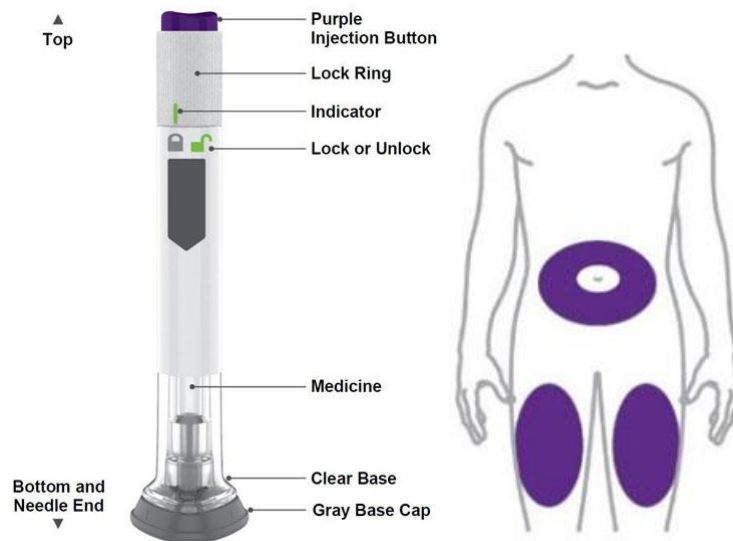


Mounjaro (tirzepatide) How is it Given and what are its Side Effects?

By Craig Primack MD

Mounjaro is a new medication for diabetes with a powerful weight loss component to it

It is given as a weekly subcutaneous injection via a very small 32-gauge needle inside a fixed-dose auto-injection pen. This is not something you have to draw up in a syringe or stress about.



There are a few quick steps to using this auto-injecting pen

- 1) Choose Injection Site- Abdomen, Anterior thigh or back of arm
- 2) Pull off gray base
- 3) Put pen to skin and unlock via twist
- 4) Press button and hold till 2nd click and the plunger stops moving

This is done once a week, preferably on the same day and same relative time.

Side Effects:

The main listed side effects are nausea, diarrhea, decreased appetite, vomiting, constipation, indigestion, and stomach (abdominal) pain.

If your side effects are minor, please continue using the medication as directed. If you have mild-moderate heartburn, you may use acid-blocking therapy, as long as you have no contraindications to it. For any other side effects, please contact your clinician at Scottsdale Weight loss or your prescribing professional on the proper way to lessen the side effects.

In the Surmount-1 Study, 78-9-81.8% of the patients reported at least one side effect, compared to the placebo group, which had 72% with at least one adverse event. The most common were nausea, diarrhea, and constipation.

6.3% of patients had serious events; several were coronavirus related. In the study, 4 cases of pancreatitis were evenly divided between the medication and placebo groups.

- 1) Information and photos from www.Mounjaro.com. Accessed 6-18-22
- 2) Surmount-1 Study, NEJM June, 4, 2022;DOI:10.1056/MEJMoA22006038