugar if relevant)

Mental preperation

- Timing for medication selected
- Meal timing strategy
- Exercise plan
- Side effect management strategy
- Support system identified - Find a friend to do this with

Expectations set realistically

- Understanding that the first month is your body getting adjusted
- Weight loss goals are reasonable
- Timeline is realistic
- Commitment to lifestyle changes
- Understanding that progress isn't linear
- Acceptance that everyone's journey is different

Support system engaged

- Key family members/friends informed (if choosing to share)
- Strategy for social situations
- Plan for traveling
- Accountability partner identified, if desired

Remember



- You don't need everything perfect to start
- This checklist is a guide, not a requirement
- Add or modify items based on your specific needs Focus on progress, not perfection

DIET

Foods to eat more of

- Foods to Eat – Get enough protein
- Good animal-based sources – Fish, Lean chicken like breast (not fried) and Eggs
- Good vegetarian sources- plain curd, low-fat paneer or coΣage cheese, tofu, pumpkin seeds, Nuts
- Add some fiber to your diet like fruits and nuts

Foods to avoid

- Sugar, honey, glucose, jaggery, jam, chocolates
- Sweets like halwa and desserts like ice creams
- Bakery products like cakes, pastries, and cream biscuits
- Soda like Pepsi, Coke, and health drinks like Complan or Boost
- Too much starchy carbohydrates like rice or potatoes (in moderation is okay)
- All fried foods like samosas or pooris
- Avoid Alcohol

Remember

- We don't believe in strict diets. Any change you make during this process should be sustainable.
- Listen to your body. Some days you will eat more and some days you will eat less.
- **Be Patient with Yourself:** Making small but consistent and long-term changes to your lifestyle is much more effective than making big changes that only work for a week or two.

TIPS FOR SUCCESS

- Stay ahead of your prescription refills
- Keep a simple food and symptom journal
- Don't make too many changes at once
- Set realistic expectations
- Join a supportive community
- Have easy, protein-rich foods readily available
- Keep anti-nausea medications on hand if prescribed
- Plan your meals ahead of time
- Stay in communication with your healthcare provider
- Be patient with yourself and the process : Making small but consistent and long-term changes to your lifestyle is much more effective than making big changes that only work for a week or two.



Keep It Up:
While it may be tempting to stop as soon as the results start to show or slow down, it is important to keep up with treatment because medications only work to help reduce appetite and cravings with continuous use for a few months.

Stay in Touch:
We are here to help you if you have any questions or concerns.

Contact us.

PurpleCow (Teja Pharmacy)
Contact us: +919952226514
471 old no 426, MTH Road,
Krishnapuram Auto Stand,
Ambattur, Chennai, Tiruvallur, Tamil Nadu,
600053

@purplecowindia
purplecow.co.in

Weight Tracker



Starting Weight	Goal Weight

Month 1	Month 2	Month 3
Month 4	Month 5	Month 6
Month 7	Month 8	Month 9
Month 10	Month 11	Month 12

