

WEIGHT MANAGEMENT SERVICE AT



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.

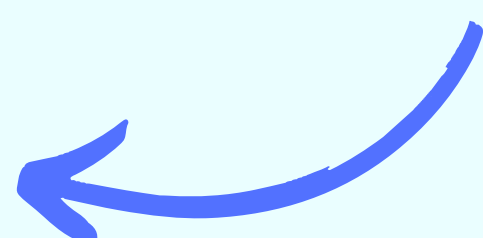
This is **not** intended as an aesthetic treatment and **if you are not eligible then you will not be supplied with medication**: this service is intended to reduce the risk of weight-related conditions for at-risk individuals.

HOW TO MAKE THE MOST OF YOUR TREATMENT

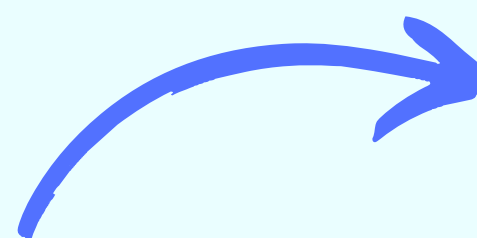
All of these medications are best used in conjunction with diet, exercise and adequate hydration. See below for [NHS: The Eatwell Guide](#) and [NHS: Strength Exercises](#). A healthy diet consisting of fresh fruits and vegetables, whole grains, and lean proteins is advised. Avoid foods high in saturated fat, added sugars, and sodium. When you lose weight, you lose both fat and muscle, so protein intake and strength exercises are important to maintain muscle mass.

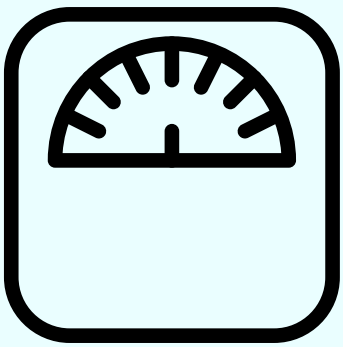


[NHS: The Eatwell Guide](#)



[NHS: Strength Exercises](#)





WEIGHT MANAGEMENT

Created by Anna Matthews at

 NANTY PHARMACY

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

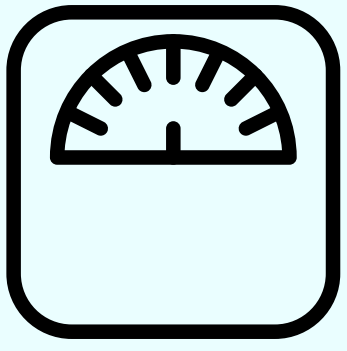
- The pharmacist will discuss how the treatments work, their safety and side-effect profiles, your eligibility, and any preference you may have
- You will have the opportunity to ask any questions
- Your weight, height, waist circumference, and blood pressure will be measured

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

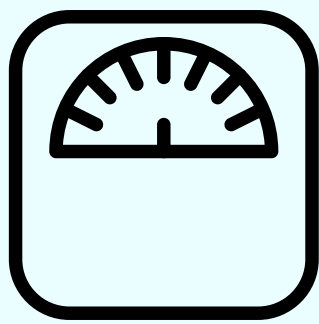
- Feel free to message us as described above with any questions, concerns, or side-effects you may be experiencing in between appointments



WEIGHT MANAGEMENT

LICENSED MEDICATIONS AVIALABLE AT NANTY PHARMACY







	Medication	Weight loss at 18 months* (as % of starting weight)	Class of drug	How it works	“Success” rate (% of responders)
INJECTION (SUBCUTANEOUS)	Mounjaro (tirzepatide)	Up to 22%	Dual GIP and GLP-1 receptor agonist	<ul style="list-style-type: none"> Increases feelings of fullness Decreases hunger Decreases food cravings May delay gastric emptying 	90%
	Wegovy (semaglutide)	Up to 15%	GLP-1 receptor agonist		80-82%
	Liraglutide	Up to 5-10%			63%
ORAL (BY MOUTH)	Orlistat	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%
	MySimba	5-10% *(at 12 months)	Alters levels of neurotransmitters involved in food cravings	<ul style="list-style-type: none"> Reduces hunger Reduces “emotional” cravings 	30-50%

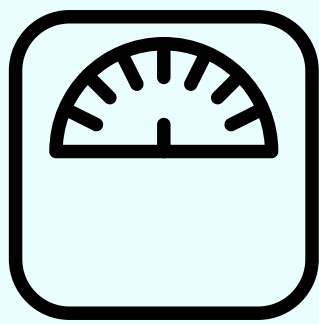


WEIGHT MANAGEMENT

ELIGIBILITY & SIDE EFFECTS

GLP-1 RECEPTOR AGONISTS

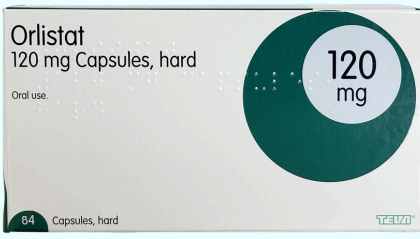

Medication	What are the side effects?	Is it safe for me to use?
 <p>Mounjaro (tirzepatide) (Approved in UK 2022, launched in UK Feb 2024)</p>  <p>Patient information leaflet</p>	<p><u>Very common (≥ 1 in 10)</u></p> <ul style="list-style-type: none"> • Nausea, diarrhoea, vomiting, constipation and abdominal pain • Low blood sugar if used with insulin or sulfonylurea <p><u>Common (≥ 1 in 100 to < 1 in 10)</u></p> <ul style="list-style-type: none"> • 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 • Increased liver enzymes (liraglutide only) <p><u>Uncommon (≥ 1 in 1,000 to <1 in 100)</u></p> <ul style="list-style-type: none"> • Change in taste • Acute pancreatitis • Gallbladder inflammation • Slowed stomach emptying <p><u>Rare (≥ 1 in 10,000 to < 1 in 1,000)</u></p> <ul style="list-style-type: none"> • Severe allergic reaction • Kidney impairment (liraglutide only) <p><u>Unknown</u></p> <ul style="list-style-type: none"> • Dehydration • Thyroid cancer • Oral hormonal products less effective (e.g. contraception & HRT) • Anxiety • May affect menstrual bleeding (not documented) • Sight loss - Non-arteritic anterior ischemic optic neuropathy (NAION) or diabetic retinopathy (not proven) 	<p>This is not suitable for you if you:</p> <ul style="list-style-type: none"> • Are under 18 or over 74 (Wegovy & Liraglutide) or 84 (Mounjaro) • 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 Inflammatory Bowel Disease (Saxenda) • Have Multiple Endocrine Neoplasia 2 • Are relying on the pill as your only method of contraception
 <p>Wegovy (semaglutide) (Approved in Europe 2022, launched in UK Sep 2023)</p>  <p>Patient information leaflet</p>		
 <p>Saxenda, Biolide, Nevolat, Plaobes, Lobezy, Ligobesy (liraglutide) (Saxenda approved in Europe 2015, launched in UK Jan 2017)</p>  <p>Patient information leaflet</p>		



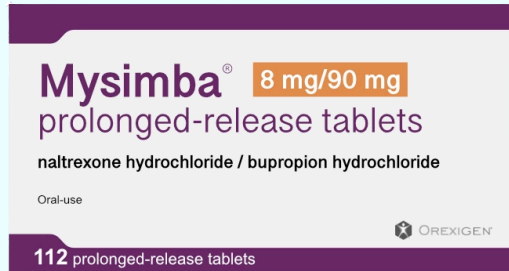

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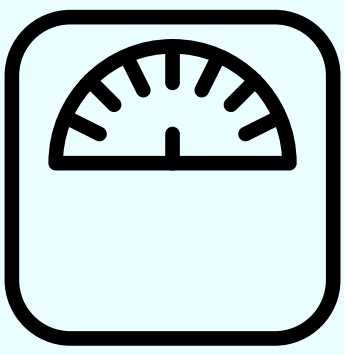
ELIGIBILITY & SIDE EFFECTS

LIPASE INHIBITORS

Medication	What are the side effects?	Is it safe for me to use?
 <p>Orlistat (1998)</p>  <p>Patient information leaflet</p>	<ul style="list-style-type: none"> • 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 	<p>This is not suitable for you if you:</p> <ul style="list-style-type: none"> • 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

NALTREXONE AND BUPROPION


 <p>MySimba (2015)</p>  <p>Patient information leaflet</p>	<p><u>Very common (≥ 1 in 10)</u></p> <ul style="list-style-type: none"> • Nausea, constipation, vomiting <p><u>Common (≥ 1 in 100 to < 1 in 10)</u></p> <ul style="list-style-type: none"> • Anxiety, irritability • Dizziness, tremor • Fatigue, insomnia • Palpitations, increased pulse • Tinnitus, vertigo • Increased blood pressure • Dry mouth, sweating • Itching, rash • Hair loss <p><u>Uncommon (≥ 1 in 1,000 to <1 in 100)</u></p> <ul style="list-style-type: none"> • Feeling abnormal or hot • Increased appetite and thirst • Erectile dysfunction • Gallbladder inflammation • Raised liver enzymes • Heartburn, wind and burping • Amnesia, abnormal dreams <p><u>Rare (≥ 1 in 10,000 to < 1 in 1,000)</u></p> <ul style="list-style-type: none"> • Abnormal blood counts, liver injury • Anaphylaxis, chest pain, fever • Fainting, seizures, hallucinations • Toothache, jaw pain, cavities • Irregular menstruation, vaginal bleeding or dryness • Hernia, urinary urgency, cold extremities 	<p>This is not suitable for you if you:</p> <ul style="list-style-type: none"> • 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 uncontrolled high blood pressure • Are taking opiates, cocaine, other stimulants or excess alcohol • Are undergoing withdrawal from alcohol, benzodiazepines or other sedatives • Have a history of bipolar disorder • Are on an MAOI or have had an MAOI within the last 14 days • Have a history of cerebrovascular disease • Have angina, congestive heart failure, unstable heart disease, NYHA class III or IV or heart attack within the last 3 months • Have a history of seizures or CNS tumour
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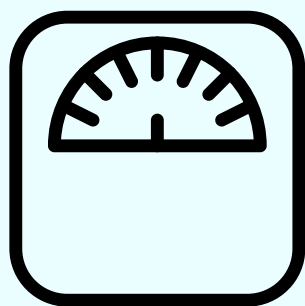


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IMPORTANT SYMPTOMS TO LOOK OUT FOR GLP-1 RECEPTOR AGONISTS

Side effect	Incidence	Symptoms	What to do
Acute pancreatitis	0.2 to 0.3%	<ul style="list-style-type: none">• Severe, persistent abdominal pain that radiates to the back• Tenderness when touching the abdomen	STOP using your injection and see your GP urgently , or call OOH on 111 or attend A&E if symptoms are severe
Gallbladder inflammation <small>(scan code for Making a Decision about Gallstones leaflet)</small> 	0.6%	<ul style="list-style-type: none">• Rapid heartbeat• Fever• Nausea and vomiting• Yellowing of the skin and eyes• Bloating and fullness• Clay-coloured stools• Hiccups• Indigestion	See “ Making a Decision about Gallstones ” Leaflet
Gallstones	0.8 to 1.7%	<ul style="list-style-type: none">• Generally no symptoms unless they cause gallbladder inflammation or get stuck in the biliary ducts (see above)	STOP using your injection and make a GP appointment
Thyroid tumours	Not reported in humans	<ul style="list-style-type: none">• Lump or swelling in the neck• Hoarseness• Trouble swallowing• Shortness of breath	



WEIGHT MANAGEMENT


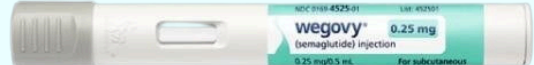

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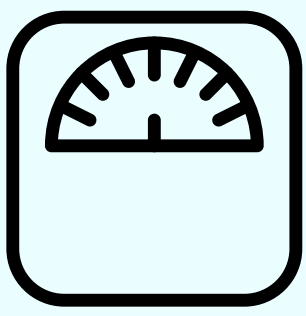
PRICE INCLUDES

- Clinical Assessment by a Pharmacist qualified in the Medical Management of Overweight and Obesity (NMWLP)
- Initial Consultation (60-90 minutes)
- Supply of pen and demonstration of use
- Weight Loss Journal
- 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)	1 pen containing 4 doses (once-weekly injection)	<ul style="list-style-type: none"> • 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)	1 pen containing 4 doses (once-weekly injection)	<ul style="list-style-type: none"> • Week 1-4: 0.25mg • Week 5-8: 0.5mg • Week 9-12: 1mg • Week 13-16: 1.7mg • Week 17+: 2.4mg 	£170 for 0.25mg £170 for 0.5mg £170 for 1mg £220 for 1.7mg £270 for 2.4mg
 Liraglutide	5 pens, each containing 6ml of solution (once-daily injection)	<ul style="list-style-type: none"> • Week 1: 0.6mg • Week 2: 1.2mg • Week 3: 1.8mg • Week 4: 2.4mg • Week 5+: 3mg 	£250 for 5 x 3ml pens of 6mg/ml

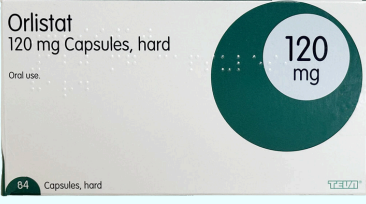

*This will depend on your response & side effects and is led by you - there is no requirement to increase the dose every month. Usually the effects are noticeable within the first 48h of the first dose, but sometimes it can take higher doses to start working. We will review your progress at 3 months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

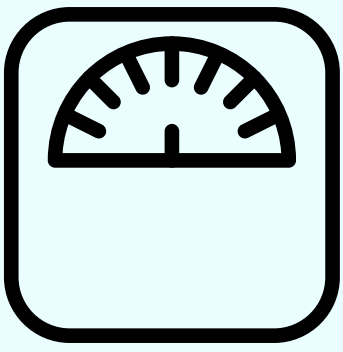


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 NANTY PHARMACY

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
 MySimba	Part or full box of 112 prolonged-release tablets containing 8mg of naltrexone hydrochloride and 90mg of bupropion hydrochloride	<ul style="list-style-type: none">• Week 1: ONE daily• Week 2: ONE tablet twice a day• Week 3: TWO in the morning and ONE in the evening• Week 4+: TWO tablets TWICE a day	£100 for titration doses (weeks 1-4, total 70 tablets) £140 per month for ongoing supply (112 tablets)



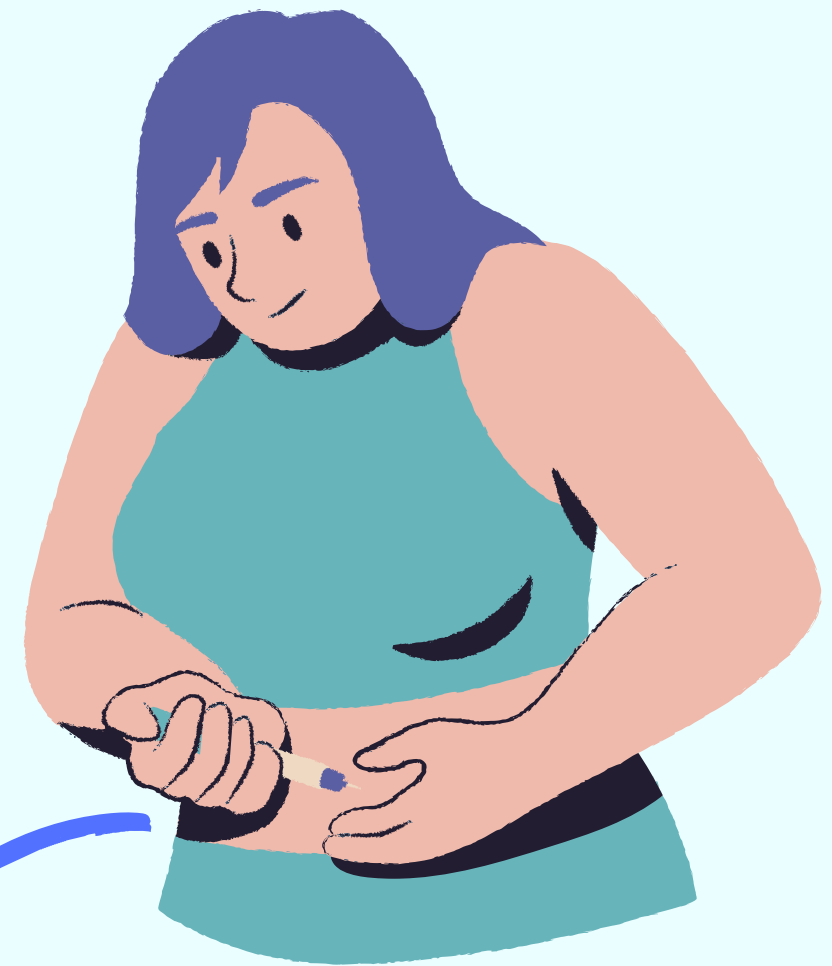
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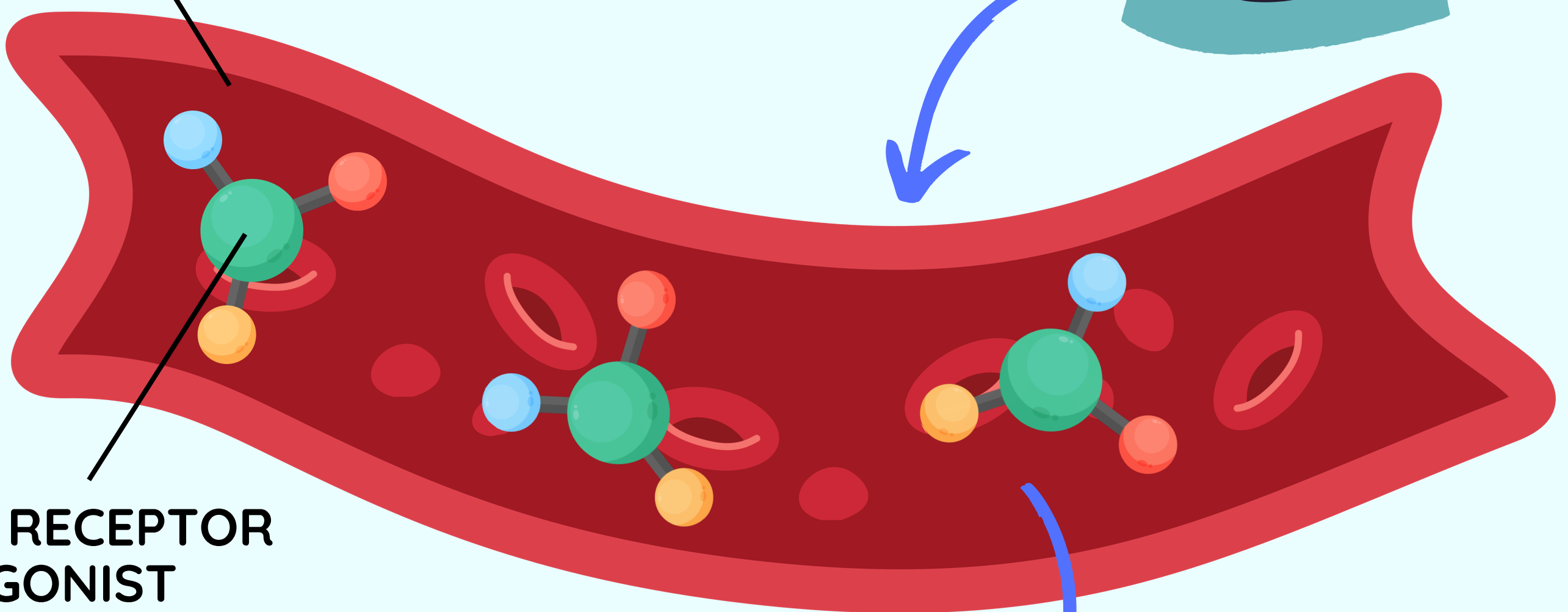
NANTY PHARMACY

EXPLAINING GLP-1 RECEPTOR AGONISTS - METHOD OF ACTION

The medication is injected into the **subcutaneous fat** and absorbed into the **bloodstream**

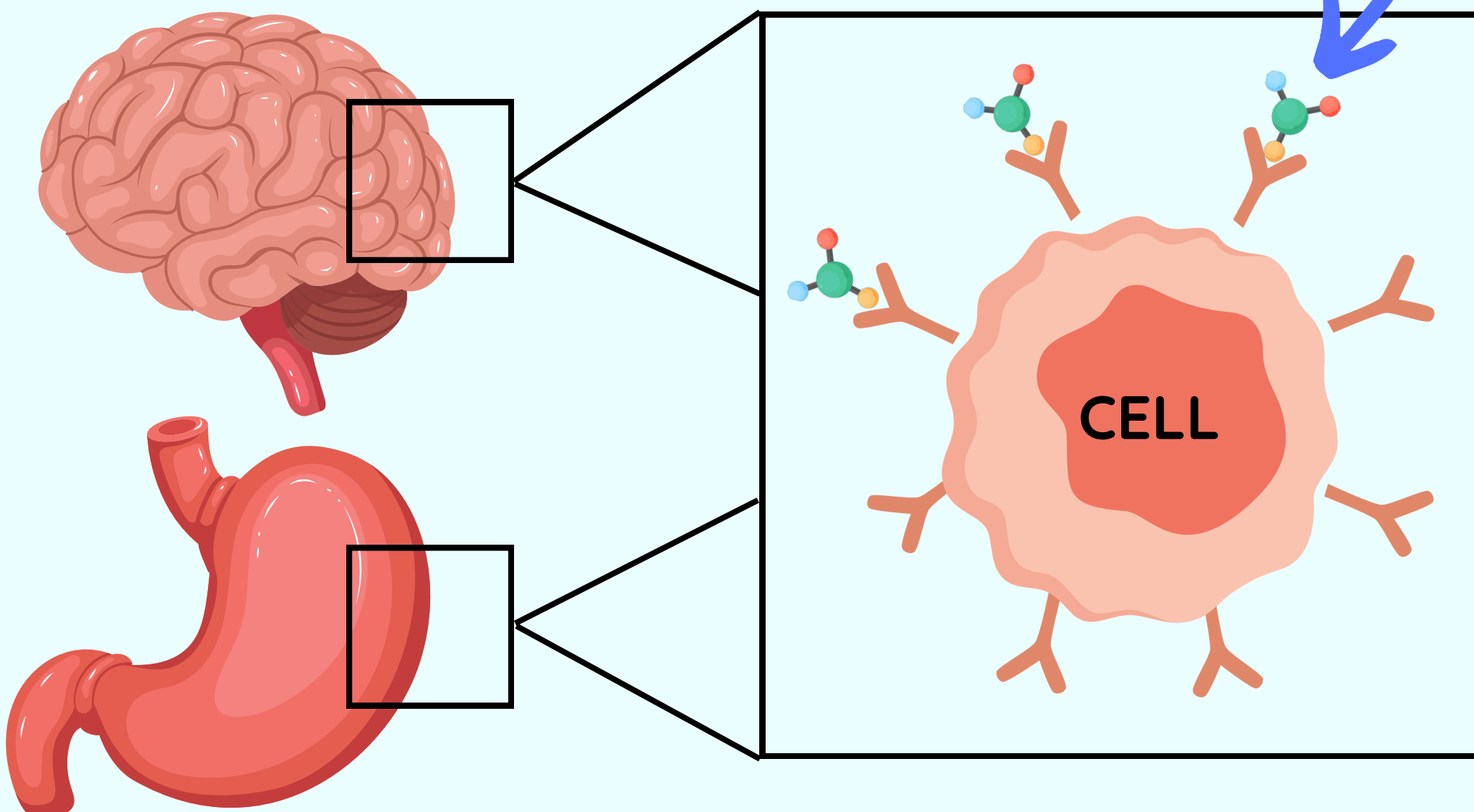


BLOOD VESSEL



GLP-1 RECEPTOR AGONIST

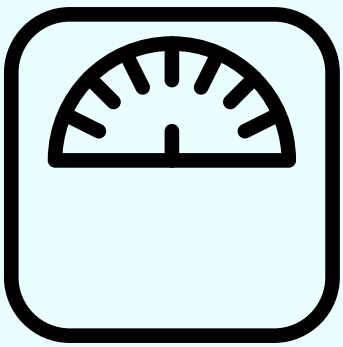
The medication travels in the **bloodstream** until it reaches **cells** with specific **receptors**, binding and causing:



↓ Appetite

↓ Food Noise

↑ Feeling full



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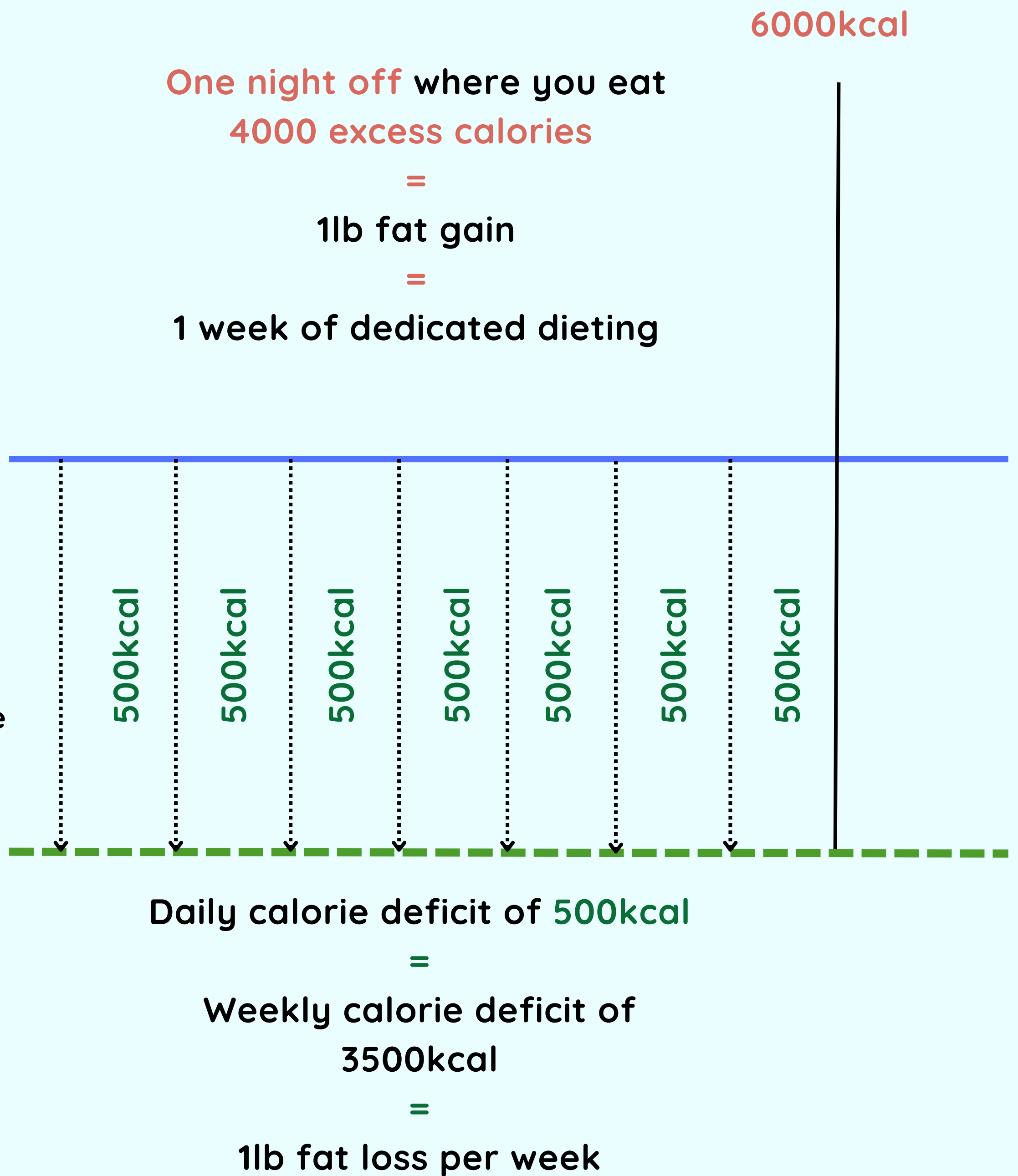
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EXPLAINING CALORIES

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



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

