
Three-Level Side-Effect Chart

Keep it next to your medicine (Chapter 5). If you're not sure which level a symptom belongs to, treat it as the higher one.

○ Watch	▲ Ask your doctor within a few days	■ Get seen now
Nausea, poor appetite	On the pill and starting or increasing tirzepatide	Severe belly pain spreading to the back
Constipation, mild diarrhea	Planning a pregnancy	Constant vomiting, can't keep fluids down, little urine
Hair shedding months after weight loss	Shaking or sweating on insulin or a sulfonylurea	Swollen belly, cramping, no wind passing
Changes in face or skin with weight loss	Surgery, endoscopy or dental work with anesthesia coming up	Upper right belly pain, fever, yellow eyes
Tiredness from eating little	Low mood that won't lift	Sudden blurred vision
Mild redness or itching at the injection site	Lump in the neck, hoarseness, trouble swallowing	Rash all over, swollen lips, trouble breathing
A missed dose (read the leaflet)	Anything in the left column that lasts for weeks	Thoughts of harming yourself

My medicine and dose: _____

Weekly injection day: _____

My doctor and phone: _____

Emergency department and phone: _____