



Dear Customer,

Thank you for your order. Your order has now been approved and is on its way. Please be advised of the following:

What is Mounjaro?

Mounjaro is a medicine for weight loss and weight maintenance that contains the active substance Tirzepatide. It is similar to a natural hormone called glucagon-like peptide-1 (GLP-1) that is released from the intestine after a meal. Mounjaro works by acting on receptors in the brain that control appetite, causing an individual to feel fuller and less hungry and experience less craving for food.

How to administer Mounjaro?

The starting dose of Tirzepatide is 2.5 mg once weekly. After 4 weeks, the dose should be increased to 5 mg once weekly. If needed, dose increases can be made in 2.5 mg increments after a minimum of 4 weeks on the current dose. The recommended maintenance doses are 5, 10 and 15 mg. The maximum dose is 15 mg once weekly.

Mounjaro is to be injected subcutaneously in the abdomen, thigh or upper arm. Injection sites should be rotated with each dose.

Mounjaro is to be administered once weekly on the same day each week if possible, at any time of the day, with or without meals. The day of weekly administration can be changed, if necessary, as long as the time between two doses is at least 3 days.

Mounjaro should not be mixed with other medicinal products.

Administration

Each multiple-dose pre-filled pen contains 4 doses of 0.6 ml solution. The instructions for using the pen, included with the package leaflet, must be followed carefully.

Mounjaro is injected under the skin (subcutaneous injection) of your stomach area (abdomen) or upper leg (thigh) or upper arm.

If the same area of the body is used each week, a different injection site within that area should be chosen.

Mounjaro that has been frozen must not be used.

Instructions for use:

<https://www.medicines.org.uk/emc/files/usermanual.15481.pdf>

Missed Dose

If a dose is missed, it should be administered as soon as possible within 4 days after the missed dose. If more than 4 days have passed, skip the missed dose and administer the next dose on the regularly scheduled day. In each case, you can then resume your regular once weekly dosing schedule.

Side effects

Please be aware of the characteristic symptoms of acute pancreatitis, these are: severe and persistent pain in the abdomen which might reach through to the back and nausea and vomiting.

If these symptoms are experienced, discontinue treatment and seek medical advice. If acute pancreatitis is confirmed, Mounjaro treatment should not be restarted.

There is a potential risk of dehydration in relation to gastrointestinal side effects and please take precautions to avoid fluid depletion. Symptoms of dehydration include dizziness, headache, fatigue, infrequent urination of small amounts, and dry mouth, lips and eyes.

Overdose with Mounjaro may be associated with gastrointestinal disorders which could lead to dehydration. In the event of overdose, please seek immediate medical assistance.

Very common side effects include: Nausea, Diarrhoea, Hypoglycaemia when used with sulphonylurea or insulin

Common side effects include: Decreased appetite, abdominal pain, vomiting, dyspepsia, constipation, abdominal distention, eructation, flatulence, gastroesophageal reflux disease, fatigue, injection site reactions, heart rate increase, lipase increase, amylase increase, hypersensitivity reactions, and hypoglycaemia when used with Metformin and SGLT2i.

Unknown frequency side effects: weight decrease, cholelithiasis, acute pancreatitis, injection site pain and blood calcitonin increase.

For a comprehensive list of side effects please see the link to the patient information leaflet below.

We strongly advise you to report them if they occur. If the symptoms do not disappear, or you experience other severe symptoms please contact your GP, call NHS 111 or visit A&E.

Interaction with other medicines

Please consult your GP if you are taking sulfonylurea medicines for diabetes e.g. glimepiride or glibenclamide or if you are taking insulin – you may experience hypoglycaemia when you use these medicines with Mounjaro.

Therefore, your GP may adjust the dose of the diabetes medicine to prevent you from experiencing hypoglycaemia.

Storage

Store in original package in order to protect from light.

Mounjaro should be stored in a refrigerator (2°C - 8°C). Do not freeze. Keep away from the freezer compartment.

Mounjaro may be stored unrefrigerated for up to 30 cumulative days at a temperature not above 30 °C and then the pre-filled pen must be discarded.

Disposal

Please discard the pre-filled pen into a sharps box and not in the household waste.

Lifestyle Advice

It is vital that Mounjaro is used as part of an integrated approach to weight management, with the appropriate support, counselling and behavioural strategies available to you.

Please adhere to the dietary recommendations that are given. This includes a nutritionally balanced, mildly hypocaloric diet, in addition to a diet that is rich in fruit and vegetables.

Increasing physical activity will aid your weight loss journey. Please visit <https://www.nhs.uk/live-well/exercise/> for guidance on how to incorporate exercise in your daily routine.

General Advice

Syncope (fainting) can occur as a psychogenic response to needle injection. This can be accompanied by several neurological signs such as light-headedness, incontinence and tonic-clonic limb movements. Caution should be taken when considering treatment for patients with a history of fainting.

Mounjaro should not be used during pregnancy or in women of child bearing potential not using contraception. If you wish to become pregnant, you must stop using Mounjaro at least 1 month before a planned pregnancy due to the long half – life of Mounjaro. If you become pregnant when using Mounjaro, you should contact your GP and treatment provider.

If you take oral contraceptives, should consider also using a barrier method of contraception (e.g., a condom) or switching to a non-oral contraceptive method for 4 weeks after starting Mounjaro and for 4 weeks after each increase in dose.

Depression is a known side effect of Mounjaro. If you start experiencing mood changes, including depression, anxiety or suicidal thoughts, please talk to your GP, as they can help in managing these symptoms.

Mounjaro delays gastric emptying and has the potential to impact the rate of absorption of concomitantly administered oral medicinal products.

For further information please see the Patient Information Leaflet:

<https://www.medicines.org.uk/emc/files/pil.15481.pdf>

This medication is provided to you through Pharmadoctor to aid the pharmacist in providing this medication to you correctly, the terms and conditions for this eTool provider are here:

<https://pharmadoctor.co.uk/patient/terms>

Please email all queries regarding the medication to:

support@medicinemarketplace.com