


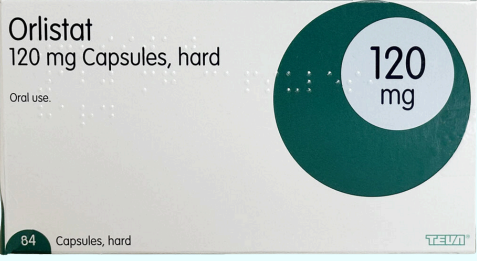
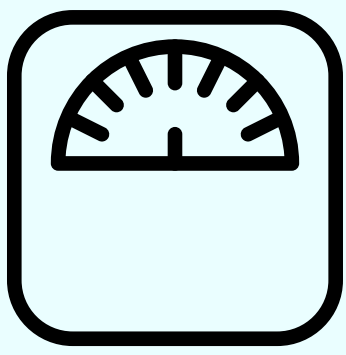


WEIGHT MANAGEMENT

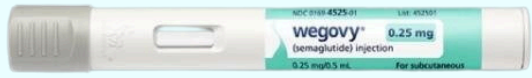





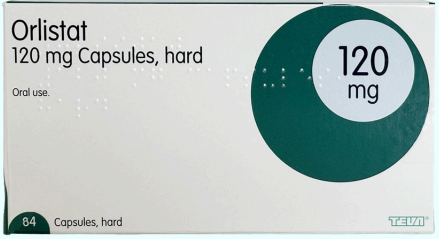

If you are overweight with a **BMI ≥ 30** , or **≥ 27** with **weight-related medical problems**, and have tried to lose weight through diet and exercise, you may be eligible for a private weight management service. These are to be used **in conjunction** with a reduced-calorie diet and increased physical activity.

| Product | Form | Dose schedule | Cost per month |
|--|------------------|--|--|
|  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, 0.5mg & 1mg</p> <p>£220 for 1.7mg</p> <p>£270 for 2.4mg</p> |
|  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 & 5mg</p> <p>£205 for 7.5mg & 10mg</p> <p>£220 for 12.5mg & 15mg</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>£290 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> |



WEIGHT MANAGEMENT

FREQUENTLY ASKED QUESTIONS

| Product | How effective is it? | What are the side effects? | Is it safe for me to use? |
|---|--|---|--|
|  <p>Wegovy (semaglutide)</p>  <p>Patient information leaflet</p> | <p>Studies have shown a weight loss of up to 15% of your body weight within 18 months of being on the highest dose</p> | <ul style="list-style-type: none"> • Nausea and diarrhoea • Dehydration • Decreased appetite • Abdominal pain • Vomiting • Heartburn • Constipation • Flatulence and burping • Fatigue • Increased heart rate • Injection site reactions • Low blood sugar • Rash • Dizziness (Wegovy) • Diabetic retinopathy (Wegovy) • Gallstones (Saxenda) • <u>Rarely</u> acute pancreatitis or kidney impairment have been reported | <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 or breastfeeding • Are already using a GLP-1 agonist or anti-obesity treatment • Have a history of eating disorder • Have severe kidney, liver, or stomach issues • Have poorly controlled diabetes • Have pancreatitis • Are taking medications that cause weight gain • Have congestive heart failure (Wegovy) • Have Inflammatory bowel disease (Saxenda) • Have diabetic gastroparesis (Saxenda) |
|  <p>Mounjaro (tirzepatide)</p>  <p>Patient information leaflet</p> | <p>Studies have shown a weight loss of up to 22% of your body weight within 18 months of being on the highest dose</p> | <ul style="list-style-type: none"> • Headache • Respiratory infection • Abdominal pain • Flatulence with discharge • Urgency to defecate • Liquid / fatty / oily stools • Increased defecation • Urinary tract infection • 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 |
|  <p>Saxenda (liraglutide)</p>  <p>Patient information leaflet</p> | <p>Studies have shown a weight loss of up to 5-10% of your body weight within 18 months of being on the highest dose</p> | <p>Studies have shown a weight loss of up to 10% of your body weight within 18 months of starting</p> | <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 |
|  <p>Orlistat</p>  <p>Patient information leaflet</p> | <p>Studies have shown a weight loss of up to 10% of your body weight within 18 months of starting</p> | <p>Studies have shown a weight loss of up to 10% of your body weight within 18 months of starting</p> | <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 |