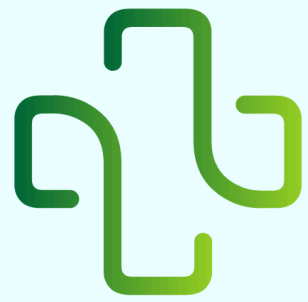


WEIGHT MANAGEMENT SERVICE AT



NANTY PHARMACY

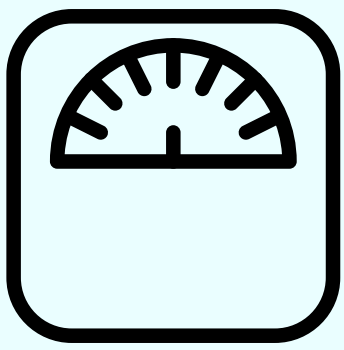
If you are overweight with a BMI ≥ 30 , or ≥ 27 with at least one weight-related medical problem, including:

- 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

INJECTION (SUBCUTANEOUS)

ORAL (BY MOUTH)

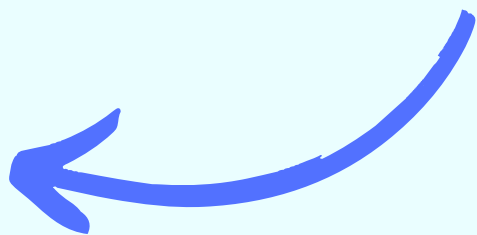
Medication	Weight loss at 18 months* (as % of starting weight)	Class of drug	How it works	“Success” rate (% of responders)
Mounjaro (tirzepatide)	Up to 22%	Dual GIP and GLP-1 receptor agonist	<ul style="list-style-type: none">• Increases feelings of fullness• Decreases hunger• Decreases food cravings• May delay gastric emptying	90%
Wegovy (semaglutide)	Up to 15%	GLP-1 receptor agonist		80-82%
Saxenda (liraglutide)	Up to 5-10%			63%
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%

HOW TO MAKE THE MOST OF YOUR TREATMENT

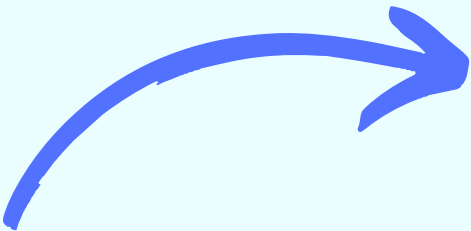
All of these medications are best used in conjunction with diet, exercise and adequate hydration. See below for [NHS: The Eatwell Guide](#) and [NHS: Strength Exercises](#). A healthy diet consisting of fresh fruits and vegetables, whole grains, and lean proteins is advised. Avoid foods high in saturated 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.

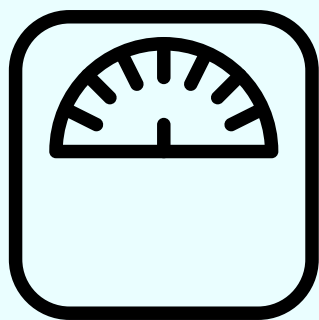


[NHS: The Eatwell Guide](#)



[NHS: Strength Exercises](#)









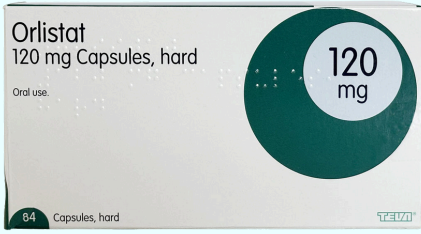



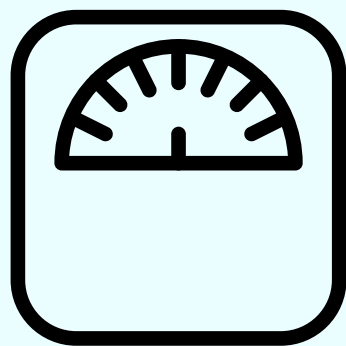
WEIGHT MANAGEMENT

ELIGIBILITY & SIDE EFFECTS

GLP-1 RECEPTOR AGONISTS

LIPASE INHIBITOR


Medication	What are the side effects?	Is it safe for me to use?
<div></div> <div>Mounjaro (tirzepatide) (Approved in UK 2022, launched in UK Feb 2024)</div> <div></div> <div>Patient information leaflet</div>	<p><u>Very common (≥ 1 in 10)</u></p> <ul style="list-style-type: none">Nausea, diarrhoea, vomiting, constipation and abdominal painLow 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 reactionsHeartburnFlatulence and burpingFatigueIncreased heart rateLowered blood pressureDizzinessHair lossLow blood sugar if used with metformin and SGLT2 inhibitorsGallstones <p><u>Uncommon (≥ 1 in 1,000 to <1 in 100)</u></p> <ul style="list-style-type: none">Change in tasteAcute pancreatitisGallbladder inflammation <p><u>Rare (≥ 1 in 10,000 to < 1 in 1,000)</u></p> <ul style="list-style-type: none">Severe allergic reaction <p><u>Unknown</u></p> <ul style="list-style-type: none">DehydrationThyroid cancerOral hormonal products less effective (e.g. contraception & HRT)AnxietyMay affect menstrual bleeding (not documented)	<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 criteriaHave an allergy 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 2Are relying on the pill as your only method of contraception
<div></div> <div>Wegovy (semaglutide) (Approved in Europe 2022, launched in UK Sep 2023)</div> <div></div> <div>Patient information leaflet</div>		
<div></div> <div>Saxenda (liraglutide) (Approved in Europe 2015, launched in UK Jan 2017)</div> <div></div> <div>Patient information leaflet</div>		
<div></div> <div>Orlistat (1998)</div> <div></div> <div>Patient information leaflet</div>	<ul style="list-style-type: none">HeadacheAbdominal painFlatulence with dischargeUrgency & frequency of defecationLiquid/fatty/oily stoolsUrinary tract & respiratory infectionsLow 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

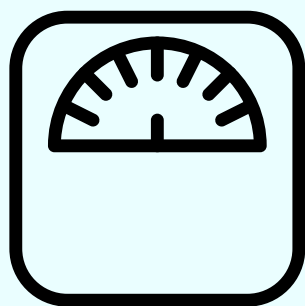


WEIGHT MANAGEMENT

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IMPORTANT SYMPTOMS TO LOOK OUT FOR

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• 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%	<ul style="list-style-type: none">• Generally no symptoms unless they cause gallbladder inflammation or get stuck in the biliary ducts (see above)	<u>See “Making a Decision about Gallstones” Leaflet</u>
Thyroid tumours	Not reported in humans	<ul style="list-style-type: none">• 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

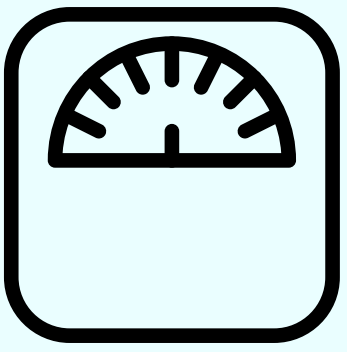
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PRICE INCLUDES

- 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

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
 Saxenda (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
 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

*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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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

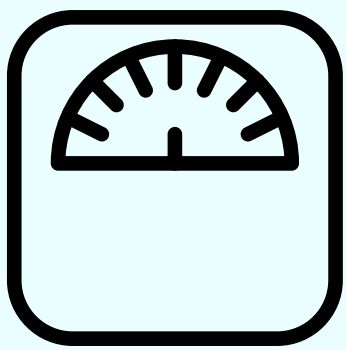
- The pharmacist will discuss how the treatments work, their safety and side-effect profiles, your eligibility, and any preference you may have
- You will have the opportunity to ask any questions
- Your weight, height, waist circumference, and blood pressure will be measured

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



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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



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

