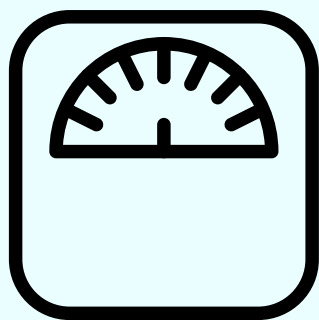


WEIGHT MANAGEMENT

If you are overweight with a BMI ≥ 30 , or ≥ 27 with weight-related medical problems, 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.



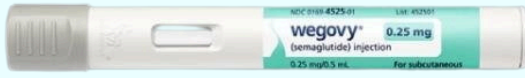



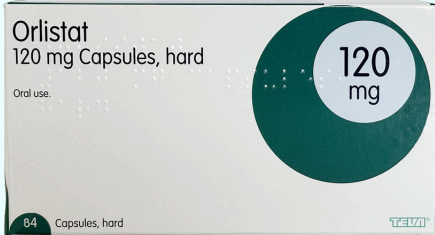

Medication	% Body weight loss at 18 months	Class of drug	How it works	Non-responder rate
Mounjaro (tirzepatide)	Up to 22%	Dual GIP and GLP-1 receptor agonist	<ul style="list-style-type: none">Increases feelings of fullnessDecreases hungerDecreases food cravingsMay delay gastric emptying	10%
Wegovy (semaglutide)	Up to 15%	GLP-1 receptor agonist		18-20%
Saxenda (liraglutide)	Up to 5-10%			37%
Orlistat	Up to 10% (at 6 months)	Peripherally acting antiobesity agent	<ul style="list-style-type: none">Blocks enzymes in your stomach and small intestine which digest fat, stopping fat from being digested	63%

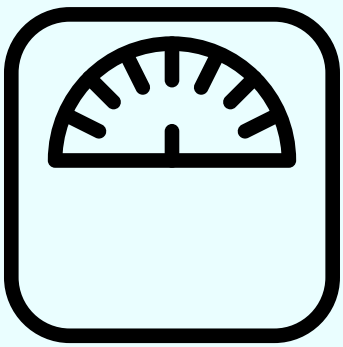
Information taken from the Summary of Product Characteristics for Wegovy, Mounjaro, Saxenda, and Orlistat, and training material from NMWLP



WEIGHT MANAGEMENT

ELIGIBILITY & SIDE EFFECTS

Medication	What are the side effects?	Is it safe for me to use?
<div></div> <div>Mounjaro (tirzepatide)</div> <div></div> <div>Patient information leaflet</div>	<p>Very common (≥ 1 in 10)</p> <ul style="list-style-type: none">Nausea, diarrhoea, vomiting, constipation and abdominal painLow blood sugar if used with insulin or sulfonylurea <p>Common (≥ 1 in 100 to < 1 in 10)</p> <ul style="list-style-type: none">Injection site reactionsHeartburnFlatulence and burpingFatigueIncreased heart rateLow blood sugar if used with metformin and SGLT2 inhibitorsLowered blood pressureDizzinessGallstonesHair loss <p>Uncommon (≥ 1 in 1,000 to < 1 in 100)</p> <ul style="list-style-type: none">Change in tasteAcute pancreatitisGallbladder inflammation <p>Rare (≥ 1 in 10,000 to < 1 in 1,000)</p> <ul style="list-style-type: none">Severe allergic reaction <p>Unknown</p> <ul style="list-style-type: none">DehydrationThyroid cancerOral contraceptives less effectiveAnxiety	<p>This is not suitable for you if you:</p> <ul style="list-style-type: none">Are under 18 or over 74 (Wegovy & Saxenda) or 84 (Mounjaro)Are pregnant / breastfeedingAre already using a GLP-1 agonist or anti-obesity treatmentDo not meet the eligibility criteriaAllergy to any GLP-1 agonistHave a history of eating disorderHave severe kidney, liver, or stomach issues including gastroparesisHave poorly controlled diabetes or are Type 1 DiabeticHave, or have a blood relative who has a history of medullary thyroid carcinoma (MTC)Have (or have had) pancreatitisAre taking medications that can cause weight gainHave congestive heart failure (Wegovy)Have Inflammatory Bowel Disease (Saxenda)Have Multiple Endocrine Neoplasia 2
<div></div> <div>Wegovy (semaglutide)</div> <div></div> <div>Patient information leaflet</div>		
<div></div> <div>Saxenda (liraglutide)</div> <div></div> <div>Patient information leaflet</div>		
<div></div> <div>Orlistat</div> <div></div> <div>Patient information leaflet</div>	<ul style="list-style-type: none">HeadacheRespiratory infectionAbdominal painFlatulence with dischargeUrgency & frequency of defecationLiquid/fatty/oily stoolsUrinary tract infectionLow blood sugarInfluenzaFatigueMenstrual irregularityAnxietyDental problems	<p>This is not suitable for you if you:</p> <ul style="list-style-type: none">Are under 18 or over 65Are pregnant or breastfeedingAre already using another anti-obesity treatmentHave a history of eating disorderHave kidney or liver impairmentHave chronic malabsorptionHave cholestasis



WEIGHT MANAGEMENT

SYMPTOMS OF UNWANTED SIDE-EFFECTS

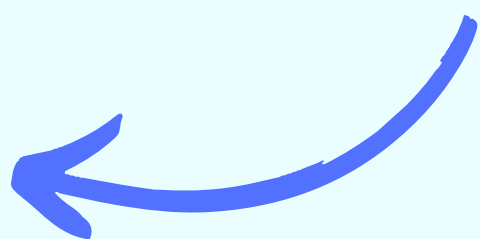
Side effect	Incidence	Symptoms	What to do if you experience them
Acute pancreatitis	0.2 to 0.3%	<ul style="list-style-type: none">• Severe, persistent abdominal pain that radiates to the back• Tenderness when touching the abdomen• Rapid heartbeat• Fever• Nausea and vomiting• Yellowing of the skin and eyes• Bloating and fullness• Clay-coloured stools• Hiccups• Indigestion	<p><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</p>
Gallstones	0.8 to 1.7%		
Thyroid tumours	Not reported in humans	<ul style="list-style-type: none">• Lump or swelling in the neck• Hoarseness• Trouble swallowing• Shortness of breath	<p><u>STOP</u> using your injection and make an appointment to see your GP</p>

HOW TO MAKE THE MOST OF YOUR TREATMENT

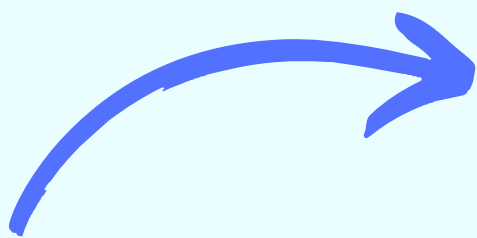
All of these medications are best used in conjunction with diet, exercise and adequate hydration. Below are some food choice recommendations from [NHS: The Eatwell Guide](#) and [Healthline.com](#). A healthy diet consisting of fresh fruits and vegetables, whole grains, and lean proteins is advised. Avoid foods high in saturated fat, added sugars, and sodium.

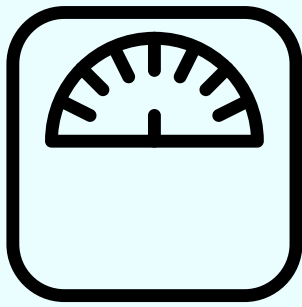


[NHS: The Eatwell Guide](#)



[Healthline.com](#): Mounjaro Diet


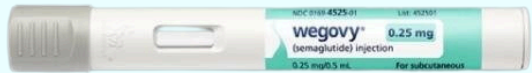

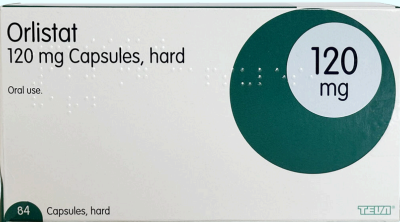




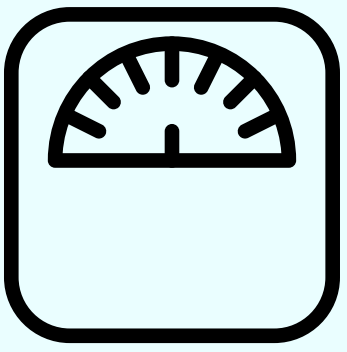
WEIGHT MANAGEMENT

Created by Anna Matthews at
 NANTY PHARMACY

PRICES FOR ASSESSMENT, CONSULTATION, SUPPLY, ONGOING SUPPORT & MANAGEMENT OF SIDE EFFECTS

Medication	Form	Suggested dose schedule	Cost (one pen per month)
 Mounjaro (tirzepatide)	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	<p>£190 for 2.5mg £190 for 5mg £205 for 7.5mg £205 for 10mg £220 for 12.5mg £220 for 15mg</p>
 Wegovy (semaglutide)	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	<p>£170 for 0.25mg £170 for 0.5mg £170 for 1mg £220 for 1.7mg £270 for 2.4mg</p>
 Saxenda (liraglutide)	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	<p>£250 for 5 x 3ml pens of 6mg/ml</p>
 Orlistat	Capsule	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	<p>£50 for 84 capsules of 120mg</p>

Information taken from the Summary of Product Characteristics for Wegovy, Mounjaro, Saxenda, and Orlistat



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** or emailing anna@nantypharmacy.co.uk
- Contact the pharmacy to book an initial appointment. These are **face-to-face**, and are available on Tuesdays, Wednesdays and Thursdays 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

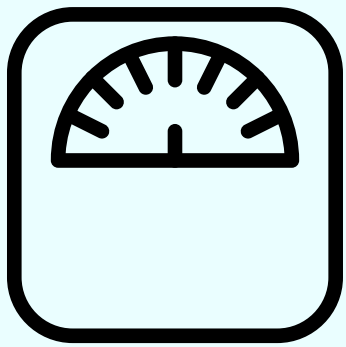
- The pharmacist will discuss how the treatments work, their safety and side-effect profiles, your eligibility, and any preference you may have
- You will have the opportunity to ask any questions
- Your weight, height, waist circumference, and blood pressure will be measured

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

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

One night off where you eat
4000 excess calories

=

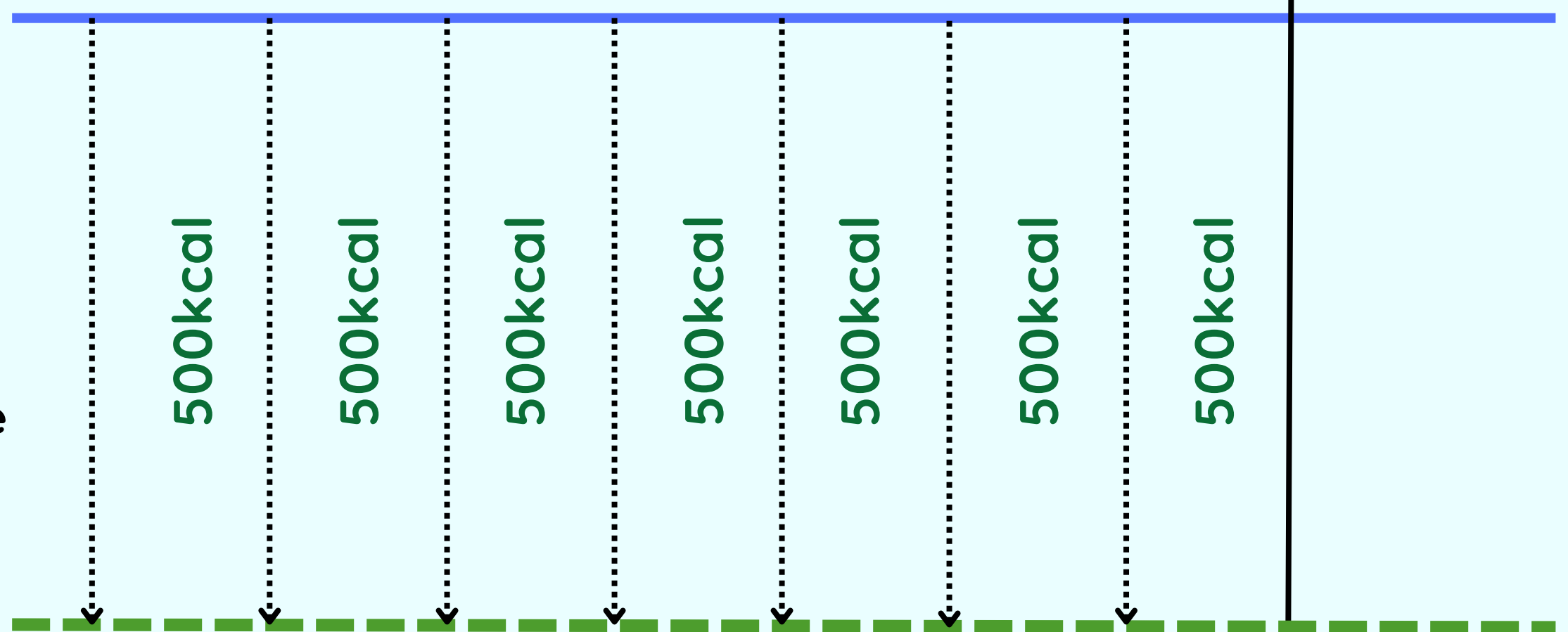
1lb fat gain

=

1 week of dedicated dieting

6000kcal

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

