

## PATIENT INFORMATION LEAFLET

### Tirzepatide (Mounjaro®) for Obesity

#### What is Tirzepatide?

- Tirzepatide (brand name Mounjaro®) is an injectable medication which helps manage obesity by reducing appetite and supporting weight loss.
- It works alongside diet and exercise changes.

#### Current Availability in Northern Ireland

##### **NICE Approval**

In December 2024, National Institute for Clinical Excellence (NICE) approved Tirzepatide for adults with a:

- BMI of 35 or higher **and**
- At least one weight-related health condition

##### **Can it be prescribed for obesity on the Health Service in Northern Ireland?**

- Tirzepatide is not currently available through the Health Service in Northern Ireland for the treatment of obesity.
- It will be introduced as a **phased approach**, over a number of years.
- This will ensure that Tirzepatide is prescribed safely and patients are given the support they need.
- We appreciate your patience whilst we work through these plans and kindly request you do not ask your GP practice to prescribe Tirzepatide at this time.

##### **Other Weight Loss Medications e.g. Wegovy® (Semaglutide) and Saxenda® (liraglutide)**

- NICE recommends that these treatments should only be prescribed within a **specialist multidisciplinary weight management service**.
- Northern Ireland does NOT currently have such a specialist weight management service; therefore, these treatments are also not yet available to prescribe on the Health Service.

## Important Information

### Private Treatment

If considering private treatment:

- Consult a qualified healthcare professional.
- Ensure treatment includes diet and exercise support.
- **Note that GPs cannot take over prescribing on the Health Service.**

### Safety Warning

The Medicines and Healthcare products Regulatory Agency (MHRA) advises the public:

- The only way to guarantee you receive a genuine weight-loss medicine is to obtain it from a legitimate pharmacy, including those trading online, against a prescription issued by a healthcare professional.
- Unauthorised suppliers may provide fake or unlicensed products which can carry serious health risks.

### Support Options

While waiting for treatments to become available:

- Speak with your healthcare provider about other approaches.
- Visit the NI Direct website ([www.nidirect.gov.uk/conditions/obesity](http://www.nidirect.gov.uk/conditions/obesity)) for obesity management information.

The Department of Health are considering how Tirzepatide could be prescribed to patients in N.Ireland for obesity and are committed to developing weight management services.