

Tirzepatide, sold under the brand name Mounjaro®, is the one of the newest injectable drug in a group of drugs called GLP-1 receptor agonists (or GLP-1 mimickers). It was FDA approved for the treatment of type 2 diabetes in May 2022 and is currently on fast track to be approved for weight loss. In addition to its effects on blood sugar and insulin levels, studies have shown that Tirzepatide provided substantial and sustained weight loss.

#### **How Does it Work?**

- Decreases food intake – reduces how much food is eaten
  - Increases insulin sensitivity – helping the body release insulin when blood sugar is high
  - Enhances first and second phase insulin secretion – helps the body remove excess sugar from the blood
  - Slows gastric emptying – slows down how quickly food leaves the stomach (this will lessen over time)
  - Reduces glucagon levels – stops the liver from making and releasing too much sugar
- The specific Tirzepatide dosage and regimen prescribed varies from patient to patient but Tirzepatide injections are generally prescribed to administered subcutaneously once per week.

#### **What is the difference between Tirzepatide and Semaglutide?**

GLP-1 drugs (such as Mounjaro®, Ozempic®, and Wegovy™) are a group of new drugs that mimic GLP-1, a hormone the body releases after a meal, signaling you are full and lowering appetite. However, Tirzepatide is unique because it attaches to two different receptors (GLP-1 and GIP), unlike previous GLP-1 analogs, which only attach to one. Due to its unique dual activity, Tirzepatide has shown about 50% better weight loss than Semaglutide.

#### **Tirzepatide for Weight Loss**

Some people have heard of using Tirzepatide for weight loss. While not officially approved by the FDA for this clinical indication, Tirzepatide has demonstrated promising early results in regards to weight reduction in patients participating in Tirzepatide studies. Tirzepatide has been observed to improve the body's sensitivity to insulin, reduce hunger and stabilize glucagon levels - all of which could help explain observed effects on weight. In the SURMOUNT-1 trial supported by Eli Lilly, Tirzepatide use demonstrated substantial and sustained reductions in weight when administered as Tirzepatide 5 mg, Tirzepatide 10 mg or Tirzepatide 15 mg. In our experience with patients taking Tirzepatide; we have seen anywhere from a 10-15 lb per month weight loss. It has proven to be one of the most effective weight loss medication.

#### **How Do I Get Tirzepatide?**

Tirzepatide is available by prescription ONLY. The initial step to getting Tirzepatide medication is scheduling a consultation with a licensed medical provider. During the consultation, medical history, Labs (within 6 months), current medications, side effects of treatment will be reviewed; weight loss goals and treatment timeframes will be established. We've prescribe Tirzepatide with great success, our compounding pharmacies (Brooksville, Hallandale, and Olympia Pharmacy) offer the highest standards and a safe alternative for compounded Tirzepatide (the active ingredient in Mounjaro®) so that we can provide this amazing medication to our patients.

If you are currently switching from another injectable medication, we can adjust your dose appropriately.

- 1) Patients currently on Mounjaro can request their current dose or the next dose up.
- 2) Patients currently on Wegovy/Ozempic/Semaglutide may start at the 5mg dose of Tirzepatide.
- 3) It is VERY important that you follow these guidelines to avoid side effects.

Your body needs to adjust to a smaller dose before you are ready for the higher doses.

#### **How is this medication taken?**

Option for in office treatment with weekly dosing and titration is provided. We also provide the option for at home shipment and administration with weekly provider monitoring. Tirzepatide is injected under the skin (subcutaneously) of your stomach, thigh, or upper arm once every week. The arm or thigh is recommended to minimize side effects. Changing (rotating) your injection sites with each weekly injection is important. Do not use the same site for each injection.

\*For ladies on oral birth control pills, these meds can change the way your body absorbs certain medications, and the pills may not work as well. It is recommended that you use a back-up birth control method to prevent pregnancy when first starting a new dose.

**While using Tirzepatide it is necessary that you:**

- ☑ Eat a fibrous diet. Focus on fruits and vegetables that are high in fiber
- ☑ Eat small high protein meals as digestion is slowed down while on this medication
- ☑ Avoid foods high in fat as they take longer to digest
- ☑ Limit alcohol intake as this medication can lower blood pressure
- ☑ Drink at least 32oz of water a day to avoid constipation

**Do not take this medication if:**

- ☑ You have a personal or family history of medullary thyroid carcinoma (Thyroid Cancer)
- ☑ Multiple Endocrine Neoplasia syndrome type 2
- ☑ You are pregnant or plan to become pregnant while taking this medicine
- ☑ You are diabetic and/or taking any medications related to lowering your blood sugar levels without speaking with your endocrinologist.
- ☑ Specifically, if you are prescribed Insulin because the combination may increase your risk of hypoglycemia (low blood sugar) and dosage adjustments by your provider may be necessary.
- ☑ You have a history of Pancreatitis
- ☑ You are allergic to Semaglutide or any other GLP-1 agonist such as: Adlyxin®, Byetta®, Bydureon®, Ozempic®, Rybelsus®, Trulicity®, Victoza®, Wegovy®.
- ☑ If you have other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. Before using this medication, tell your doctor/pharmacist your medical history .

**Possible drug interactions:**

Anti-diabetic agents, specifically: Insulin and Sulfonylureas (e.g., glyburide, glipizide, glimepiride, tolbutamide) due to the increased risk of hypoglycemia (low blood sugar). Do not take with other GLP-1 agonist medicines such as: Adlyxin®, Byetta®, Bydureon®, Ozempic®, Rybelsus®, Trulicity®, Victoza®, Wegovy® (THIS IS NOT AN ALL-INCLUSIVE LIST). Other medications used in diabetes, please tell your provider about any medications that may lower your blood sugar.

**Possible side effects**

Nausea, diarrhea, vomiting, constipation, abdominal pain, headache, fatigue, dyspepsia, dizziness, abdominal distension, belching, hypoglycemia, flatulence, gastroenteritis, and gastroesophageal reflux disease.

**Subcutaneous Injections:** common injection site reactions characterized by itching, burning at site of administration with or without thickening of the skin (welling). If you notice other side effects not listed above, contact your doctor.

A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. Report adverse side effects to your doctor or pharmacist. In the event of any emergency, call 911 immediately.

**IF YOU HAVE ANY QUESTIONS AS TO THE RISKS OR HAZARDS OF THIS TREATMENT, OR ANY QUESTIONS WHATSOEVER CONCERNING THIS PROPOSED TREATMENT OR OTHER POSSIBLE TREATMENTS, ASK THE STAFF NOW BEFORE SIGNING THIS CONSENT FORM.**

By signing, I certify that I have read and understand the contents of this form. I am aware of the possible side effects and drug interactions and give my consent for treatment. I have informed the medical staff of any known allergies to drugs or other substances, and any past adverse reactions I've experienced. I have informed the medical staff of all medications and supplements I'm currently taking. I understand there are other ways and programs that can assist me in my desire to decrease my body weight and acknowledge that no guarantees have been made to me concerning my results.

Print Patient Name

Date of Birth

Patient Signature

Date Signed