9. If treatment changes

Why we are considering a change

The prescription plan agreed with my clinician

Food and activity routines I can maintain

What we will monitor and how often

What change should prompt contact

The next appointment, arranged before the change

From *The GLP-1 Meal Map* by Carlos Fernández Ramos, MD · © 2026 · Print and copy for your personal use.
General information: it does not replace your clinician or the Medication Guide that comes with your prescription.
Read the book? A short review helps the next patient find it: **GLP1MealMap.com/review**