

Welcome — Please Read This Leaflet Carefully

You have been prescribed a medicine to help with weight management. This leaflet covers everything you need to know about your medicine, including how it works, how to use it safely, and what to watch out for. Keep this leaflet for reference throughout your treatment.

1. About Your Medicine

Medicine	Key Facts
Mounjaro® (tirzepatide)	Dual GIP & GLP-1 receptor agonist. Available in pre-filled injection pens (2.5 mg, 5 mg, 7.5 mg, 10 mg, 12.5 mg, 15 mg).
Wegovy® (semaglutide)	GLP-1 receptor agonist. Available in pre-filled injection pens (0.25 mg, 0.5 mg, 1 mg, 1.7 mg, 2.4 mg & 7.2mg).
Both are licensed for	Weight management in adults with obesity (BMI ≥ 30) or overweight (BMI ≥ 27) with at least one weight-related health condition, alongside a reduced-calorie diet and increased physical activity.

2. How These Medicines Work

Your body produces natural hormones in the gut after eating that help regulate blood sugar and appetite. Both Mounjaro and Wegovy mimic these hormones:

Mounjaro (tirzepatide) — Dual Action

- Acts on GLP-1 receptors — slows stomach emptying and reduces appetite
- Acts on GIP receptors — improves insulin response and further reduces hunger
- The combined GIP and GLP-1 effects can reduce appetite and food intake and support weight loss.

Wegovy (semaglutide) — Single GLP-1 Action

- Acts on GLP-1 receptors in the brain, gut and pancreas
- Reduces appetite and food intake, slows gastric emptying
- Helps the body produce more insulin when blood glucose is elevated

3. How to Use Your Injection Pen

Before You Inject

- Wash your hands thoroughly with soap and water before handling the pen
- Check the expiry date on the pen — do not use if expired
- Inspect the liquid — it should be clear and colourless. Do not use if cloudy, discoloured, or contains particles
- Never share your pen with anyone else, even if the needle has been changed

Injection Sites

You can inject into any of the following areas:

- Abdomen (stomach) — avoid the area 5 cm around the navel
- Front of the thigh
- Upper arm (outer area) — may need assistance

Rotate injection sites each week to avoid skin irritation. Do not inject into skin that is tender, bruised, red, scarred, or hardened.

Guidance on administering your injection

Your prescriber will show you how to use your specific injection pen. Always follow the instructions supplied with your pen.

Before using your pen:

- Check the medicine name and dose.
- Check the expiry date.
- Check that the solution looks clear and colourless.
- Use a new needle each time you use the pen.
- Never share your pen with another person.

Full details of how to administer the dose from your specific pen will be in the information leaflet provided with the pen

4. Dose Escalation Schedule

Both medicines start at a low dose that is gradually increased over several weeks to minimise side effects. Your prescriber will advise your personal schedule. A typical pattern is:

- **Mounjaro:** Start at 2.5 mg weekly → increase by 2.5 mg every 4 weeks up to a maximum of 15 mg weekly
- **Wegovy:** Start at 0.25 mg weekly → increase over 16–20 weeks up to 2.4 mg weekly. The dose may be increased to 7.2 mg once weekly if additional weight loss is considered appropriate, after at least 4 weeks on the 2.4 mg dose.

Never undertake a dose escalation step without speaking to your prescriber. Your dose should only be increased or reduced following discussion with your prescriber. Your prescriber will decide whether a dose change is appropriate based on your response and any side effects

5. Missed Dose

Mounjaro

If your missed dose is 4 days or less overdue, take it as soon as possible.

If more than 4 days have passed, skip the missed dose.

Wegovy

If your missed dose is 5 days or less overdue, take it as soon as possible.

If more than 5 days have passed, skip the missed dose.

6. Storage of your medication pen

Always check the Patient Information Leaflet supplied with your particular pen, as storage instructions can differ between products and pen types.

Medicine / pen	Before first use	After first use	Important points
Mounjaro® KwikPen	Store in a refrigerator at 2°C to 8°C .	May be stored below 30°C for up to 30 days .	Do not freeze. Keep away from the cooling element. Keep the pen cap on to protect from light. Discard after 30 days, even if medicine remains.
Wegovy® 0.25 mg, 0.5 mg, 1 mg, 1.7 mg and 2.4 mg pens	Store in a refrigerator at 2°C to 8°C .	May be stored below 30°C for up to six weeks .	Do not freeze. Keep away from the cooling element. Keep in the original packaging to protect from light with cap on the pen
Wegovy® 7.2 mg pen	Store in a refrigerator at 2°C to 8°C .	The single-dose pen may be kept at up to 30°C for a maximum of 28 days if required.	Do not freeze. Keep in the original packaging to protect from light. The pen is for single use only and should be discarded after injection.

Important storage advice

- **Never freeze your injection.** Do not use it if it has been frozen.
- Do not store your pen directly next to the freezer compartment or cooling element of the refrigerator.
- **Keep medicines out of the sight and reach of children.**

7. Side Effects

Like all medicines, these injections can cause side effects, although not everybody gets them. Many side effects are mild, occur at the start of treatment or after a dose increase, and improve over time.

Very Common Side Effects (may affect more than 1 in 10 people)

- Nausea — often worse after dose increases; usually improves within a few weeks
- Vomiting
- Diarrhoea or loose stools
- Constipation
- Stomach pain or discomfort
- Decreased appetite
- Indigestion or heartburn (dyspepsia)
- Injection site reactions — redness, bruising, or discomfort

Tip: Eating smaller, lower-fat meals and avoiding alcohol can help reduce nausea.

Common Side Effects (may affect up to 1 in 10 people)

- Fatigue or tiredness
- Belching (burping) or flatulence
- Gastritis (stomach inflammation) — burning sensation in the stomach
- Hair loss (usually temporary, related to rapid weight loss)
- Dizziness or low blood pressure on standing
- Hypoglycaemia (low blood sugar) — more likely if you also take diabetes medication
- Gallstones — risk increases with rapid weight loss

Serious Side Effects — Seek Medical Help Immediately

Stop using the medicine and seek urgent medical attention if you experience any of the following:

- Severe or persistent abdominal pain, especially if it spreads to your back — may indicate pancreatitis
- Severe allergic reaction: swelling of the face, lips, tongue or throat; difficulty breathing; rapid heartbeat; severe rash — call 999
- Changes in vision, including blurred vision or sudden loss of sight (diabetic retinopathy worsening)
- Rapid heartbeat (tachycardia) at rest
- Symptoms of gallbladder problems: upper right abdominal pain, fever, jaundice (yellowing of skin or eyes)
- Kidney problems: reduced urination, swelling in legs/feet, extreme fatigue (often linked to severe dehydration from vomiting/diarrhoea)

6. Important Information Before Starting

Tell Your Prescriber If You Have or Have Had:

- Pancreatitis (inflammation of the pancreas)
- Thyroid cancer
- Diabetic retinopathy (eye problems related to diabetes)
- Kidney or liver disease
- Gallbladder disease or gallstones
- Heart failure or recent heart problems
- A history of eating disorders

7. Pregnancy, Breastfeeding & Contraception

Mounjaro

Should not be used during pregnancy as the effects of this medicine on an unborn child are not known.

If you are pregnant, think you may be pregnant or are planning to have a baby, speak to your doctor before using Mounjaro.

It is recommended that you use contraception while using Mounjaro.

If you are using oral contraceptives:

You should consider also using a barrier method of contraception (for example, a condom) or switching to a non-oral contraceptive method for 4 weeks after starting Mounjaro and for 4 weeks after each increase in dose.

Breast-feeding

If you are breast-feeding or are planning to breast-feed, talk to your doctor before using or continuing to use Mounjaro.

Wegovy

Should not be used during pregnancy, as it is not known if it may affect your unborn child.

Therefore, it is recommended to use contraception while using Wegovy.

If you wish to become pregnant, you should stop using **Wegovy at least two months in advance**.

If you become or are pregnant, think you may be pregnant or are planning to have a baby while using Wegovy, talk to your doctor straight away, as your treatment will need to be stopped.

Breast-feeding

You should not use Wegovy if you are breast-feeding, as it is unknown if it passes into breast milk.

Other Medicines — Interactions

- Tell your pharmacist or prescriber about all the medicines you take. These medicines can affect the way some other medicines work, so your pharmacist or prescriber may need to monitor or adjust some treatments.
- If you take insulin or other diabetes medicines, dose adjustments may be needed to prevent hypoglycaemia.
- Alcohol may make nausea or other stomach-related side effects worse. If you drink alcohol, discuss this with your healthcare professional.

8. Monitoring and Follow-Up

Regular follow-up with the pharmacist or pharmacy technician is important to monitor your progress and safety.

When	What to Expect
Every 4 weeks (face to face with our Pharmacist or Pharmacy Technician)	Review of weight loss
	Dose review and adjustment up or down if required.
	Check regarding side effects and how to minimise them.
	Discussion of diet, exercise, and behavioural support. Assessment of continued benefit and ongoing weight loss goals

9. Getting the Best Results

These medicines work best when combined with:

- A reduced-calorie, balanced diet — your pharmacist or GP can refer you to a dietitian
- Aim to build up regular physical activity, working towards around 150 minutes of moderate activity each week if this is appropriate for you.
- Adequate hydration — drink plenty of water, especially if experiencing nausea or vomiting
- Consistent injection schedule — Use your injection once a week, preferably on the same day each week.
- Behavioural support — consider NHS weight management services or a support group

10.Expected Weight Loss

Weight-loss medicines can help you lose weight when used alongside a healthy, reduced-calorie diet and increased physical activity where appropriate.

The table and graph below show the **average weight loss seen in clinical trials** for the different medicines.

Average weight loss seen in clinical trials

Medicine	Dose	Average weight loss	Assessment point
Mounjaro® injection	15 mg once weekly	22.5%	72 weeks
Wegovy® injection	7.2 mg once weekly	18.7%	72 weeks
Wegovy® injection	2.4 mg once weekly	14.9%	68 weeks
Wegovy® tablets	25 mg once daily	13.6%	64 weeks
Foundayo® tablets†	17.2 mg once daily	12.4%†	72 weeks

Average weight loss in clinical trials

Average percentage reduction in body weight at the stated clinical-trial assessment point.



These results come from separate clinical trials and should not be interpreted as a direct head-to-head comparison.

What does this mean in practice?

The percentages are **average results from clinical trials**. They are not a guarantee of how much weight you will lose.

Your actual weight loss may be higher or lower than these averages. Everyone responds differently to treatment.

Please remember these medicines have not all been compared directly with each other in the same clinical trial.

The studies were conducted in different groups of people and used different study designs, treatment periods and methods. Therefore, the percentages **should not be interpreted as a direct ranking of which medicine is best.**

Your prescriber will consider your individual circumstances when choosing the most appropriate treatment for you. This includes your starting weight, medical history, other medicines, treatment response, side effects and personal preferences.

What if I don't lose as much weight as the average?

Do not be concerned if your weight loss is different from the figures shown above. Clinical-trial averages describe what happened to a group of people, not what will necessarily happen to you.

Your progress will be monitored during treatment. Your prescriber can review your treatment and discuss whether your dose or medicine should be changed if appropriate.

† Foundayo information

The main ATTAIN-1 clinical trial used 36 mg orforglipron in a capsule formulation. The UK 17.2 mg Foundayo tablet provides equivalent exposure to the 36 mg capsule dose. The 12.4% figure is therefore based on the corresponding clinical-trial dose; it was not a direct head-to-head comparison with the other medicines.

Sources: Current UK product information and clinical-trial data for Mounjaro, Wegovy tablets, Wegovy injections and Foundayo.

10. Emergency Contacts & Further Information

Contact	When to Use
999 or A&E	Severe allergic reaction, severe chest pain, difficulty breathing, loss of consciousness
111 (NHS)	Urgent but non-emergency medical advice, including concerning side effects
Your Pharmacy	Questions about your dose, health concerns, ongoing side effects, injection technique, medicine interactions or storage.

More Information

- Patient Information Leaflet (PIL) included with your pen: read this in full
- Mounjaro: www.medicines.org.uk (search 'Mounjaro')
- Wegovy: www.medicines.org.uk (search 'Wegovy')
- NHS Weight Loss: www.nhs.uk/live-well/healthy-weight

PATIENT INFORMATION LEAFLET

Weight Management Medicines: Mounjaro® & Wegovy® Injections

Rx

Prescription Only

Disclaimer

This leaflet is a general guide and does not replace the official Patient Information Leaflet supplied with your medicine or advice from your prescriber, pharmacist or other healthcare professional. If there is any difference between this leaflet and the official Patient Information Leaflet, follow the official Patient Information Leaflet and seek advice from your healthcare professional.