

Hampton Medical Weight Loss Program

- Synopsis of Medications Used in the program...

This program uses a combination of three weight loss medications: Phentermine (i.e. Adipex), Topiramate (i.e. Topamax), and Semaglutide (i.e. Wegovy). Semaglutide is the most potent of the three medicines when it comes to weight loss. It is a peptide that is injected into the stomach once weekly with a very small needle. It works in many fashions but basically tricks your brain into thinking you are full and you eat less.

The other two medicines utilized blend perfectly with other aspects of our comprehensive nutritional plan including fasting, carb control (not restriction), and other approaches that are unique to each individual.

Timeline of the program

1st Visit [Visit with Dr Hampton]

- History and vital signs, EKG performed in the office at no cost.
- Visit with Dr Hampton to discuss all of the medications and exercise/diet.
- Receive first injection medication with instructions on how to give
- 30 day supply of the oral medications that are shipped to your house.

2nd Visit (four weeks later) [Visit with Dr Hampton]

- 2nd visit with Dr. Hampton with a more in depth history
- If tolerating meds then sign up for 90 days at a time. (Quarterly payment due)

3rd Visit (four weeks later) [Visit with Nurse]

- Nurse visit for blood pressure check and weight check
- Receive 2nd Vial of Semaglutide
- Optional B12 fat burning shot given for no additional cost
 - This medication can aid in weight loss and can also treat nausea associated with the semaglutide injection.
 - Cost is 25\$ per B12 shot (1st shot is free)

4th Visit (four weeks later) [Visit with Nurse]

- Nurse visit for blood pressure check and weight check
- Receive 3rd vial of semaglutide.

5th Visit (four weeks later) [Visit with Dr. Hampton]

- Update on program. Weight Check and vitals signs
- If applicable, cont program for another 90 days.
- Receive meds for the next 90 days.
- Next appt is in ~ 10 weeks.

