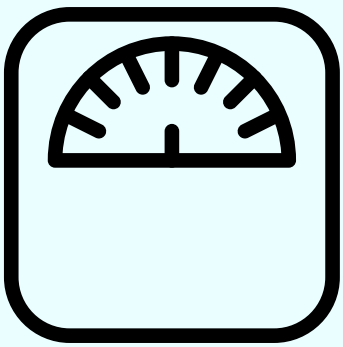




WEIGHT MANAGEMENT



NANTY PHARMACY

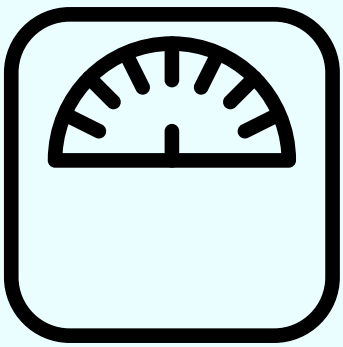
If you are overweight with a BMI ≥ 30 , or ≥ 27 with at least one weight-related medical problem, including:

- High blood pressure
- High cholesterol
- Type 2 diabetes mellitus
- Obstructive sleep apnoea
- Cardiovascular disease
- Pre-diabetes

and have tried to lose weight through diet and exercise, you may be eligible for a private weight management service.

These are to be used in conjunction with a reduced-calorie diet and increased physical activity, and are subject to eligibility following a consultation with a qualified pharmacist.

This is not intended as an aesthetic treatment and if you are not eligible then you will not be supplied with medication: this service is intended to reduce the risk of weight-related conditions for at-risk individuals.



WEIGHT MANAGEMENT

Created by Anna Matthews at



ABOUT THE SERVICE

Pre-Consultation

- Read this leaflet thoroughly, particularly the “is it safe for me to use?” section. If you have any questions or concerns, please contact the pharmacy by calling or sending a WhatsApp to [01656732277](tel:01656732277) or emailing anna@nantypharmacy.co.uk
- Contact the pharmacy to book an initial appointment. These are **face-to-face**, and may take up to 1.5 hours to complete.
- Once a date has been agreed, follow [this link](#) or scan the QR code to “request an appointment” with the PharmaDoctor platform. Please enter the agreed date and time. There will be an option to “Start Consultation” - **please do this and fill in as much information as you can**, which will help the pharmacist prepare for your appointment.



Request appointment & fill in pre-consultation

Initial Consultation

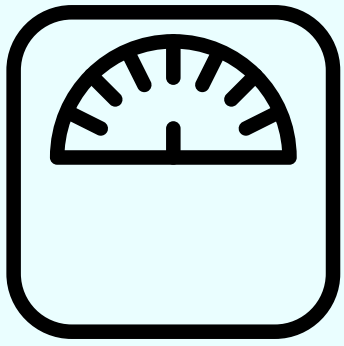
- The pharmacist will discuss how the treatments work, their safety and side-effect profiles, your eligibility, and any preference you may have
- You will have the opportunity to ask any questions
- Your weight, height, waist circumference, and blood pressure will be measured

Follow-Up Consultations

- These will be face-to-face meetings on a monthly basis, and will include measuring your weight, waist circumference and blood pressure; and discussion of your progress or any concerns or side-effects.

Ongoing Support

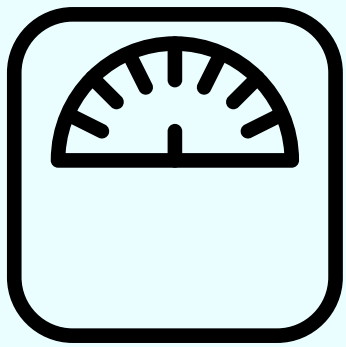
- Feel free to message us as described above with any questions, concerns, or side-effects you may be experiencing in between appointments



WEIGHT MANAGEMENT

LICENSED MEDICATIONS AVAILABLE AT NANTY PHARMACY

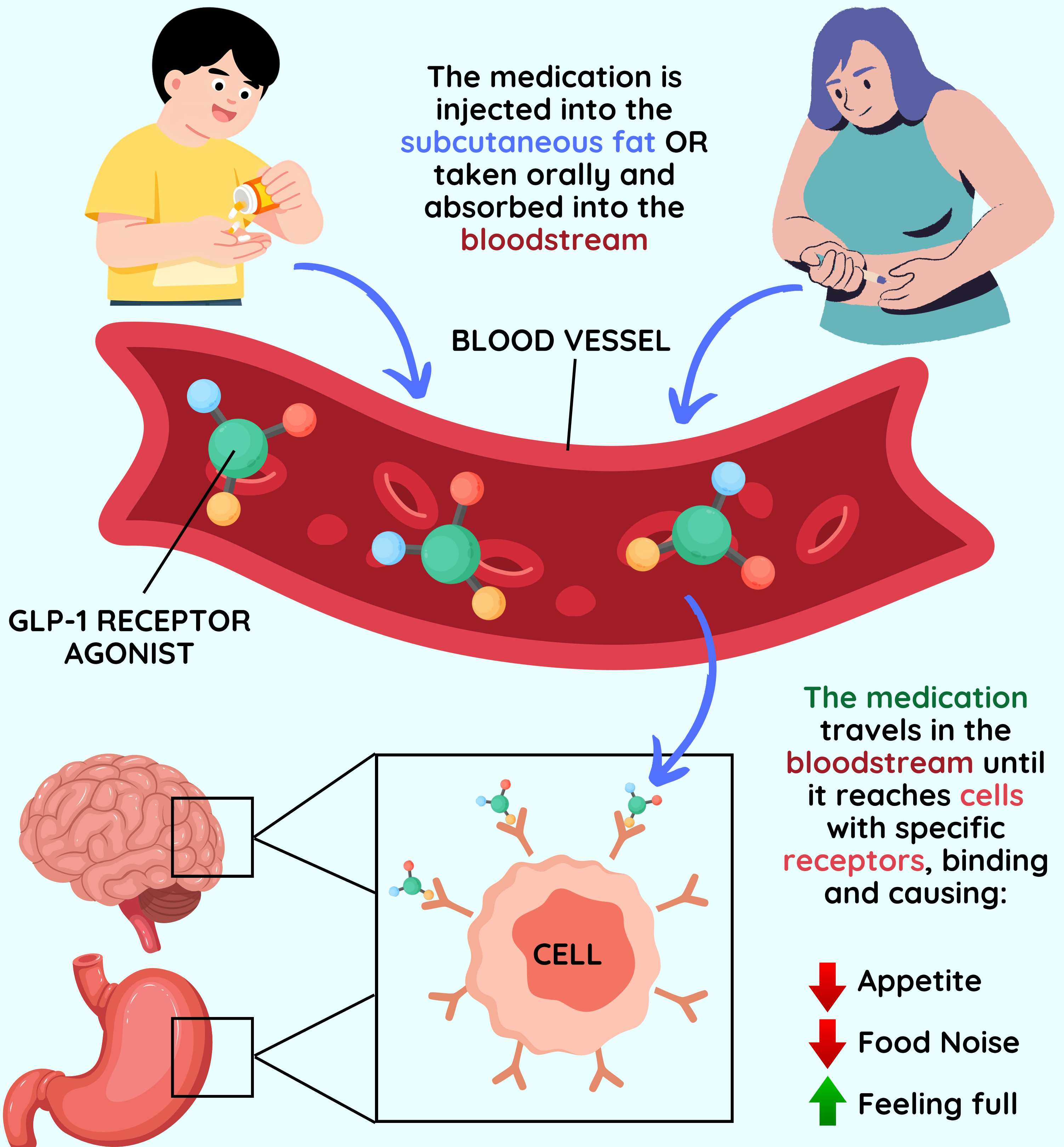
Medication	Weight loss at 18 months* (as % of starting weight)	Class of drug	How it works	“Success” rate (% of responders)
Mounjaro (tirzepatide) INJECTION	Up to 22.5%	Dual GIP and GLP-1 receptor agonist	- Increases feelings of fullness - Decreases hunger - Decreases food cravings - May delay gastric emptying	90%
Wegovy (semaglutide) INJECTION	Up to 21%	GLP-1 receptor agonist		80-82%
Wegovy (semaglutide) ORAL TABLET	Up to 16.6% (1 in 3 lose over 20%) *at 64 weeks			82-86%
Orlistat ORAL CAPSULE	Up to 10% *at 6 months	Peripherally acting antiobesity agent (lipase inhibitor)	Blocks enzymes in your stomach and small intestine which digest fat, stopping fat from being digested	37%

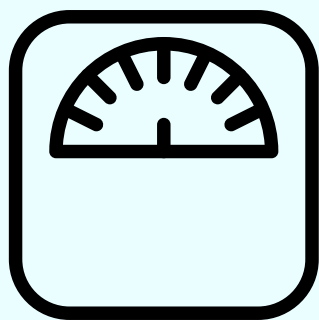


WEIGHT MANAGEMENT

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NANTY PHARMACY

EXPLAINING GLP-1 RECEPTOR AGONISTS - METHOD OF ACTION

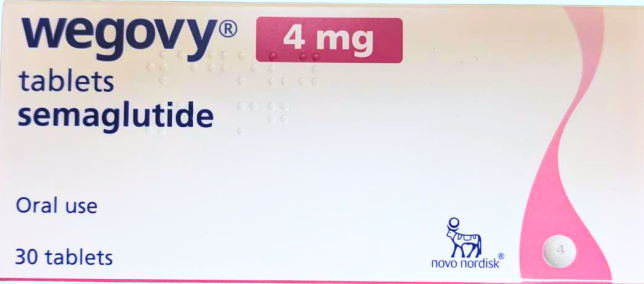


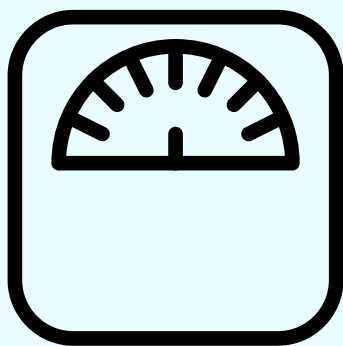


WEIGHT MANAGEMENT

ELIGIBILITY & SIDE EFFECTS

GLP-1 RECEPTOR AGONISTS

Medication	What are the side effects?	Is it safe for me to use?
 Mounjaro (tirzepatide) injection (Approved in UK 2022, launched in UK Feb 2024)  Patient information leaflet	<u>Very common (≥ 1 in 10)</u> - Nausea, diarrhoea, vomiting, constipation and abdominal pain - Low blood sugar if used with insulin or sulfonylurea <u>Common (≥ 1 in 100 to < 1 in 10)</u> - Injection site reactions - Heartburn - Flatulence and burping - Fatigue - Increased heart rate - Lowered blood pressure - Dizziness - Hair loss - Low blood sugar if used with metformin and SGLT2 inhibitors - Gallstones - Sight loss - diabetic retinopathy (Wegovy) <u>Uncommon (≥ 1 in 1,000 to < 1 in 100)</u> - Change in taste - Acute pancreatitis - Gallbladder inflammation - Slowed stomach emptying - Kidney stones (Wegovy) - Increased liver enzymes <u>Rare (≥ 1 in 10,000 to < 1 in 1,000)</u> - Severe allergic reaction - Sight loss - Non-arteritic anterior ischemic optic neuropathy (NAION) (Wegovy) - Hip fracture (Wegovy) <u>Unknown</u> - Dehydration - Thyroid cancer - Oral hormonal products less effective (e.g. contraception & HRT) - Anxiety - May affect menstrual bleeding (not documented)	This is not suitable for you if you: - Are under 18 or over 84 - Are pregnant / breastfeeding - Are already using a GLP-1 agonist or anti-obesity treatment - Do not meet the eligibility criteria - Have an allergy to any GLP-1 agonist - Have a history of eating disorder - Have severe kidney, liver, or stomach issues including gastroparesis - Have poorly controlled diabetes or are Type 1 Diabetic - Have, or have a blood relative who has a history of medullary thyroid carcinoma (MTC) - Have (or have had) pancreatitis - Are taking medications that can cause weight gain - Have congestive heart failure (Wegovy) - Have Multiple Endocrine Neoplasia 2 - Are relying on the pill as your only method of contraception
 Wegovy (semaglutide) injection (Approved in Europe 2022, launched in UK Sep 2023)  Patient information leaflet		
 Wegovy (semaglutide) (Approved in UK June 2026)  Patient information leaflet		

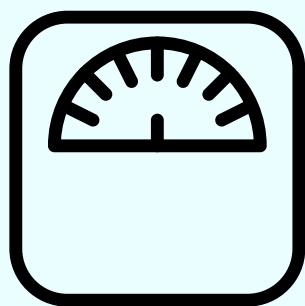


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IMPORTANT SYMPTOMS TO LOOK OUT FOR GLP-1 RECEPTOR AGONISTS

Side effect	Incidence	Symptoms	What to do
Acute pancreatitis	0.2 to 0.3%	• Severe, persistent abdominal pain that radiates to the back • Tenderness when touching the abdomen • Rapid heartbeat • Fever • Nausea and vomiting • Yellowing of the skin and eyes • Bloating and fullness • Clay-coloured stools • Hiccups • Indigestion	<u>STOP</u> using your injection and see your GP <u>urgently</u>, or call OOH on 111 or attend A&E if symptoms are severe
Gallbladder inflammation (scan code for Making a Decision about Gallstones leaflet) 	0.6%		
Gallstones	0.8 to 1.7%	• Generally no symptoms unless they cause gallbladder inflammation or get stuck in the biliary ducts (see above)	See “<u>Making a Decision about Gallstones</u>” Leaflet
Thyroid tumours	Not reported in humans	• Lump or swelling in the neck • Hoarseness • Trouble swallowing • Shortness of breath	<u>STOP</u> using your injection and make a GP appointment

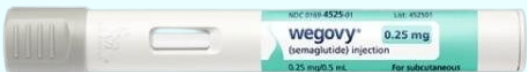
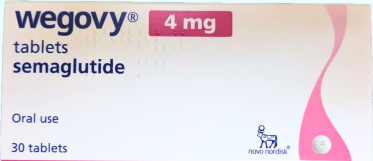


WEIGHT MANAGEMENT

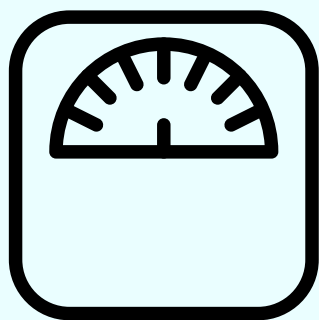
PRICE INCLUDES

- Clinical Assessment by a Pharmacist qualified in the Medical Management of Overweight and Obesity (NMWLP)
- Initial Consultation (60-90 minutes)
- Product supply & demonstration of use
- Weight Management Support Pack
- British Heart Foundation Healthy Eating & Heart Health Leaflets
- Sharps container, needles & alcohol wipes
- 4-weekly face-to-face catch up appointments
- Ongoing support via email, phone, or WhatsApp
- Management of side effects

PLUS...

Medication	Form	Suggested dose schedule*	Cost
 Mounjaro (tirzepatide) injection	1 pen containing 4 doses (once-weekly injection)	• Week 1-4: 2.5mg • Week 5-8: 5mg • Week 9-12: 7.5mg • Week 13-16: 10mg • Week 17-20: 12.5mg • Week 21+: 15mg	£210 for 2.5mg £225 for 5mg £255 for 7.5mg £280 for 10mg £300 for 12.5mg £315 for 15mg
 Wegovy (semaglutide) injection	1 pen containing 4 doses* (once-weekly injection) *4 single dose pens for 7.2mg	• Week 1-4: 0.25mg • Week 5-8: 0.5mg • Week 9-12: 1mg • Week 13-16: 1.7mg • Week 17-20 or longer: 2.4mg • Week 21+: 7.2mg	£149 for 0.25mg £154 for 0.5mg £159 for 1mg £199 for 1.7mg £239 for 2.4mg £289 for 7.2mg
 Wegovy (semaglutide) oral tablet	Oral tablet - one box contains 30 tablets	• Week 1-4: 1.5 mg once daily • Week 5-8: 4 mg once daily • Week 9-12: 9 mg once daily • Week 13 onward: 25 mg once daily (maximum dose)	£139 for 1.5mg £149 for 4mg £169 for 9mg £219 for 25mg

*This will depend on your response & side effects and is led by you - there is no requirement to increase the dose every month. Usually the effects are noticeable within the first 48h of the first dose, but sometimes it can take higher doses to start working. We will review your progress at 3 months to check your response.

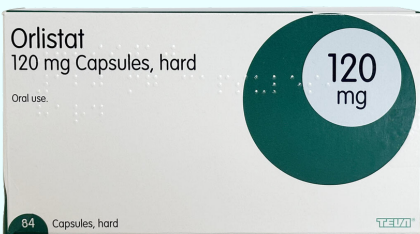


WEIGHT MANAGEMENT

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ELIGIBILITY & SIDE EFFECTS

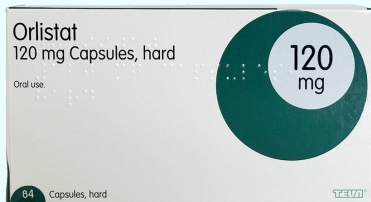
LIPASE INHIBITORS

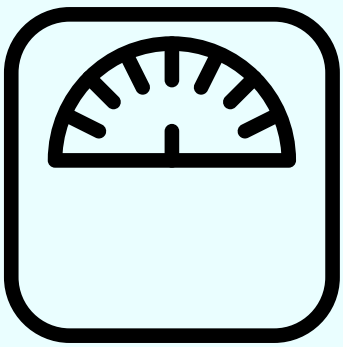
Medication	What are the side effects?	Is it safe for me to use?
 Orlistat (1998)  Patient information leaflet	• Headache • Abdominal pain • Flatulence with discharge • Urgency & frequency of defecation • Liquid/fatty/oily stools • Urinary tract & respiratory infections • Low blood sugar • Influenza • Fatigue • Menstrual irregularity • Anxiety • Dental problems	This is not suitable for you if you: • Are under 18 or over 65 • Are pregnant or breastfeeding • Are already using another anti-obesity treatment • Have a history of eating disorder • Have kidney or liver impairment • Have chronic malabsorption • Have cholestasis

PRICE INCLUDES

- Clinical Assessment by a Pharmacist qualified in the Medical Management of Overweight and Obesity (NMWLP)
- Initial Consultation (60-90 minutes)
- Product supply & demonstration of use
- Weight Management Support Pack
- British Heart Foundation Healthy Eating & Heart Health Leaflets
- Sharps container, needles & alcohol wipes
- 4-weekly face-to-face catch up appointments
- Ongoing support via email, phone, or WhatsApp
- Management of side effects

PLUS...

Medication	Form	Suggested dose schedule*	Cost
 Orlistat	1 box of 84 capsules containing 120mg of drug	One 120mg capsule taken with water before, during, or up to one hour after each main meal up to a maximum of three doses per day	£50



WEIGHT MANAGEMENT

Created by Anna Matthews at

 NANTY PHARMACY

EXPLAINING CALORIES

Approximate daily energy requirement or Basal Metabolic Rate, i.e. the amount of calories you need to ingest to stay the same weight

2000kcal

Intended calorie intake, i.e. a 500kcal deficit

1500kcal



Daily calorie deficit of 500kcal

=

Weekly calorie deficit of 3500kcal

=

1lb fat loss per week

1lb a week = 4lb a month = 1st in 3 months = 4 stone in 1 year

You can calculate your Basal Metabolic Rate [here](#) or by scanning the QR code

