

7 Things to Have on Hand Before Your Next Dose

A simple prep guide for smoother dose days. Keep the basics on hand so you can support protein intake, hydration, digestion, and energy before symptoms catch you off guard.

1

Protein Basics

Shakes, yogurt, eggs, or other easy protein options.



2

Hydration + Electrolytes

Fluids and electrolytes to support intake and reduce dehydration.



3

Digestion Support

Fiber, magnesium, and simple strategies to stay regular.



4

Nausea Support

Ginger chews, tea, crackers, or bland foods.



5

Muscle Support

Protein, creatine, and basic movement.



6

Supplement Starter Stack

Core basics to cover the essentials. A starter stack often includes magnesium, vitamin D3, and omega-3 fish oil — build from there based on your own gaps.



7

When to Ask Your Clinician

Know the signs that symptoms need medical guidance — watch for persistent vomiting, severe abdominal pain, signs of dehydration, or an inability to keep fluids down, and reach out to your clinician if you notice any of these.

This guide is educational and general in nature; it is not medical advice and does not replace individualized care from your prescriber, dietitian, or pharmacist. Persistent vomiting or an inability to keep fluids down need same-day medical attention, not something to wait out.



SYMPTOM CHECK

- ☐ Persistent vomiting
- ☐ Severe abdominal pain
- ☐ Signs of dehydration
- ☐ Unable to keep fluids down
- ☐ Other concerns