



Sermorelin (Geref®)

General:

Sermorelin is a truncated 29 amino acid peptide analog of growth hormone releasing hormone (GHRH). GHRH is a neurohormone that is released from the hypothalamus and stimulates the anterior pituitary gland to secrete growth hormone (GH). Sermorelin is one of the most widely used members of the GHRH analogues and can significantly improve the concentrations of GH and insulin-like growth factor 1 (IGF-1). Sermorelin promotes the natural production and release of HGH and is used therapeutically with childhood growth-hormone related disease and age-related growth hormone insufficiency. This medication is lyophilized, which is a fancy way of saying freeze-dried. The medication will be delivered in powdered form and require reconstitution with bacteriostatic water prior to administration.

Mechanism:

GHRH analogue that stimulates GHRHr in the anterior pituitary leading to increased GH production and release.

Dosing:

200-500mcg injected subcutaneously nightly for a 8-12 week cycle with at least 4 weeks off in between cycles

Contraindications/Cautions:

This medication is contraindicated in patients with benign intracranial hypertension (pseudotumor cerebri), diabetic retinopathy, and those with active tumor activity (benign or malignant). The concomitant use of corticosteroids may inhibit your response to this medication. Similarly, those with untreated or undertreated thyroid disease may have

poor response to this medication. Patients with poorly controlled diabetes should not take this medication. Suboptimal GH responses have been seen in patients with obesity and hyperglycemia.

Adverse Reactions:

Serious Reactions: hypersensitivity reaction or anaphylaxis, diabetes mellitus

Common Reactions: injection site reaction, myalgia, edema, hyperglycemia

Storage:

The dry lyophilized form of this medication should be stored at room temperature between 68° and 77°F. Once the medication has been reconstituted it should be kept refrigerated between 35° and 46°F. Keep away from moisture, heat, and light. Use reconstituted medication within 30 days. Keep out of reach of children. Do not flush unused medications down the toilet or pour down a sink or drain.