PACIFIC RX · PATIENT RESOURCE

Your GLP-1 consultation checklist

Use this checklist to prepare questions about semaglutide, tirzepatide, or other GLP-1 care. It organizes a conversation; it does not determine eligibility or replace a clinician's assessment.

Before the consultation

- [ ] List all prescription medicines, over-the-counter products, and supplements.
- [ ] Gather relevant medical and family history, prior treatment experience, and any available records.
- [ ] Write down your treatment goals and questions; mention pregnancy plans and any upcoming procedure.
- [ ] Confirm who will evaluate you, how the consultation works, and any accessibility or privacy needs.

Understand the proposed treatment

- [ ] Ask for the exact medication, product, formulation, route, and intended use.
- [ ] Discuss potential benefits, risks, uncertainties, and established alternatives.
- [ ] If a compounded preparation is proposed, ask why it is appropriate and how it differs from an FDA-approved product.
- [ ] Request written product-specific instructions. Do not use another person's dose or an internet conversion chart.

Verify the pharmacy and handling

- [ ] Confirm the dispensing pharmacy's identity, U.S. contact details, and how to verify its relevant state licenses.
- [ ] Ask how to reach a licensed pharmacist with label or medication questions.
- [ ] Confirm storage and delivery instructions for the exact prescribed product.
- [ ] Ask what to do if a label is unclear, the package is damaged, or a temperature problem is suspected.

Compare the full cost

- [ ] Separate the medication price from any recurring clinician or care-team fee.
- [ ] Check dose-related price changes, supply period, billing frequency, and any introductory terms.
- [ ] Confirm shipping, supplies, laboratory work, and extra consultations that are not already included.
- [ ] Read refill, cancellation, and refund conditions before agreeing to recurring charges.

Leave with a follow-up plan

- [ ] Ask when follow-up is expected and which monitoring is appropriate for you.
- [ ] Know whom to contact for ordinary questions, urgent concerns, and after-hours needs.
- [ ] Ask which symptoms need prompt assessment and which require emergency care.
- [ ] Keep the product instructions, pharmacy contact information, and your clinician's written plan accessible.

Sources and further reading

HHS: preparing for a telehealth visit

FDA: understanding compounded-drug risks

FDA: verifying an online pharmacy

Educational information prepared by the Pacific RX editorial team · November 14, 2026 · pacificrx.co