

Tirzepatide (Mounjaro®) for managing obesity



Weight loss medicines

Some people are offered weight loss medicines on the NHS. Mounjaro® is one option for adults living with obesity who meet the national guidelines. Your GP can prescribe it if this applies to you.

The NHS offers these medicines first to people who need them most. This usually means people whose weight is harming their health or who have weight-related conditions.

What can I expect from taking Mounjaro®?

Everyone responds differently to weight loss medicines. Some people may lose more weight than others, and some lose it more slowly.

In clinical studies, some people lost up to 15 to 20% of their body weight in the first 6 months. Losing weight steadily is healthy and more likely to last.

You will have regular check-ins with your healthcare professional. They will review your progress and talk to you about the best way to support your weight loss and overall health.

How long will Mounjaro® work for?

Mounjaro® is designed to be used long term. It only works while you are taking it. If you stop, your appetite is likely to increase again, which can lead to weight gain

That is why it is important to make changes to your eating habits and how active you are while taking the medicine. This gives you the opportunity to lose weight and maintain it in the future.

How will I be supported while using Mounjaro®?

If you are prescribed Mounjaro®, you will get wraparound support to take the medicine safely and get the best results. This includes both clinical advice and support to help you change behaviour around eating and being active in ways that last.

Your support will include:

- **regular check-up appointments:** including follow-up appointments with your GP
- **9-month behavioural support programme:** access to the NHS Behavioural Support for Obesity Prescribing Programme

How will I be supported by my healthcare professional?

You will have regular check-ups with a healthcare professional, such as a GP, nurse or pharmacist, while you are taking Mounjaro®.

At these appointments, they will:

- check and help manage any side effects
- review any other health conditions you have
- look at your progress and weight change
- review any other medicines you take alongside your weight loss medicine

How will I be supported to make behavioural changes to support my weight loss?

You will also be supported by the NHS Behavioural Support for Obesity Prescribing Programme. This is a free, 9-month programme designed for people taking weight-loss medicines.

Taking part in the behavioural support programme is an important part of using Mounjaro® safely. If you decide not to take part, your doctor may need to stop prescribing you Mounjaro®.

What is the NHS Behavioural Support for Obesity Prescribing Programme?

The NHS Behavioural Support for Obesity Prescribing Programme gives support and information about:

- **eating and nutrition** to help you build healthy habits and get the nutrients your body needs, especially if you feel less hungry
- **physical activity** to keep you active and your muscles and bones strong
- **health and wellbeing**, including ways to manage stress, cravings and setbacks

It is delivered in person, by video call or online, depending on what you prefer. There are 13 group sessions over the 9 months, or online support with check-ins every few weeks to help you stay engaged.

[Read more about what will be included in your wraparound support.](#)