

slimmmr

Welcome to future of weight loss...

Mounjaro
Patient Information Booklet

Hello! Thank you for choosing Slimmr to help you on your weight loss journey. We're sure you're very excited about getting started and this booklet is designed to explain what you need to do and to answer the questions you might have.

Please do read the leaflet carefully and make sure you understand it before using the medication. Don't worry if you lose this booklet – it's on the Slimmr website (getslimmr.co.uk) and we'll also email you a copy too, just in case.

Best wishes
Dr. Max

What is included in your first delivery:

- 1 pen of Mounjaro with 4 needles.
- Your Mounjaro pen is packed inside a wool-pouch along with an ice-pack. This is to keep it cool while it's being delivered. The wool can be composted or used for pet beds. The ice-packs can be cut open and drained before recycling the plastic.
- Your Mounjaro pen will also contain a Patient Information Leaflet (PIL) in the medicine box which you should read in full prior to use.
- 1 sharps bin. This is provided so you can dispose of your used needles safely. You should not throw your used needles in your household rubbish bin. When it's full, you can take the sharps bin to your local pharmacy who will dispose of it for you.
- This introductory leaflet, which is to help you get started.

How do I store Mounjaro?

If you haven't used your pen yet:

Store **unused pens** in the **refrigerator** between 2°C to 8°C.

- Unused pens may be used until the expiration date printed on the label if the pen has been kept in the refrigerator.
- Mounjaro is delivered in a special cold-pack to keep it at a low temperature while in transit. This is called 'cold chain' transport. This means the pen has been kept consistently cold while being delivered, as though it were in the fridge. If you have missed a delivery and your package has had to be redelivered, then this 'cold chain' may have been broken (the pen has no longer been kept consistently cold). Mounjaro has a shelf life of 30 days once it has no longer been kept at a cold temperature. For this reason, it's important to receive your delivery first time round if possible so that the cold chain is not broken. If cold chain has been broken and the pen has not been kept at a cold temperature, you will need to use the pen within 30 days. Re-deliveries may therefore lead to wasted doses, in these instances please contact the pharmacy for further guidance. You can also call the pharmacy at

any time between 10am and 5pm, Monday to Friday on 03330 34 24 38 and select option 3 to get to the prescribing team.

- Do not freeze your pen. Throw away (discard) the pen if it has been frozen.

Once you have used the pen:

-You may store your **used pen** at **room temperature** up to 30°C after your injection.

- Keep away from heat.

- Keep your pen and needles out of the sight and reach of children.

- Dispose of the pen 30 days after first use.

- Dispose of the pen after receiving 4 weekly doses.

When do I administer Mounjaro?

- You should inject Mounjaro on the same day each week.

- You can inject at any time of the day.

- It may be helpful to develop a fixed routine to ensure you always take it on time, e.g. taking Mounjaro weekly on Sunday, just before bedtime.

- You don't have to inject Mounjaro around meal times.

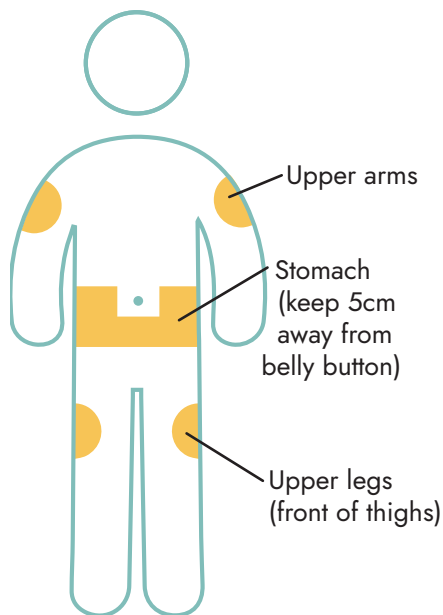
Note: The pen is for use by one person only. Needles should not be re-used or shared, as this may lead to contamination, infection, and inaccurate dosing.

Where do I inject Mounjaro?

We get asked this question a lot. There's a few places that you can inject, it's up to you where you choose. Areas you can inject are:

- Upper arms
- Tummy/abdomen (3-5cm away from your belly button)
- Upper legs (front of thighs)

We tend to find the tummy region is easiest. Pinch the area between your thumb and fingers then with the other hand, inject at a 90 degree angle into the area you're holding. It is recommended you rotate the injection site by at least 3cm every time to avoid injecting into the same area repeatedly. For example, if injecting into your upper arm, the first injection site may be regarded as 12 o'clock. Next time, shift the injection site down and to the right, as if it is 3 o'clock, and the subsequent injection would be at 6 o'clock, and so on. If you're injecting into your tummy, do one side one week and switch to the other side the next.



How do I inject Mounjaro?

The idea of injecting yourself can be a little daunting at first. Don't worry, it's straightforward and the needle is very small. To make it easier, we've written a step by step guide:


1. GET STARTED


Wash your hands. Check the name and dose of the pen to make sure it contains the prescribed dose of Mounjaro. Pull off the pen cap. Check that the Mounjaro in the pen is clear and colourless or slightly yellow. If Mounjaro looks cloudy, do not use the pen.

2. ATTACH A NEEDLE

Always use a new needle for each injection. Check the paper tab and outer needle cap for damages. If you see any damage, dispose of it and use a new needle. Tear off the paper tab. Push the needle straight onto the pen. Turn until it is on tight. The needle is covered by two caps. Pull off the outer needle cap and keep it for later. Pull off the inner needle cap and dispose of it.

3. CHECK THE FLOW BEFORE EACH INJECTION

Slowly turn the dose knob until you hear 2 clicks and the  extended line is shown in the dose window. This is the 'prime' position. It can be corrected by turning the dose knob in either direction until the prime position lines-up to the dose indicator.

Do not inject into your body yet. First, you need to prime the pen. To do this, hold your pen with the needle pointing up. Tap the cartridge holder gently to collect air bubbles at the top. Release some medicine into the air by pushing the dose knob in until it stops, then slowly count to 5 while holding the dose knob. The icon  must be shown in the dose window.



Priming the pen removes air from the cartridge and makes sure that your pen is working correctly. Your pen has been primed if a small amount of medicine comes out of the tip of the pen needle. If you do not see medicine, repeat step 3, no more than 2 additional times. If you still do not see medicine, then change the pen needle and repeat, no more than 1 additional time. If you still do not see medicine, contact the pharmacy. You can email them at careclinics@pharmalogic.co.uk or call the pharmacy at any time between 10am and 5pm, Monday to Friday on 03330 34 24 38 and select option 3 to get through to the prescribing team.

You should prime the pen before each use.


4. CHOOSE AN INJECTION SITE

Your pen is now ready for the injection. Choose to inject into your upper arm, upper leg or stomach (abdomen), keeping 5 cm away from your belly button.




5. INJECT MOUNJARO

Turn the dose knob until it stops and the  icon is shown in the dose window. The  icon is equal to a full 0.6 ml dose. Insert the needle into

your skin. Make sure the dose counter is visible.

Inject the medicine by pushing the dose knob in until it stops, then slowly count to 5 while holding the dose knob. The  icon must be shown in the dose window before removing the needle. This ensures you receive the full dose of the medicine.

6. AFTER INJECTION

Pull the needle out of your skin. A drop of medicine on the needle tip is normal. It will not affect your dose. Confirm the  icon is in the dose window. If you see the  icon in the window, you have received the full dose. If you do not see the  icon in the dose window, insert the needle back into your skin and finish your injection. Do not redial the dose.

If you see blood after you pull the needle out of your skin, lightly press the injection site with gauze or a cotton ball. Do not rub the injection site.

7. DISPOSE OF THE NEEDLE

Place the needle cap on to the counter top or surface and without touching it, push the needle tip into the outer needle cap. This ensures you don't accidentally jab yourself with the needle while removing it. Once the needle is covered, carefully push the outer needle cap completely on. Unscrew the needle. Always dispose of the needle immediately after each injection using the sharps bin provided. Never store your pen with the needle attached. Keep your sharps bin in a safe place so it's not a risk to other people and is out of the sight and reach of children. Sharps bins must not be disposed of in household waste. When the sharps bin is full, you can take it to your local pharmacy who will dispose of it for you. Put the pen cap on the pen after each use to protect Mounjaro from light.

If after reading this you're still not sure what to do, then don't worry, there's a step-by-step video on the Slimmr website. Alternatively, you can call the pharmacy at any time between 10am and 5pm, Monday to Friday on 03330 34 24 38 and select option 3 to get to the prescribing team.

Note: There are 4, once-weekly doses in each pen, so each pen should last you 4 weeks. Each box of Mounjaro will contain 4 needles (1 for each week).

How do I dispose of my used needles and empty Mounjaro pen?

- You should remove the used needle immediately after you've done the injection and place it in the sharps bin provided.
- When you have used up a pen, you can dispose of it in the household rubbish or return it to a pharmacy who can arrange for it to be disposed of safely.

How early will I start losing weight, and what weight loss can I expect?

- Lots of people will start to see weight loss within the first 1 month of starting medication but everyone is different and for other people, it might take longer.
- Studies have shown that, on average, people achieve a 20% weight loss in one year. ¹
- The longer you remain on Mounjaro, the better the weight loss. If you stop taking Mounjaro, you may start to feel your hunger return.
- If your BMI drops below 27, you can still continue on Mounjaro for weight maintenance, if your prescriber agrees it is in your best interest.

¹ <https://www.nejm.org/doi/full/10.1056/NEJMoa2206038>

Please note that these results are for when Mounjaro is used in addition to a healthy, balanced diet and exercise. Remember that Slimmr has a number of add-on support packages that can help with some of the challenges you might face in making changes to your lifestyle, including a psychoeducational group, individual psychotherapy and group and individual dietician/nutritionist support. These can be found on the Slimmr website under the 'Add-on support' section. Mounjaro is intended to be used in addition to a reduced calorie diet and increased physical activity. If you do not choose any add-ons, there are low-calorie recipes on the website which are updated regularly. We will also be emailing you exercise tips and advice around emotional and psychological support.

We would also encourage you to download the NHS weight loss plan found at: <https://www.nhs.uk/better-health/lose-weight/>

What if I don't lose weight?

- If you are unable to lose at least 5% of your initial body weight after 6 months on the treatment, your prescriber will work with you to understand why and together with you decide if it is in your best interest to continue treatment.

What if I miss a dose?

- If a single dose is missed, administer it as soon as you remember, as long as that is within 5 days of when you were supposed to take it. Take the next dose on the regularly scheduled day.

- If a single dose is missed and more than 5 days have passed, skip the missed dose. Take the next dose on the regularly scheduled day.

- If you miss 2 or more doses, you should let us know at your next check-in on our website. A member of the prescribing team will contact you, as you may need to restart from the initiation dose.

How does Mounjaro work?

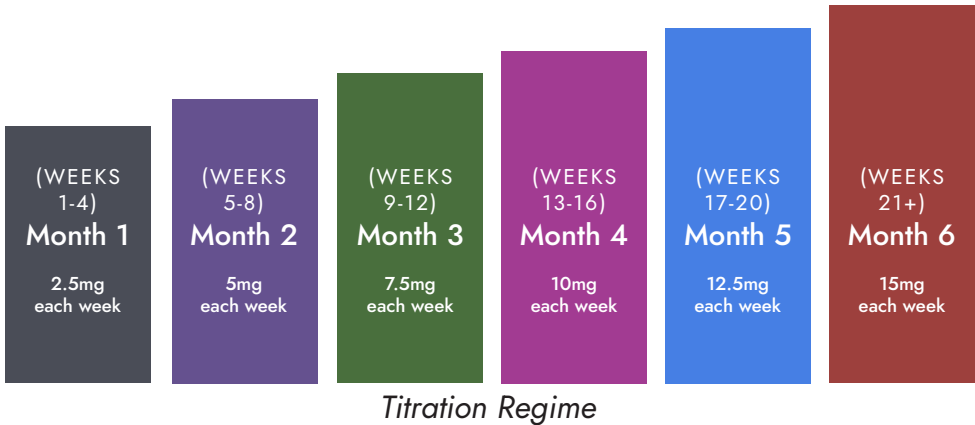
- Mounjaro is a once-weekly injection. The active ingredient is the medicine tirzepatide.

- Mounjaro relieves hunger and cravings by targeting key areas of the brain that regulate appetite and calorie intake. This means you feel less hungry and feel fuller faster.

- You may also find that you do not enjoy high-fat and sweet foods as much. This helps reduce your calorie intake further.

- Mounjaro comes in 6 different doses and the maximum dose is 15mg. Mounjaro has three licensed maintenance doses (5mg, 10mg, 15mg), and therefore offers the opportunity for a more gradual weight-loss for those who may not wish to escalate their doses to the highest dose of 15mg. Weight-loss outcomes are expected to be better with higher doses.

- Your prescriber will start you on a low initiation dose of 2.5mg, increasing it every 4 weeks. This is called the 'titration regime' and describes the gradual increase of the dose over the months that you take Mounjaro until you reach a dose you are happy to maintain on. It is important to follow this titration regime to reduce the impact and likelihood of side effects such as vomiting, diarrhoea, constipation, nausea, and abdominal (stomach) pain. The titration can be slowed down if the side effects are troublesome, to allow your body more time to adjust to the medicine.



How do I deal with side effects?

- The most common side effect is mild to moderate nausea, which usually improves over time.

Tips to help with nausea:

- Reduce the size of your meals
- Stop eating when you feel full and are not hungry (i.e. less snacking)
- Avoid spicy or high-fat foods
- Drink fewer carbonated or alcoholic beverages
- Drink more water and eat high-fibre foods

These side effects usually reduce in frequency over time and are mainly seen during the dose titration period.

Common ($\geq 1/100$ to $< 1/10$)

- Hypoglycaemia (low blood sugar) in patients with type 2 diabetes*
- Dizziness**
- Diabetic retinopathy in patients with type 2 diabetes

- Gastritis
- Gastroesophageal reflux
- Dyspepsia
- Eructation
- Flatulence
- Bloating
- Abdominal distension
- Cholelithiasis
- Hair loss
- Injection site reaction

Very common (more than one in 10 people will experience these)

- Headaches
 - Vomiting
 - Diarrhoea
 - Constipation
 - Nausea
 - Abdominal pain
 - Fatigue
 - Weakness
- As your body gets used to Mounjaro, you should find that the side effects lessen. However, this can take some time.
- Use of GLP-1 receptor agonists (this is the name for the type of medication that tirzepatide is) may be associated with gastrointestinal (stomach and bowel) reactions, such as vomiting and diarrhoea that can cause dehydration. It is important that you avoid dehydration by drinking plenty of fluids.

*When in combination with other diabetes medications, caution must be used when driving and using heavy machinery. Risk of hypoglycaemia is increased at doses of 2.4mg with a sulfonylurea.

**Dizziness is particularly common during dose titration; caution must be exercised especially when driving or operating machinery if this occurs.

Uncommon

($\geq 1/1,000$ to $< 1/100$)

- Increased heart rate
- Acute pancreatitis
- Increased amylase
- Increased lipase

Rare ($\geq 1/10,000$ to $< 1/1,000$)

- Anaphylaxis
- Angioedema

Immediate medical help should be sought.

In the event of breathing problems, swelling of the lips, tongue, face, throat, difficulty swallowing, wheezing, fast heartbeat, pale and cold skin, sudden weakness or dizziness, medical help must be sought immediately by phoning 999.

Who to contact for support?

- If you're experiencing side effects or have other questions about Mounjaro, then you can visit the FAQs on our website. You can report side effects via our contact form and request a call from a prescriber. You can also speak to your GP who may be able to help.

- If you are concerned that there is a problem with your medication, for example, if the pen is not functioning or the fluid is cloudy, please contact careclinics@pharmalogic.co.uk. Alternatively, you can call the pharmacy at any time between 10am and 5pm, Monday to Friday on 03330 34 24 38 and select option 3 to get to the prescribing team.

- If you find that your side effects are not improving, then when it comes to increasing your dose, it's important let us know on the check-in form. This is also an opportunity to let us know about any other side-effects you may be having, big or small. Together with your prescriber, you may decide that it is

better for you to stay on the same dose for another month or reduce the dose or stop the medication completely.

What happens when I need my next pen?

Each pen lasts for 4 weeks. Two weeks before your pen runs out, we will email you with a link to a form to complete in order to get your next pen. This form will ask how things have gone for you on your current dose, any side effects and will ask you to check your weight. It will also ask you if you are happy to increase the dose, as per the titration regime. This will then be reviewed by one of our prescribers and they will then prescribe your next pen. If they have any questions they will contact you directly.

Who shouldn't use Mounjaro?

- Those allergic to tirzepatide or any other ingredients in Mounjaro.
- Those who are pregnant, might be pregnant, or are planning to become pregnant.
- If you are a woman of childbearing age, it is recommended that you use a contraceptive to reduce the risk of an unintended pregnancy.
- Use of Mounjaro should be discontinued at least 2 months prior to attempting to become pregnant.
- If you become pregnant whilst taking Mounjaro, you should stop taking Mounjaro immediately and let your GP know.
- Those who are breastfeeding.
- Children and adolescents under 18 years of age.

Contraception:

Mounjaro is not recommended in sexually active women of childbearing potential not using contraception. It is advised to switch to a non-oral contraceptive method, or add a barrier method of contraception upon initiating tirzepatide therapy (for 4 weeks) and after each dose escalation (for 4 weeks).

If you have Type II diabetes

You should be aware of the heightened risk of hypoglycaemia whilst on GLP-1 medication and the importance of monitoring your diabetes more closely by:

- Conducting 3 monthly HbA1c checks.
- Seeing your GP at key weight-loss milestones to ensure the diabetes treatment remains optimised.
- Reporting any experiences of hypoglycaemia to your GP and our prescribers as soon as possible.
- Reporting any changes to your diabetes severity, diabetic complications and diabetes treatment to our prescribers as soon as possible. Please contact careclinics@pharmalogic.co.uk
- Receiving hypoglycaemia and hyperglycaemia awareness education to be aware of signs and symptoms and understanding of how to correct symptoms.

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