

A close-up photograph of two brown leather shoes, likely loafers, positioned side-by-side. The soles of the shoes are covered in a thick layer of white, bubbly foam, suggesting they have been submerged in water or a cleaning solution. The leather of the shoes is dark brown and shows some texture and wear. The background is a light, neutral color.

BPC-157

BPC-157 Injection

PATIENT GUIDE

This guide covers what BPC-157 is, what to expect, and when to reach out to your clinical team.

What Is BPC-157?

BPC-157 is a peptide based on a sequence related to a protein found naturally in the body. It doesn't have one clearly identified receptor or gene, but it may act on VEGF, nitric oxide, and NF- κ B pathways throughout the body to support tissue repair and calm inflammation.

Why Is BPC-157 Prescribed?

BPC-157 may be prescribed for:

- Recovery and sleep after exercise
- Recovery from a sports or exercise injury
- General tissue repair and inflammation

Much of the current research on BPC-157 comes from preclinical studies, with only limited human data available. Individual response varies, and results aren't guaranteed. This treatment is not a substitute for standard medical care.

What to Expect

This medication is given as a subcutaneous injection. **See additional documentation for how to administer a subcutaneous injection.**

- Typically dosed once daily in the evening
- Used in a defined cycle: 90 days, followed by a 1-month pause before starting again
- Your clinical team reassesses your dose and whether it is still meeting your goals every 3–6 months

Required Labs

No lab testing is required for BPC-157. However, it is highly recommended to track specific biomarkers while on this peptide. See the portal for details.

Storage & Expiration

Storage: It is recommended to store your medication in the refrigerator, but always follow the pharmacy-specific storage instructions included with your medication if they differ.

Expiration: This medication expires 28 days after first puncture, regardless of how much remains. After that time, it should no longer be used.

Who Shouldn't Use BPC-157

Do not take this medication if any of the following apply to you:

- Pregnant or breastfeeding
- Currently using insulin
- Active cancer treatment, or cancer treatment completed within the last 5 years
- Any known mass, lesion, or tumor currently under evaluation

Possible Side Effects

Redness, bruising, or mild swelling at the injection site; usually resolving on its own and rotating injection sites helps. If you experience any side effects, notify your clinical team through the portal.

When to Contact the Clinical Team

Stop using this product and contact your clinician through the portal if you develop any side effect beyond mild, expected injection site irritation.

Go to your nearest Emergency Room or call 911 right away if you have difficulty breathing or swelling of your face, lips, tongue, or throat.

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

