

Your guide to Mounjaro®▼ (tirzepatide) and the KwikPen® device

Your healthcare professional may prescribe Mounjaro together with a reduced-calorie diet and increased physical activity for weight loss and to help keep your weight under control if you are an adult who has:

- A body mass index (BMI)^a of 30 kg/m² or greater (obesity) or
- A BMI of at least 27 kg/m² but less than 30 kg/m² (overweight) and weight-related health problems (such as prediabetes, type 2 diabetes, high blood pressure, abnormal levels of fats in the blood, breathing problems during sleep called 'obstructive sleep apnoea' or a history of heart attack, stroke or blood vessel problems)

Do not use Mounjaro:

- If you are allergic to tirzepatide or any of the other ingredients of this medicine (listed in section 6 of your Patient Information Leaflet [PIL])

^aBMI is a measure of your weight in relation to your height.

This information does not replace the PIL or the Instructions for Use (IFU) that accompanies your medicine. Please read the PIL and IFU carefully.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See www.mhra.gov.uk/yellowcard for how to report side effects. Information on how to report side effects can be found on the next and back page.

REPORTING SIDE EFFECTS

If you experience side effects, talk to your prescribing healthcare professional. This includes any possible side effects not listed in the package leaflet. To report a side effect or product complaint with a Lilly product please call Lilly UK on 01256 315000. Additionally, reporting forms and further information can be found at: **www.mhra.gov.uk/yellowcard** or search for MHRA Yellow Card in the Google Play or Apple App Store (UK). By reporting side effects, you can help provide more information on the safety of medicines.

Contents

**In this brochure you will find
the following information:**

What is Mounjaro?..... **4**

How Mounjaro works..... **5**

Introducing the Mounjaro KwikPen..... **6**

How much Mounjaro to use..... **7**

Choosing when to use Mounjaro..... **9**

Preparing to inject with Mounjaro KwikPen..... **10**

Choosing your injection site..... **13**

Injecting with your Mounjaro KwikPen..... **14**

After your Mounjaro KwikPen injection..... **16**

Storage & disposal of your Mounjaro KwikPen
and needles..... **17**

Missed a dose of Mounjaro?..... **19**

Possible side effects..... **20**

Additional warnings & precautions..... **24**

What is Mounjaro?

Mounjaro is a once-weekly injection for weight loss and weight maintenance in adults. It contains an active substance called **tirzepatide** (tir-zep-a-tide).

Mounjaro activates the actions of 2 natural substances in your body, called glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1). Mounjaro primarily works by regulating your appetite, giving you a sense of satiety ('fullness'), making you feel less hungry and experience less food cravings. This will help you eat less food and reduce your body weight.

It is important to continue to follow the advice on **diet and exercise** given to you by your healthcare professional.

Please note devices shown in this guide are for illustrative purposes only and are not actual size.



How

Mounjaro works

A few of the ways Mounjaro can help you lose weight include:



Reducing how much food you crave and eat



Slowing down how quickly food leaves your stomach. This lessens over time



Regulating fat utilisation

Always use Mounjaro exactly as your prescribing healthcare professional has told you.

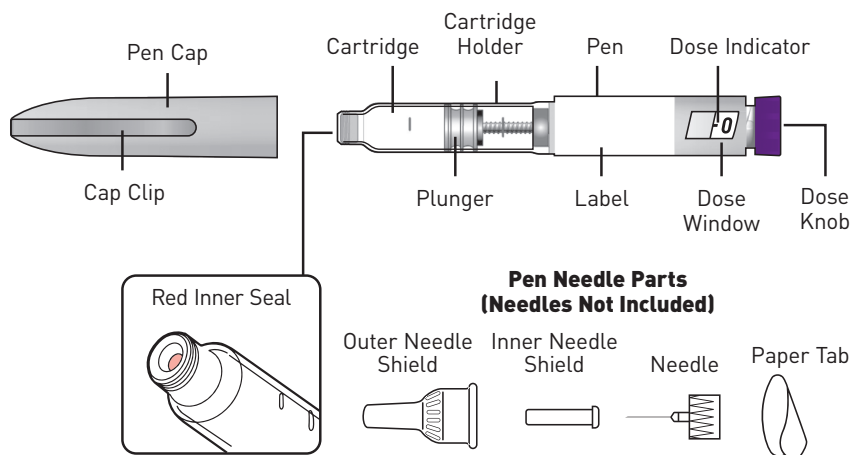
Check with your prescribing healthcare professional if you are not sure how to use this medication.

Introducing the Mounjaro KwikPen

Mounjaro KwikPen is a disposable multi-dose, single-patient-use prefilled pen:

- Each KwikPen contains one strength of Mounjaro, either 2.5 mg, 5 mg, 7.5 mg, 10 mg, 12.5 mg or 15 mg
- The pen contains 4 fixed doses, one dose taken weekly. Inject 0.6 mL in a single weekly injection

Parts of the Mounjaro KwikPen

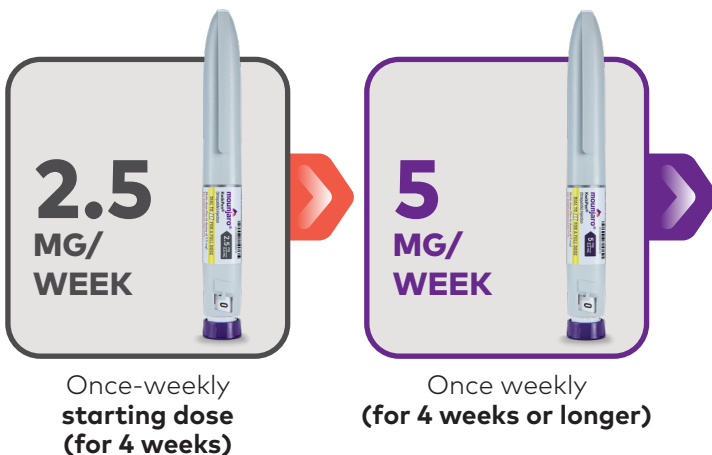


- Inject under the skin (subcutaneously) only
- You or another person can inject into your stomach (abdomen), upper leg (thigh) or upper arm
- You should seek help from someone else if you want to inject in your upper arm
- Each pen is for one patient only and should not be used by anyone other than you

How much Mounjaro to use

The starting dose is 2.5 mg once a week for 4 weeks.

After 4 weeks your prescribing healthcare professional will increase your dose to 5 mg once a week.



Let your prescribing healthcare professional know how you're doing on the 2.5 mg and 5 mg doses during your checkup.

Your prescribing healthcare professional will decide if additional dose increases are needed.

Do not change your dose unless your prescribing healthcare professional has told you to.

Please note devices shown in this guide are for illustrative purposes only and are not actual size.

How much

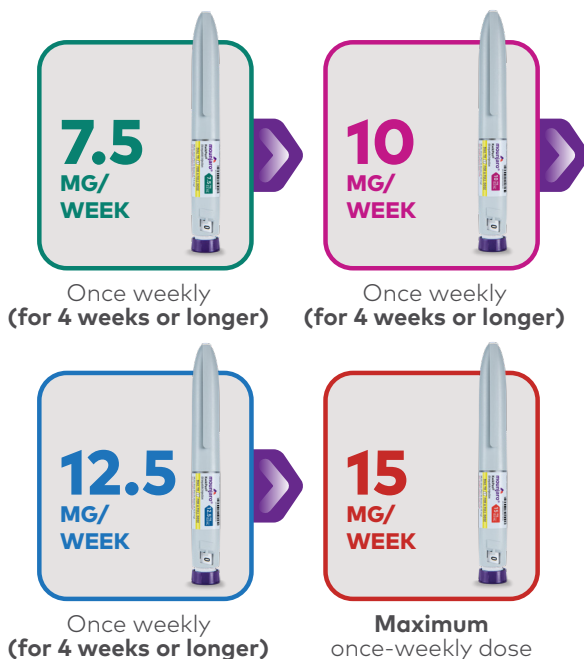
Mounjaro to use (cont.)

Each person responds differently to Mounjaro.

Your prescribing healthcare professional may increase your dose by 2.5 mg increments to 7.5 mg, 10 mg, 12.5 mg or 15 mg once a week if you need it.

In each case, your prescribing healthcare professional will tell you to stay on a particular dose for at least four weeks before going to a higher dose.

Do not change your dose unless your prescribing healthcare professional has told you to.



Please note devices shown in this guide are for illustrative purposes only and are not actual size.

Choosing

when to use Mounjaro



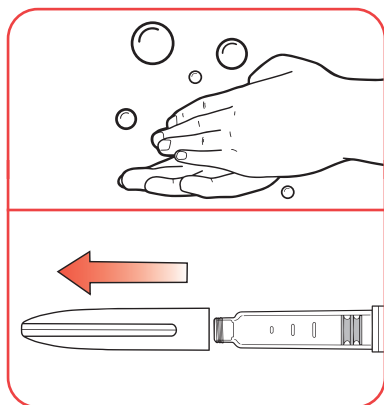
- You can use your pen at any time of the day, with or without meals
- Use Mounjaro on the **same day each week**
- To help you remember when to use Mounjaro, you may wish to write the day of the week that you inject your first dose on the IFU, or mark it on a calendar
- **If necessary, you can change the day of your weekly injection, as long as it has been at least 3 days since your last injection**
- After selecting a new dosing day, continue with once-a-week dosing on that new day

Preparing

to inject with Mounjaro KwikPen

Supplies needed to give your injection

- Mounjaro KwikPen
- KwikPen compatible needle
- Swab
- Gauze or cotton ball
- Sharps disposal container or household container

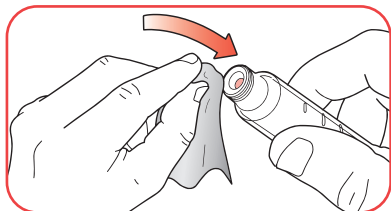


Step 1:

- **Wash** your hands with soap and water

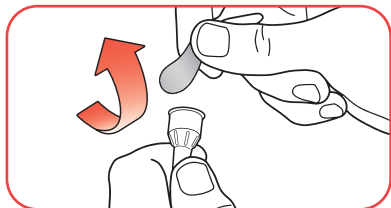
Step 2:

- Pull the pen cap straight off
- **Check** the pen label to make sure you have the right medicine and dose, and that it has not expired
- **Inspect** the pen to make sure that it is not damaged
- Make sure the medicine is:
 - Not frozen
 - Not cloudy
 - Colourless to slightly yellow
 - Does not have particles



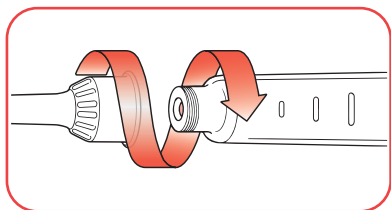
Step 3:

- **Wipe** the red inner seal with a swab



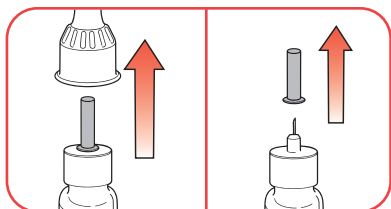
Step 4:

- **Select a new pen needle.** Always use a new pen needle for each injection to help prevent infections and blocked needles
- Pull off the paper tab from the outer needle shield



Step 5:

- **Push** the capped pen needle straight onto the pen and **twist** the pen needle on until it is tight

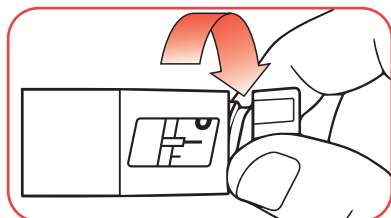


Step 6:

- Pull off the outer needle shield and **keep it**. This will be reused
- Pull off the inner needle shield. Put it in your household bin

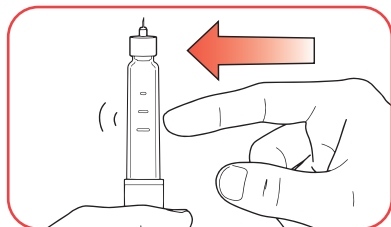
Preparing

to inject with Mounjaro KwikPen (cont.)



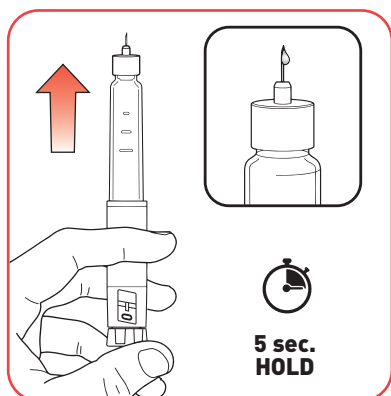
Step 7:

- **Slowly turn** the dose knob until you hear **2 clicks** and the  extended line is shown in the dose window. This is the prime position. It can be corrected by turning the dose knob in either direction until the prime position lines up to the dose indicator



Step 8:

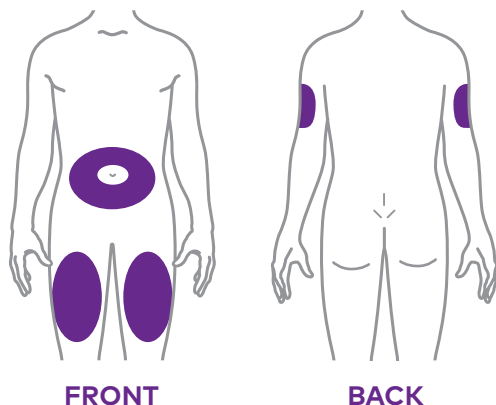
- **Hold** your pen with the needle pointing up
- **Tap** the cartridge holder gently to collect air bubbles at the top



Step 9:

- Release some medicine into the air by **pushing the dose knob in** until it stops, then **slowly count to 5 while holding the dose knob**. The  icon must be shown in the dose window. **Do not** inject into your body
- **Priming** removes air from the cartridge and makes sure that your pen is working correctly. Your pen has been primed if a small amount of medicine comes out of the tip of the pen needle
 - If you do not see medicine, repeat **steps 7-9**, no more than 2 additional times
 - If you still do not see medicine, then change the pen needle and repeat **steps 7-9**, no more than 1 additional time
 - If you still do not see medicine, contact your local Lilly affiliate

Choosing your injection site



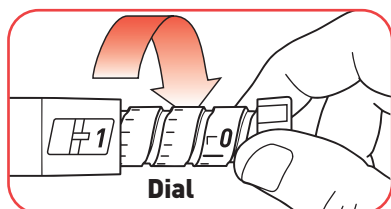
Step 10:

- Mounjaro is injected under the skin (subcutaneous injection) of your **stomach area (abdomen), or upper leg (thigh) or upper arm**
- You should seek help from someone else if you want to inject in your upper arm
- Check with your prescribing healthcare professional if you are not sure how to use this medicine

Change (rotate) your injection site each week. You may use the same area of your body, but be sure to choose a different injection site in that area. If you also inject insulin, choose a different injection site for that injection.

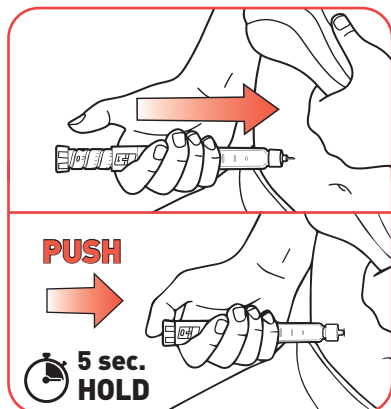
Injecting

with your Mounjaro KwikPen



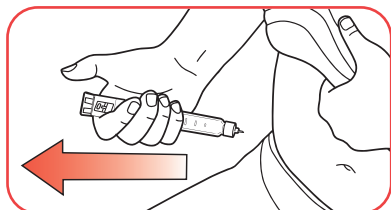
Step 11:

- Turn the dose knob until it stops and the **1** icon is shown in the dose window. The **1** icon is equal to a full 0.6 mL dose



Step 12:

- a. **Insert** the needle into your skin
- b. Inject the medicine by **pushing the dose knob in** until it stops then **slowly count to 5 while holding the dose knob**. The **0** icon must be shown in the dose window before removing the needle

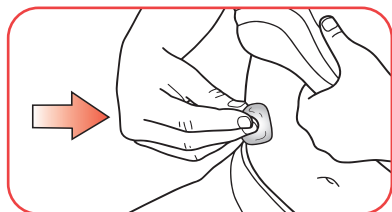


Step 13:

- **Pull** the needle out of your skin. A drop of medicine on the needle tip is normal. It will not affect your dose
- Confirm the **0** icon is in the dose window. If you see the **0** icon in the window, you have received the full dose. If you do not see the **0** icon in the dose window, insert the needle back into your skin and finish your injection. **Do not** redial the dose
- If you still do not think you received the full dose, **do not** start over or repeat the injection. Contact your local Lilly affiliate if you have any questions or problems with Mounjaro KwikPen

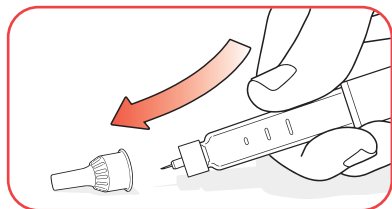
After

your Mounjaro KwikPen injection



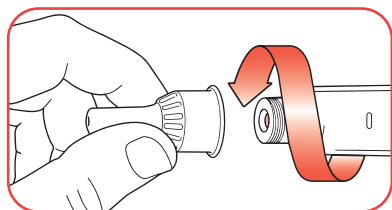
Step 14:

- If you see blood after you pull the needle out of your skin, lightly press the injection site with gauze or a cotton ball. **Do not** rub the injection site



Step 15:

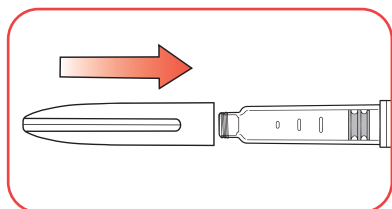
- Carefully **replace** the outer needle shield



Step 16:

- Unscrew the capped needle and put the needle in a sharps container. **Do not** store the pen with the needle attached to prevent leaking, blocking the needle, and air from entering the pen

Needles are not included in the pack.
Check with your doctor, pharmacist, or nurse on the appropriate needle to use with your Mounjaro KwikPen.



Step 17:

- Replace the pen cap. **Do not** store the pen without the pen cap attached

Storage and disposal

of your Mounjaro KwikPen & needles

Unused pens



Store **unused pens** in the refrigerator between 2°C to 8°C



Unused pens may be used until the expiration date printed on the label if the pen has been kept in the refrigerator



Do not freeze. If the pen has been frozen, **DO NOT USE**

Used pens

You may store your used pen at room temperature up to 30°C after your injection.

Keep away from heat.

Keep your pen and needles out of the sight and reach of children.

Dispose of the pen 30 days after first use.

Dispose of the pen after receiving 4 weekly doses.

Storage and disposal of your Mounjaro KwikPen & needles

(cont.)

Disposing of Mounjaro KwikPen and needles



- Dispose of your used pen needles in a sharps disposal container right away after use; **do not** dispose of loose pen needles in your household waste
- Dispose of the used pen in your household bin or sharps disposal container after you have removed the needle
- **Do not** recycle your used sharps disposal container
- Ask your healthcare professional about how to dispose of medicines you no longer use

Troubleshooting

- If you cannot remove the pen cap, gently twist the pen cap back and forth, and then pull the pen cap straight off
- If the dose knob is hard to push:
 - Pushing the dose knob more slowly will make it easier to inject
 - Your needle may be blocked. Put on a new pen needle and prime the pen
 - You may have dust, food or liquid inside the pen. Throw the pen away and get a new pen

Missed a dose of Mounjaro?

If it's been 4 days or less since you should have used Mounjaro:

- Use it as soon as you remember
- Then inject your next dose as usual on your scheduled day

If it's been more than 4 days since you should have used Mounjaro:

- Skip the missed dose
- Then inject your next dose as usual on your scheduled day

**Do not use a double dose to make up for a forgotten dose.
The minimum time between two doses must be at least 3 days.**

For example, if your regular dose day is Sunday:

Regular dosing day	SUN ✓	MON	TUE	WED	THU	FRI	SAT
Missed dose	SUN ✗	MON ✓	TUE ✓	WED ✓	THU ✗	FRI ✗	SAT ✗
Next regular dosing day	SUN ✓	You can take <u>one</u> dose on <u>one</u> of these days			You need to skip a dose		

If you use more Mounjaro than you should, talk to your prescribing healthcare professional immediately. Too much of this medicine may cause low blood sugar (hypoglycaemia) and can make you feel sick or be sick.

Do not stop using Mounjaro without talking with your prescribing healthcare professional. If you stop using Mounjaro, and you have type 2 diabetes, your blood sugar levels can increase. If you have any further questions on the use of this medicine, ask your prescribing healthcare professional.

Possible side effects

Like all medicines, Mounjaro can cause side effects, although not everybody gets them. Please read the PIL for a full list of side effects; some of these are listed below.

Serious side effects

Uncommon (may affect up to 1 in 100 people)

- Inflamed pancreas (acute pancreatitis) which could cause severe pain in the stomach and back which does not go away. You should see a healthcare professional immediately if you experience such symptoms

Rare (may affect up to 1 in 1 000 people)

- Severe allergic reactions (e.g. anaphylactic reaction, angioedema). You should get immediate medical help and inform your healthcare professional if you experience symptoms such as breathing problems, rapid swelling of the lips, tongue and/or throat with difficulty swallowing and a fast heartbeat

Other side effects

Very common (may affect more than 1 in 10 people)

- Low blood sugar (hypoglycaemia) when Mounjaro is used for the treatment of type 2 diabetes with medicines that contain a sulphonylurea and/or insulin. If you are using a sulphonylurea or insulin, the dose may need to be lowered while you use Mounjaro
- Feeling sick (nausea)*
- Diarrhoea*
- Being sick (vomiting) – this usually goes away over time**
- Constipation**

*These side effects are usually not severe. They are most common when first starting Mounjaro but decrease over time in most patients.

**Constipation and vomiting are very common side effects when used for weight management and common when used for type 2 diabetes.

Possible

side effects (cont.)

Common (may affect up to 1 in 10 people)

- Low blood sugar (hypoglycaemia) when Mounjaro is used for type 2 diabetes with both metformin and a sodium-glucose co-transporter 2 inhibitor (diabetes medicine)
- Allergic reaction (hypersensitivity; e.g. rash, itching and eczema)
- Dizziness
- Low blood pressure
- Feeling less hungry (decreased appetite) observed in patients treated for type 2 diabetes
- Stomach (abdominal) pain
- Indigestion (dyspepsia)
- Bloating of the stomach
- Burping (eructation)
- Gas (flatulence)
- Reflux or heartburn (also called gastroesophageal reflux disease – GORD) a disease caused by stomach acid coming up into the tube from your stomach to your mouth
- Hair loss
- Feeling tired (fatigue)
- Injection site reactions (e.g. itching or redness)

Uncommon (may affect up to 1 in 100 people)

- Low blood sugar (hypoglycaemia) when Mounjaro is used with metformin for type 2 diabetes
- Gallstones
- Weight loss observed in patients treated for type 2 diabetes
- Injection site pain
- Increased calcitonin levels in blood
- Cholecystitis (infection of the gallbladder)
- Fast pulse*
- Increased levels of pancreatic enzymes (such as lipase and amylase**) in blood
- Changed sense of taste

*Fast pulse is a common side effect when used for type 2 diabetes and uncommon when used for weight management.

**Increased levels of amylase is common in type 2 diabetes.

Symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, feeling hungry, confusion, irritability, fast heartbeat and sweating. Your healthcare professional should tell you how to treat low blood sugar.

Additional

warnings and precautions

Talk to your prescribing healthcare professional before using Mounjaro if:

- You have severe problems with food digestion or food remaining in your stomach for longer than normal (including severe gastroparesis)
- You have ever had pancreatitis (inflammation of the pancreas which may cause severe pain in the stomach and back, which does not go away)
- You have a problem with your eyes (diabetic retinopathy or macular oedema)
- You are using a sulphonylurea (diabetes medicine) or insulin, as low blood sugar (hypoglycaemia) can occur. Your healthcare professional may need to change your dose of these other medicines to reduce this risk
- You have hepatic (liver) or renal (kidney) impairment



When starting treatment with Mounjaro, in some cases you may experience loss of fluids/dehydration, e.g. due to vomiting, nausea and/or diarrhoea, which may lead to a decrease in kidney function. It is important to avoid dehydration by drinking plenty of fluids. Contact your prescribing healthcare professional if you have any questions or concerns.

Children and adolescents

This medicine should not be given to children and adolescents under 18 years of age because it has not been studied in this age group.

Other medicines and Mounjaro

Tell your prescribing healthcare professional if you are using, have recently used or might use any other medicines.

Pregnancy

This medicine should not be used during pregnancy as the effects of this medicine on an unborn child are not known. If you are pregnant, think you may be pregnant or are planning to have a baby, ask your prescribing healthcare professional for advice before using this medicine.

It is recommended to use contraception while using this medicine. If you are a woman with obesity or overweight and are using oral contraceptives, you should consider also using a barrier method of contraception (e.g. a condom) or switching to a non-oral contraceptive method for 4 weeks after starting Mounjaro and for 4 weeks after each increase in dose.

Breast-feeding

It is unknown whether Mounjaro passes into breast milk. A risk to newborns/infants cannot be ruled out. If you are breast-feeding or are planning to breastfeed, talk to your prescribing healthcare professional before using this medicine. You and your healthcare professional should decide if you should stop breast feeding or delay using Mounjaro.

Additional

warnings and precautions (cont.)

Driving and using machines

It is unlikely that this medicine will affect your ability to drive and use machines. However, if you use Mounjaro in combination with a sulphonylurea or insulin, low blood sugar (hypoglycaemia) may occur, which may reduce your ability to concentrate.

Avoid driving or using machines if you get any signs of low blood sugar, e.g. headache, drowsiness, weakness, dizziness, feeling hungry, confusion, irritability, fast heartbeat and sweating. Talk to your healthcare professional for further information.

Mounjaro contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per dose, that is to say essentially 'sodium-free'.

Mounjaro KwikPen contains benzyl alcohol

Each multiple-dose pre-filled pen contains 5.4 mg benzyl alcohol [E1519] in each 0.6 mL dose. Benzyl alcohol may cause allergic reactions.

Ask your healthcare professional for advice if you have a liver or kidney disease. This is because large amounts of benzyl alcohol can build-up in your body and may cause side effects (called "metabolic acidosis").

Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Where to learn more:

- Speak to your prescribing healthcare professional
- Read the PIL and IFU that come with your medicine
- Visit **obesity.mounjaro.co.uk**

REPORTING SIDE EFFECTS

If you experience side effects, talk to your prescribing healthcare professional. This includes any possible side effects not listed in the package leaflet. To report a side effect or product complaint with a Lilly product please call **Lilly UK** on **01256 315000**.

Additionally, reporting forms and further information can be found at: **www.mhra.gov.uk/yellowcard** or search for MHRA Yellow Card in the Google Play or Apple App Store (UK). By reporting side effects, you can help provide more information on the safety of medicines.

This information is brought to you by Eli Lilly and Company, the manufacturers of this medicine.

Mounjaro®, KwikPen® and Lilly are registered trademarks of Eli Lilly and Company.
© 2024 Eli Lilly and Company. All rights reserved.

Eli Lilly and Company, Lilly House, Basing View, Basingstoke, Hampshire, RG21 4FA.
Telephone: UK: + 44-(0) 1256 315000. E-mail: ukmedinfo@lilly.com. Website: www.lilly.co.uk.