

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](http://www.nidirect.gov.uk/conditions/obesity) (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.