

Welcome — Please Read This Leaflet Carefully

You have been prescribed a weight management injection. This leaflet covers everything you need to know about your medicine, including how it works, how to use it safely, and what to watch out for. Keep this leaflet for reference throughout your treatment.

1. About Your Medicine

Medicine	Key Facts
Mounjaro® (tirzepatide)	Dual GIP & GLP-1 receptor agonist. Available in pre-filled injection pens (2.5 mg, 5 mg, 7.5 mg, 10 mg, 12.5 mg, 15 mg).
Wegovy® (semaglutide)	GLP-1 receptor agonist. Available in pre-filled injection pens (0.25 mg, 0.5 mg, 1 mg, 1.7 mg, 2.4 mg).
Both are licensed for	Weight management in adults with obesity (BMI ≥30) or overweight (BMI ≥27) with at least one weight-related health condition, alongside a reduced-calorie diet and increased physical activity.

2. How These Medicines Work

Your body produces natural hormones in the gut after eating that help regulate blood sugar and appetite. Both Mounjaro and Wegovy mimic these hormones:

Mounjaro (tirzepatide) — Dual Action

- Acts on GLP-1 receptors — slows stomach emptying and reduces appetite
- Acts on GIP receptors — improves insulin response and further reduces hunger
- The dual action makes it one of the most effective weight-loss medicines currently available

Wegovy (semaglutide) — Single GLP-1 Action

- Acts on GLP-1 receptors in the brain, gut and pancreas
- Reduces appetite and food intake, slows gastric emptying
- Helps the body produce more insulin when blood glucose is elevated

3. How to Use Your Injection Pen

Before You Inject

- Wash your hands thoroughly with soap and water before handling the pen
- Check the expiry date on the pen — do not use if expired
- Inspect the liquid — it should be clear and colourless. Do not use if cloudy, discoloured, or contains particles
- Never share your pen with anyone else, even if the needle has been changed

Injection Sites

You can inject into any of the following areas:

- Abdomen (stomach) — avoid the area 5 cm around the navel
- Front of the thigh
- Upper arm (outer area) — may need assistance

Rotate injection sites each week to avoid skin irritation. Do not inject into skin that is tender, bruised, red, scarred, or hardened.

Step-by-Step Injection Guide

Step	What to Do
Step 1	Remove the pen cap. Check the medicine window.
Step 2	Select your injection site
Step 3	Wipe the end of the pen with a new alcohol wipe
Step 4	Remove the sterile seal from a new needle and attach it to the pen
Step 5	Remove the two caps from the needle
Step 6	Prepare the pen for injecting by priming the needle and then turning the dose counter fully to ensure a full dose will be administered
Step 7	Press the needle and pen firmly against the skin at a 90-degree angle (right angle) and press the top of the pen till a full dose is administered.
Step 8	Hold in place for the full count indicated (usually 5–10 seconds).
Step 9	Remove the pen and apply gentle pressure with a clean cotton ball if required. Do not rub.
Step 10	Dispose of the needle in your sharps bin immediately.
Step 11	Replace cap on pen and store in the fridge

Full details of how to administer the dose from your specific pen will be in the information leaflet provided with the pen

Dose Schedule — Escalation

Both medicines start at a low dose that is gradually increased over several weeks to minimise side effects. Your prescriber will advise your personal schedule. A typical pattern is:

- Mounjaro: Start at 2.5 mg weekly → increase by 2.5 mg every 4 weeks up to a maximum of 15 mg weekly
- Wegovy: Start at 0.25 mg weekly → increase over 16–20 weeks up to 2.4 mg weekly

Never undertake a dose escalation step without speaking to your prescriber. Doses can be increased or decreased by one dose increment every four weeks after discussion with the prescriber.

Missed Dose

- If you miss a dose and your next scheduled dose is more than 4 days away, take the missed dose as soon as you remember.
- If your next dose is sooner than this, skip the missed dose and continue your normal day.
- Do not take two doses to make up for a missed one.

4. Storage

Condition	Guidance
Unopened pens	Store in a refrigerator at 2°C to 8°C. Do not freeze. Keep away from the cooling element.
In-use pen (Mounjaro)	May be stored at room temperature (up to 30°C) for up to 30 days.
In-use pen (Wegovy)	May be stored at room temperature (up to 30°C) for up to 6 weeks.
Light	Keep pens in their cap on to protect from light.
Children	Store out of the sight and reach of children.
Disposal	Place used pens in a yellow lidded sharps bin. Never dispose of in household waste or recycling. Further bins can be supplied by the pharmacy.

⚠ Never freeze your pen. If a pen has been frozen, do not use it — return it to your pharmacy for safe disposal.

5. Side Effects

Like all medicines, these injections can cause side effects, although not everybody gets them. Many side effects are mild, occur at the start of treatment or after a dose increase, and improve over time.

Very Common Side Effects (may affect more than 1 in 10 people)

- Nausea — often worse after dose increases; usually improves within a few weeks
- Vomiting
- Diarrhoea or loose stools
- Constipation
- Stomach pain or discomfort
- Decreased appetite
- Indigestion or heartburn (dyspepsia)
- Injection site reactions — redness, bruising, or discomfort

Tip: Eating smaller, lower-fat meals and avoiding alcohol can help reduce nausea.

Common Side Effects (may affect up to 1 in 10 people)

- Fatigue or tiredness
- Belching (burping) or flatulence
- Gastritis (stomach inflammation) — burning sensation in the stomach
- Hair loss (usually temporary, related to rapid weight loss)
- Dizziness or low blood pressure on standing
- Hypoglycaemia (low blood sugar) — more likely if you also take diabetes medication
- Gallstones — risk increases with rapid weight loss

Serious Side Effects — Seek Medical Help Immediately

Stop using your injection and contact a doctor or go to A&E immediately if you experience any of the following:

- Severe or persistent abdominal pain, especially if it spreads to your back — may indicate pancreatitis
- Severe allergic reaction: swelling of the face, lips, tongue or throat; difficulty breathing; rapid heartbeat; severe rash — call 999
- Changes in vision, including blurred vision or sudden loss of sight (diabetic retinopathy worsening)
- Rapid heartbeat (tachycardia) at rest
- Symptoms of gallbladder problems: upper right abdominal pain, fever, jaundice (yellowing of skin or eyes)
- Kidney problems: reduced urination, swelling in legs/feet, extreme fatigue (often linked to severe dehydration from vomiting/diarrhoea)

Thyroid tumours: In animal studies, GLP-1 medicines caused thyroid tumours. This has not been confirmed in humans but tell your doctor immediately if you notice a lump or swelling in your neck, hoarseness, difficulty swallowing, or shortness of breath.

6. Important Information Before Starting

Tell Your Prescriber If You Have or Have Had:

- Pancreatitis (inflammation of the pancreas)
- Thyroid cancer or a family history of medullary thyroid carcinoma (MTC)
- Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)
- Diabetic retinopathy (eye problems related to diabetes)
- Severe kidney or liver disease
- Gallbladder disease or gallstones
- Heart failure or recent heart problems
- A history of eating disorders

Pregnancy, Breastfeeding & Contraception

- Do not use Mounjaro or Wegovy if you are pregnant or planning to become pregnant.
- Stop treatment at least 2 months before attempting to conceive (Mounjaro) or 2 months before (Wegovy). Ask your prescriber for exact guidance.
- These medicines may reduce the effectiveness of oral contraceptives. Use additional contraception (e.g. condoms) for 4 weeks after each dose escalation.
- Do not use if breastfeeding — it is unknown whether these medicines pass into breast milk.

Other Medicines — Interactions

- Tell your pharmacist or prescriber about all medicines you take, including over-the-counter drugs, herbal supplements, and vitamins.
- These medicines slow gastric emptying, which can affect how quickly other oral medicines are absorbed. This is particularly important for medicines where timing of absorption matters (e.g. some antibiotics, oral contraceptives, thyroid medicines).
- If you take insulin or other diabetes medicines, dose adjustments may be needed to prevent hypoglycaemia.
- Alcohol can worsen nausea and may increase the risk of pancreatitis — limit alcohol intake during treatment.

7. Monitoring & Follow-Up

Regular follow-up with the pharmacist or pharmacy technician is important to monitor your progress and safety.

When	What to Expect
Every 4 weeks (face to face with our Pharmacist or Pharmacy Technician)	Review of weight loss
	Dose review and adjustment up or down if required.
	Check regarding side effects and how to minimise them.
	Discussion of diet, exercise, and behavioural support. Assessment of continued benefit and ongoing weight loss goals

8. Getting the Best Results

These medicines work best when combined with:

- A reduced-calorie, balanced diet — your pharmacist or GP can refer you to a dietitian
- Regular physical activity — aim for at least 150 minutes of moderate activity per week
- Adequate hydration — drink plenty of water, especially if experiencing nausea or vomiting
- Consistent injection schedule — use the same day each week to establish a routine
- Behavioural support — consider NHS weight management services or a support group

9. Emergency Contacts & Further Information

Contact	When to Use
999 or A&E	Severe allergic reaction, severe chest pain, difficulty breathing, loss of consciousness
111 (NHS)	Urgent but non-emergency medical advice, including concerning side effects
Your Pharmacy	Questions about your dose, health concerns, ongoing side effects, your injection technique, medicines interactions, or storage

More Information

- Patient Information Leaflet (PIL) included with your pen: read this in full
- Mounjaro: www.medicines.org.uk (search 'Mounjaro')
- Wegovy: www.medicines.org.uk (search 'Wegovy')
- NHS Weight Loss: www.nhs.uk/live-well/healthy-weight

Disclaimer

This leaflet is intended as a general guide for patients prescribed Mounjaro® or Wegovy®. It does not replace the full Patient Information Leaflet supplied with your medicine, or the advice of your prescribing clinician or pharmacist. Treatment must be personalised — always follow the instructions given to you by your healthcare team. Information is based on current UK prescribing guidance.