

Sermorelin Therapy

A patient guide to subcutaneous (under-the-skin) Sermorelin injections

This guide is for patients who have been **prescribed Sermorelin by a Rebel Med NW physician**. It explains what Sermorelin is, its potential benefits and risks, how it's dosed, and how to give yourself a subcutaneous injection safely. It does not replace your physician's instructions — always follow the specific directions from your provider and pharmacy.

⚠ Read first

Sermorelin is a **prescription, compounded medication** used under medical supervision. Sermorelin was once an FDA-approved drug (Geref®) for a childhood growth disorder; it was discontinued **for commercial reasons — FDA determined it was not withdrawn for safety or effectiveness concerns**. The compounded sermorelin used today is **not FDA-approved**, and its use for adult growth-hormone support or healthy aging is **off-label and has not been FDA evaluated**. Compounded drugs are not reviewed by FDA for safety, effectiveness, or quality before marketing. Use it **only as prescribed to you** — do not share it, do not adjust your dose on your own, and keep all follow-up appointments and lab work.

What Is Sermorelin?

Sermorelin is a small peptide that mirrors part of your body's own **growth-hormone-releasing hormone (GHRH)**. Rather than giving you growth hormone (GH) directly, Sermorelin signals your **pituitary gland to release your own growth hormone** in its natural, pulsing rhythm. Your liver then converts that GH signal into **IGF-1**, the hormone behind many of GH's effects.

This "work-with-your-body" approach is the key idea: because your pituitary still regulates the release, the body retains more of its own feedback control compared with taking GH directly.

How It Works

Sermorelin is injected into the fat just under the skin, usually at night. It prompts a natural pulse of growth hormone — much like the pulses your body produced more abundantly when you were younger. In a randomized, placebo-controlled study, a GHRH analog (the class Sermorelin belongs to), self-injected under the skin at night by older adults, significantly raised nighttime growth hormone and IGF-1 levels (Khorram, Laughlin & Yen, 1997, J Clin Endocrinol Metab).

Potential Benefits

People use Sermorelin to support healthy growth-hormone levels as they age. The hoped-for — *not guaranteed* — benefits include support for:

- **Body composition** — supporting lean muscle and a healthier fat balance over time.
- **Sleep quality** — many patients report deeper, more restorative sleep, though the cited study did not find a measured change in sleep.
- **Recovery & energy** — supporting exercise recovery and daytime vitality.
- **Skin** — the study above found increased skin thickness in both men and women.
- **Well-being & libido** — the same study reported improvements in general well-being and libido (more pronounced in men).

An honest word on expectations: Benefits vary from person to person, build gradually over weeks to months, and are strongest when paired with good sleep, nutrition, strength training, and stress management. Sermorelin supports your foundations — it doesn't replace them. Most supporting research studied the GHRH class in small trials; large long-term outcome trials of compounded sermorelin have not been done.

Who Should NOT Use Sermorelin

Do not use Sermorelin, and tell your provider, if any of these apply:

- **Active cancer or a history of cancer** — because growth hormone and IGF-1 can influence cell growth, Sermorelin is avoided in active malignancy. Discuss any cancer history with your physician.
- **Pregnancy or breastfeeding.**
- **Known allergy** to Sermorelin or any ingredient in the formulation.

Use caution and make sure your provider knows if you have thyroid disease (often best optimized first), diabetes or blood-sugar concerns, or any serious medical condition, and share a full list of your medications and supplements.

Athletes & service members

Sermorelin is **explicitly named on the WADA Prohibited List** (S2.2, growth-hormone-releasing factors) — **prohibited at all times**, in and out of competition. If you compete in tested sport at any level, do not use it. Check **GlobalDRO.com** or ask us.

Possible Side Effects

Sermorelin is generally well tolerated. The most common effects are mild and at the injection site. Possible side effects include:

- **Injection-site reactions** — redness, swelling, itching, or mild pain (most common).
- Flushing or warmth, headache, dizziness, or nausea.
- Trouble sleeping or feeling unusually energized; some people notice mild joint achiness or fluid retention.
- Altered taste, rarely.

When to stop and call us

Stop and contact your provider (or seek urgent care for severe symptoms) if you have signs of an allergic reaction — **trouble breathing, swelling of the face/lips/throat, hives** — severe or persistent headache, chest tightness, a racing heart, or any reaction that worries you. **Call 911 for any emergency.**

Dosing

Your physician will prescribe your exact dose. The standard range is **150–300 mcg given subcutaneously, typically at bedtime**. Two common schedules are used:

Schedule	Typical dose	Why it's used
Daily (7 days/week)	Lower end of the range (≈150–200 mcg) each night	A steady, lower-dose approach for consistent support.
5 days on / 2 days off	Within the 150–300 mcg range on dosing days	Built-in "rest" days may help keep your pituitary responsive over time.

Timing tips

- **Inject at night, before bed.** Your largest natural GH pulse happens during deep sleep, so bedtime dosing works with your body's rhythm.
- **On an empty stomach.** Avoid food — especially carbohydrates and sugar — for about 1–2 hours before and after, since they can blunt the GH response.
- **Be consistent** with your timing and your prescribed schedule.

Important — how much to draw up: Your dose is prescribed in **micrograms (mcg)**, but you draw it in **units** on an insulin syringe (or clicks on a dosing pen). How many units equal your dose *depends on the concentration your pharmacy prepared*. **Use the exact number of units or clicks your provider or pharmacy gives you — do not estimate.** If you're unsure, call us before injecting.

How to Give a Subcutaneous Injection

Sermorelin is injected into the fatty layer just under the skin using a small **insulin syringe**. It's quick and nearly painless once you're comfortable with it. If your Sermorelin came as a powder, your provider will show you how to reconstitute it (mix it with bacteriostatic water) — follow those specific instructions.

You'll need

- Your Sermorelin vial (refrigerated)
- A sterile insulin syringe (U-100) with a fine, short needle
- Alcohol swabs
- A sharps disposal container

Step by step

- 1 **Wash your hands** thoroughly with soap and water.
- 2 **Inspect the vial.** The liquid should be clear. Don't use it if it's cloudy, discolored, or has particles, or if it's past its discard date.
- 3 **Clean the vial top** with an alcohol swab and let it dry.
- 4 **Draw up your exact prescribed dose** (in units, as instructed). Pull back the plunger to your number of units, insert the needle into the vial, push the air in, then draw the liquid to your prescribed mark. Tap out air bubbles and push them back into the vial.
- 5 **Choose and clean your site.** The abdomen is ideal — at least 2 inches (about two finger-widths) away from your belly button. The front of the thigh works too. Wipe the skin with an alcohol swab and let it dry. *Rotate sites* each time to avoid soreness.
- 6 **Pinch a fold of skin** gently between your thumb and finger.
- 7 **Insert the needle** all the way at a 45–90° angle in one smooth motion. (A short insulin needle into a pinched fold is typically 90°.)
- 8 **Inject slowly** by pushing the plunger all the way down, then release the pinch.
- 9 **Withdraw the needle** at the same angle and apply gentle pressure with a clean cotton ball or gauze. Don't rub. A tiny bit of bleeding is normal.
- 10 **Dispose of the syringe** immediately in your sharps container — never recap and never reuse. Wash your hands.

Storage & sharps

- **Refrigerate** your Sermorelin (do not freeze), keep it away from light, and use it within the timeframe your pharmacy specifies.
- **Never reuse needles** and never share supplies.
- **Dispose of all needles in an approved sharps container.** When it's full, follow local guidance for disposal — ask us if you're unsure.

Monitoring & Follow-Up

Sermorelin therapy is monitored. Your physician may check labs such as **IGF-1** (to confirm response and keep levels in a safe range) and **blood sugar**, and will review benefits and side effects with you. Keep your scheduled follow-ups, and bring any questions or side effects to those visits — or call sooner if something concerns you.

Questions?

Your Rebel Med NW care team is here to help. If anything about your dose, your schedule, or your injections is unclear, **call us before your next dose.**

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Phone: **206-297-6013** · Patient portal messaging available

Medical disclaimer: This guide is for educational purposes for patients prescribed Sermorelin by a Rebel Med NW physician, and is not medical advice for the general public. Compounded Sermorelin is not FDA-approved and is used off-label under physician supervision; it is not approved for anti-aging or athletic enhancement, and compounded drugs are not reviewed by FDA for safety, effectiveness, or quality. The regulatory landscape for compounded peptides is evolving (FDA advisory review activity in 2026); your provider and pharmacy confirm current status. Benefits and risks vary by individual and are not guaranteed. Always follow the specific instructions from your provider and pharmacy, and consult your physician before changing any medication. Report suspected side effects to us, and — if you wish — to FDA MedWatch (1-800-FDA-1088 · [fda.gov/medwatch](https://www.fda.gov/medwatch)). In an emergency, call 911.

Key references: Khorram O, Laughlin GA, Yen SS. Endocrine and metabolic effects of long-term administration of a GHRH analog in age-advanced men and women. *J Clin Endocrinol Metab.* 1997;82(5):1472–9. DOI: 10.1210/jcem.82.5.3943. · FDA Federal Register determination (2013): Geref (sermorelin acetate) was not withdrawn from sale for reasons of safety or effectiveness. · WADA Prohibited List 2026, S2.2 (sermorelin named). Educational summary only. — v2, updated August 2026.