

THE BELLINGHAM PRACTICE

Tirzepamide (Mounjaro) weight loss injections information leaflet.

June 2025

A pathway is being developed in our area for the delivery of the weight loss injection Tirzepamide (Mounjaro). Currently The Bellingham Practice does not have a contract to deliver this service. As soon as we are in a position to offer this treatment we will make it available to our patients as long as they meet the following criteria.

Tirzepatide will only be offered to people who have the highest clinical need, this means those whose health is most affected by obesity and who are likely to benefit the most.

To be considered for this treatment, you must:

- Have a Body Mass Index (BMI) of 40 or more, and
- Have at least four of the following health conditions:
 - High blood pressure
 - High cholesterol or high fat levels in the blood
 - Sleep apnoea (trouble breathing while asleep)
 - Heart disease
 - Type 2 diabetes

Important things to know

- You will need a full clinical assessment.
- Tirzepatide (Mounjaro) will only be given as part of a full NHS care plan. This includes referral to wrap around care programme to support with healthy eating and lifestyle changes.
- Other NHS weight management services are still available and may be more suitable for you.

Please be aware the criteria for prescribe Tirzepatide for diabetes is different than solely for weight loss.

As the guidance changes, we will update our protocols accordingly.