

Getting started with Mounjaro[®] (Tirzepatide)

Mounjaro[®] 2.5
-15mg/0.6ml solution
for injection in pre-filled
pen Tirzepatide.



This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get.

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

The information contained in this leaflet has been sourced from [medicines.org.uk](https://www.medicines.org.uk).

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What Mounjaro® is and what it is used for

Mounjaro is a medicine that contains an active substance called tirzepatide.

Mounjaro is used to treat adults with type 2 diabetes mellitus by reducing the level of sugar in the body only when the levels of sugar are high. The cut-off BMI for some ethnic group may vary.

Mounjaro is also used for weight loss and weight maintenance in adults. Mounjaro primarily works by regulating your appetite, giving you a sense of satiety ('fullness'), making you feel less hungry and experience less food cravings. This will help you eat less food and reduce your body weight.

Mounjaro® is used:

- On its own when you can't take metformin (another diabetes medicine).
- With other medicines for diabetes when they are not enough to control your blood sugar levels. These other medicines may be medicines taken by mouth and/or insulin given by injection

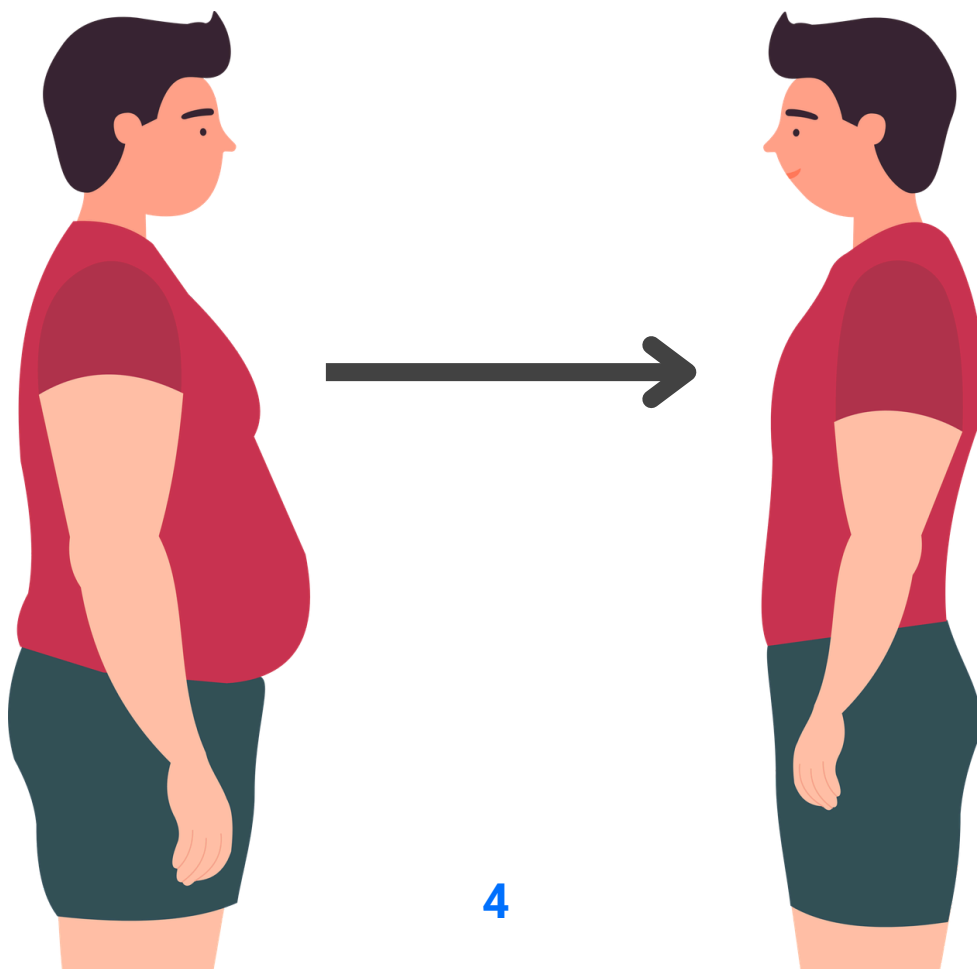
It is important to continue to follow the advice on diet and exercise given to you by your doctor, pharmacist or nurse.

Mounjaro is also used together with reduced-calorie diet and increased physical activity for weight loss and to help keep the weight under control in adults, who have:

- A BMI of 30 kg/m² or greater (obesity) or
- A BMI of at least 27 kg/m² but less than 30 kg/m² (overweight) and weight-related health problems (such as prediabetes, type 2 diabetes, high blood pressure, abnormal levels of fats in the blood, breathing problems during sleep called 'obstructive sleep apnoea' or a history of heart attack, stroke or blood vessel problems)

BMI (Body Mass Index) is a measure of your weight in relation to your height.

Doctor may prescribe this medication off label.



What you need to know before you use Mounjaro®

Do not use Mounjaro®:

if you are allergic to tirzepatide or any of the other ingredients of this medicine

Warnings and precautions

Talk to your doctor, pharmacist or nurse before using Mounjaro® if:

You have severe problems with food digestion or food remaining in your stomach for longer than normal (including severe gastroparesis).

You have ever had pancreatitis (inflammation of the pancreas which may cause severe pain in the stomach and back which does not go away).

You have a problem with your eyes (diabetic retinopathy or macular oedema)

You are using a sulphonylurea (another diabetes medicine) or insulin for your diabetes, as low blood sugar (hypoglycaemia) can occur. Your Doctor may need to change your dose of these other medicines to reduce the risk of low blood sugar levels.

When starting treatment with Mounjaro®, in some cases you may experience loss of fluids/dehydration, e.g. due to vomiting, nausea and/or diarrhoea, which may lead to a decrease in kidney function. It is important to avoid dehydration by drinking plenty of fluids. Contact your doctor if you have any questions or concerns.

Children and adolescents

This medicine should not be given to children and adolescents under 18 years of age because it has not been studied in this age group.

Other medicines and Mounjaro

Tell your doctor, pharmacist or nurse if you are using, have recently used or might use any other medicines.

Pregnancy

If you are pregnant, or think you may be pregnant or are planning to have a baby, ask your doctor for advice before using this medicine. This medicine should not be used during pregnancy as the effects of this medicine on an unborn child are not known. Therefore, it is recommended to use contraception while using this medicine.

If you are a woman with obesity or overweight and are using oral contraceptives, you 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.

Breast-feeding

It is unknown whether tirzepatide passes into breast milk. A risk to newborns/infants cannot be ruled out. If you are breast-feeding or are planning to breast-feed, talk to your doctor before using this medicine. You and your doctor should decide if you should stop breast-feeding or delay using Mounjaro®.

Driving and using machines

It is unlikely that this medicine will affect your ability to drive and use machines. However, if you use Mounjaro® in combination with a sulphonylurea or insulin, low blood sugar (hypoglycaemia) may occur which may reduce your ability to concentrate. Avoid driving or using machines if you get any signs of low blood sugar, e.g. headache, drowsiness, weakness, dizziness, feeling hungry, confusion, irritability, fast heartbeat and sweating. See, 'Warnings and precautions' for information on increased risk of low blood sugar. Talk to your doctor for further information.

Mounjaro® contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per dose, that is to say essentially 'sodium-free'.

Surgery Endoscopy or Colonoscopy

If you are planning for any surgery under general anaesthesia or interventions like endoscopy or colonoscopy please inform your specialist that you are on this weight loss medication and hold off this medication 2 weeks before the surgery. Restart this medication one week after you are feeling better and back to your normal self. If you have any queries, please do not hesitate to contact us. Each Endoscopic centers have their own protocols, please always discuss with the endoscopist.

If you are having an emergency surgery or urgent procedure, please mention to the doctors involved in your care that you are on this weight loss medication. **There have been recent changes in the guidelines. Please discuss with your surgeon and anaesthetist.**

Eyes

Have regular retinal screening and have your eye specialist look at the disk size, as there are reports of NAION (Non- Arteritic Anterior Ischemic Optic Neuropathy) and retinopathy when on this medication.

Teeth

Please ensure you maintain good dental hygiene. If there is an increased sensitivity, tooth pain, cracked teeth or decay, immediately seek help from a dentist. There are anecdotal reports of problems with this medication.

Risk of Thrombosis (clots)

If there is a family history of clots in the legs and lungs, please talk to a doctor and inform them that you are on this medication. Please keep yourself hydrated.

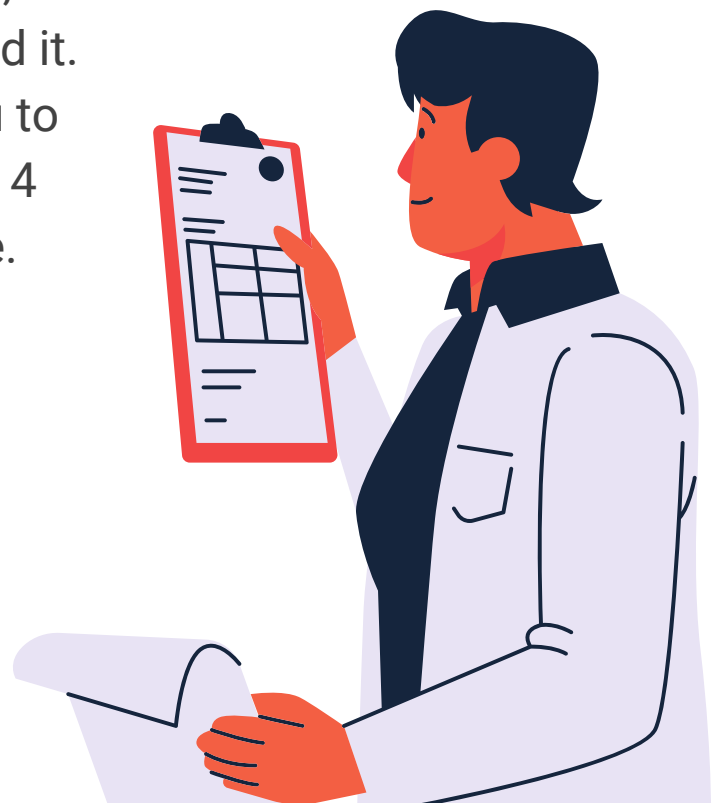
How to use Mounjaro®

Always use this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure how to use this medicine.

How much to use

- The starting dose is 2.5 mg once a week for four weeks. After four weeks your doctor will increase your dose to 5 mg once a week.
- Your doctor may increase your dose by 2.5 mg increments to 7.5 mg, 10 mg, 12.5 mg or 15 mg once a week if you need it. In each case your doctor will tell you to stay on a particular dose for at least 4 weeks before going to a higher dose.

Do not change your dose unless your doctor has told you to.



Choosing when to give Mounjaro®

Each pen contains one dose of Mounjaro® either:



Choosing when to give Mounjaro®

You can use your pen at any time of the day, with or without meals. You should use it on the same day each week if you can. To help you remember, when to use Mounjaro®, you may wish to tick the day of the week when you inject your first dose on the box that your pen comes in, or mark it on a calendar.

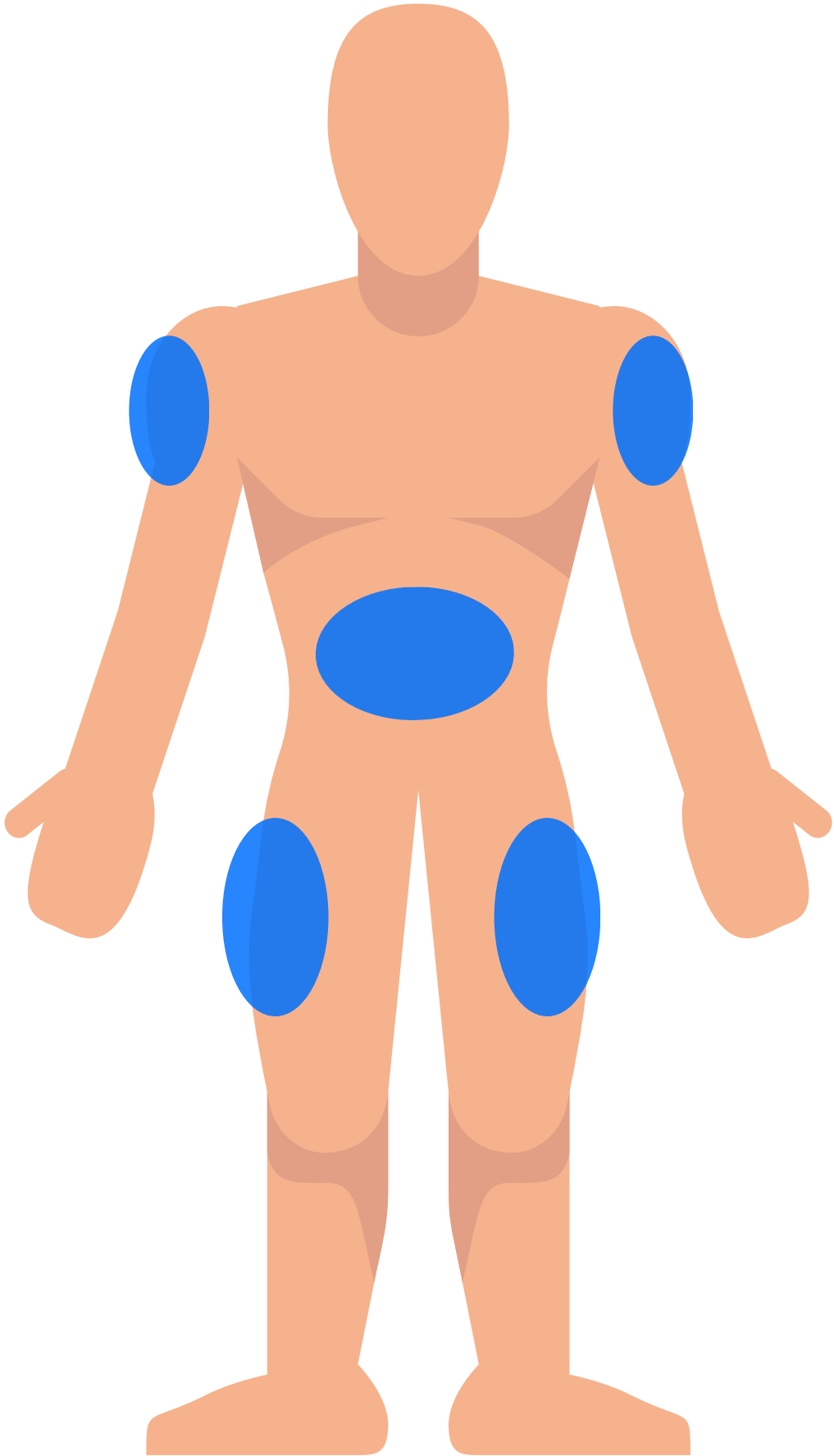
If necessary, you can change the day of your weekly Mounjaro® injection, as long as it has been at least 3 days since your last injection. After selecting a new dosing day, continue with once-a-week dosing on that new day.

How to inject Mounjaro®

Mounjaro® is injected under the skin (subcutaneous injection) of your stomach area (abdomen) or upper leg (thigh) or upper arm. You may need help from someone else if you want to inject in your upper arm.

If you want to do so, you can use the same area of your body each week. But be sure to choose a different injection site within that area. If you also inject insulin choose a different injection site for that injection.

Read the “Instructions for Use” for the pen carefully before using Mounjaro®



Testing blood glucose levels

If you are using Mounjaro® with a sulphonylurea or insulin, it is important that you test your blood glucose levels as instructed by your doctor, pharmacist or nurse (see section 2, 'Warnings and precautions').

Read the "Instructions for Use" for the pen carefully before using Mounjaro®.

If you use more Mounjaro® than you should

Talk to your doctor immediately. Too much of this medicine may cause low blood sugar (hypoglycaemia) and can make you feel sick or be sick.

If you forget to use Mounjaro®

If you forget to inject a dose and,

- it has been **4 days or less** since you should have used Mounjaro®, use it as soon as you remember. Then inject your next dose as usual on your scheduled day.
- If it has been **more than 4 days** since you should have used Mounjaro®, skip the missed dose. Then inject your next dose as usual on your scheduled day.



Do not use a double dose to make up for a forgotten dose. The minimum time between two doses must be at least 3 days.

If you stop using Mounjaro®

Do not stop using Mounjaro® without talking with your doctor. If you stop using Mounjaro®, your blood sugar levels can increase.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.



Possible side effects of Mounjaro®

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Common side effects

Very common (may affect more than 1 in 10 people)

- Low blood sugar (hypoglycaemia) when tirzepatide is used for the treatment of type 2 diabetes with medicines that contain a sulphonylurea and/or insulin. If you are using a sulphonylurea or insulin, the dose may need to be lowered while you use tirzepatide. Symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, feeling hungry, confusion, irritability, fast heartbeat and sweating. Your doctor should tell you how to treat low blood sugar.
- Feeling sick (nausea)*
- Diarrhoea*
- Being sick (vomiting) – this usually goes away over time**
- Constipation**.

* These side effects are usually not severe. They are most common when first starting tirzepatide but decrease over time in most patients.

*Constipation and vomiting are very common when used for weight management, but common when used for type 2 diabetes.

Common: may affect up to 1 in 10 people

- Low blood sugar (hypoglycaemia) when tirzepatide is used for type 2 diabetes with both metformin and a sodium-glucose co-transporter 2 inhibitor (another diabetes medicine). Symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, feeling hungry, confusion, irritability, fast heartbeat and sweating. Your doctor should tell you how to treat low blood sugar.
- Allergic reaction (hypersensitivity) (e.g., rash, itching, and eczema)
- Dizziness observed in patients treated for weight management
- Low blood pressure observed in patients treated for weight management
- Feeling less hungry (decreased appetite) observed in patients treated for type 2 diabetes
- Stomach (abdominal) pain
- Indigestion (dyspepsia)
- Bloating of the stomach
- Burping (eructation)
- Gas (flatulence)
- Rash and itching

- Reflux or heartburn (also called gastroesophageal reflux disease – GORD) - a disease caused by stomach acid coming up into the tube from your stomach to your mouth
- Hair loss observed in patients treated for weight management
- Feeling tired (fatigue)
- Injection site reactions (e.g. itching or redness)
- Fast pulse
- Increased levels of pancreatic enzymes (such as lipase and amylase) in blood

Fast pulse is a common side effect when used for type 2 diabetes and uncommon when used for weight management.

Increased levels of amylase is uncommon in weight management.

Uncommon: may affect up to 1 in 100 people

- Low blood sugar (hypoglycaemia) when tirzepatide is used with metformin for type 2 diabetes. Symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, feeling hungry, confusion, irritability, fast heartbeat and sweating. Your doctor should tell you how to treat low blood sugar.
- Gallstones
- Weight loss observed in patients treated for type 2 diabetes
- Injection site pain
- Increased calcitonin levels in blood
- Cholecystitis (infection of the gallbladder) observed in patients treated for weight management.

Serious side effects

Rare (may affect up to 1 in 1000 people)

- Severe allergic reactions (e.g. anaphylactic reaction, angioedema). You should get immediate medical help and inform your doctor if you experience symptoms such as breathing problems, rapid swelling of the lips, tongue and/or throat with difficulty swallowing and a fast heartbeat.
- Inflamed pancreas (acute pancreatitis) which could cause severe pain in the stomach and back which does not go away. You should see a doctor immediately if you experience such symptoms. If you have any previous History of Pancreatitis, the medication should not be prescribed.

Very rare side effects (may affect 1 in 10,000)

- Worsening retinopathy
- NAION
- Thrombosis

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via:

United Kingdom

Yellow Card Scheme

Website: www.mhra.gov.uk/yellowcard or search for MHRA

Yellow Card in the Google Play or Apple App Store

By reporting side effects you can help provide more information on the safety of this medicine.

How to store Mounjaro®

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the pen label and on the carton after EXP. The expiry date refers to the last day of that month.

Store in a refrigerator (2 °C – 8 °C). Do not freeze. If the pen has been frozen, DO NOT USE.

Store in the original packaging in order to protect from light.

Mounjaro® can be stored unrefrigerated not above 30 °C for up to 21 cumulative days and then the pen must be discarded.

Do not use this medicine if you notice that the pen is damaged, or the medicine is cloudy, discoloured or has particles in it.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

Contents of the pack and other information

What Mounjaro® contains

The active substance is tirzepatide.

- Mounjaro® 2.5 mg: Each pre-filled pen contains 2.5 mg of tirzepatide in 0.6 ml solution.
- Mounjaro® 5 mg: Each pre-filled pen contains 5 mg of tirzepatide in 0.6 ml solution.
- Mounjaro® 7.5 mg: Each pre-filled pen contains 7.5 mg of tirzepatide in 0.6 ml solution.
- Mounjaro® 10 mg: Each pre-filled pen contains 10 mg of tirzepatide in 0.6 ml solution.
- Mounjaro® 12.5 mg: Each pre-filled pen contains 12.5 mg of tirzepatide in 0.6 ml solution.
- Mounjaro® 15 mg: Each pre-filled pen contains 15 mg of tirzepatide in 0.6 ml solution.

The other ingredients are sodium phosphate dibasic heptahydrate, sodium chloride, sodium hydroxide (see section under ‘Mounjaro® contains sodium’ for further information); concentrated hydrochloric acid and water for injections.

What Mounjaro® looks like and contents of the pack

Mounjaro® is a clear, colourless to slightly yellow, solution for injection in a pre-filled pen. The pre-filled pen has a hidden needle which will automatically insert into the skin when the injection button is pressed. The pre-filled pen will retract the needle when the injection is completed. Each pre-filled pen contains 0.6 ml solution. The pre-filled pen is for single use only. Pack sizes of 2 pre-filled pens, 4 pre-filled pens or multipacks of 12 (3 packs of 4) pre-filled pens. Not all pack sizes may be available in your country. There is some extra dose of the medication in the pen is for priming, watch this video to understand (<https://youtube.com/shorts/fq8wnGR2nDE?feature=share>).

Marketing Authorisation Holder

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Manufacturer

Eli Lilly Italia S.p.A., Via Gramsci 731/733, 50019, Sesto Fiorentino, Firenze (FI), Italy

For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder:

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Eli Lilly and Company Limited

Tel: + 44-(0) 1256 315000

The information contained in this leaflet has been sourced from [medicines.org.uk](https://www.medicines.org.uk).

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