

STARTING MOUNJARO

Tirzepatide Injections for Weight Loss



WHAT IS MOUNJARO?

Mounjaro is a new prescription injection that mimics two natural gut hormones GLP-1 and GIP - which are released after you eat. These hormones help control blood sugar and reduce appetite, making Mounjaro useful for treating type 2 diabetes and supporting safe weight loss.

WHAT GLP-1 AND GIP DO



"You're full-Stop eating!"
(Helps reduce hunger)



"Release insulin!"
(Lowers Blood sugar)



"Slow down emptying"
(Helps you feel full longer)

HOW TO TAKE IT

START: 2.5mg once a week for 4 weeks
(this is a gentle starting dose).

INCREASE: After 4 weeks, increase the dose to 5 mg per week. Your doctor may recommend higher doses (up to 15 mg or more) for the best weight loss results.

WHERE TO INJECT: Into the abdomen, upper arm, or thigh – rotate sites each week.

WHEN TO TAKE: Choose the same day each week, anytime, with or without food.

Don't share your pen – even with a new needle.

Missed a dose? Take within 5 days, or skip and stay on schedule.

Check the liquid – it should be clear and colorless.

POSSIBLE SIDE EFFECTS

COMMON: Nausea, Diarrhoea, Constipation, Abdominal pain

LESS COMMON: Injection site irritation, Faster heart rate
Reflux or indigestion, Gallstones (rare)

WHAT TO WATCH OUT FOR

Mounjaro is usually well tolerated, but be aware of:

Warnings:

- **Thyroid Tumours:** Avoid if you or close family have had medullary thyroid cancer or MEN2.
- **Pancreatitis:** Get urgent care for severe Stomach pain.
- **Retinopathy:** Diabetics should have regular eye checks.
- **Kidney Issues:** Watch for ongoing vomiting or diarrhoea.
- **Allergic Reactions:** Stop immediately if you have swelling, rash, or trouble breathing.

THE CRITICAL ROLE OF NUTRITION AND EXERCISE DURING TREATMENT

Mounjaro is an effective aid in weight management but should be supported by a balanced nutrition plan. To optimise outcomes and reduce risks such as muscle loss, appropriate lifestyle strategies are essential.

A high-protein diet (1.6–2.0g/kg) and resistance training are key to preserving muscle and supporting healthy body composition during treatment.

Seek advice from your doctor on nutrition and exercise as necessary.