ATHENA FAMILY MEDICINE

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MOUNJARO® / ZEPBOUND® (TIRZEPATIDE)

Patient Information Handout · Athena Medical Weight Loss Program

WHAT IT IS

Tirzepatide is a once-weekly injection that acts like two natural gut hormones, GIP and GLP-1. It lowers blood sugar, slows how fast your stomach empties, and reduces hunger so you feel full sooner and eat less. It works best together with healthy eating and regular activity.

Brand name	FDA-approved for
Mounjaro	Adults with type 2 diabetes, to improve blood sugar, together with diet and exercise.
Zepbound	Long-term weight management in adults, and moderate to severe obstructive sleep apnea in adults with obesity.

Who may qualify

- Adults with a BMI of **30 or higher** (obesity)
- Adults with a BMI of **27 or higher** plus at least one weight-related condition, such as high blood pressure, high cholesterol, prediabetes or type 2 diabetes, sleep apnea, or heart disease
- Willing to follow a reduced-calorie diet, increase activity, and keep monthly consultations
- Final decision is made by Dr. Vo after your full evaluation, exam, EKG and labs

Who does not qualify

- BMI below these levels, or wanting to lose a few pounds for cosmetic reasons
- Pregnant, trying to become pregnant, or breastfeeding
- Type 1 diabetes
- Using another GLP-1 or weight loss medicine (including compounded or online products)
- Any of the conditions in the box below

Do NOT use this medicine if you have

- A personal or family history of **medullary thyroid cancer (MTC)**
- **Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)**
- A past serious allergic reaction to tirzepatide or any ingredient in the pen

Tell Dr. Vo before starting if you have or are

- A history of pancreatitis, or gallbladder disease or gallstones
- Diabetic eye disease (retinopathy); tell us about any vision changes
- Severe stomach or bowel problems, such as gastroparesis (slow stomach emptying)
- Kidney disease
- Taking insulin or a sulfonylurea (such as glipizide or glimepiride), which raises the risk of low blood sugar
- A history of depression or thoughts of suicide
- **Birth control pills:** tirzepatide can make them less effective. Use a non-pill method, or add a barrier method (condoms), for **4 weeks** after starting and after each dose increase
- Having surgery or a procedure with anesthesia or sedation: tell your surgeon and anesthesiologist you take this medicine

Common side effects

- Nausea, vomiting, diarrhea or constipation
- Stomach pain, bloating, heartburn or burping
- Decreased appetite
- Tiredness or headache
- Redness or itching at the injection site
- Mild hair thinning with rapid weight loss
- Stomach side effects are most common when starting or after a dose increase, and usually improve over a few weeks

How it is taken

- One injection under the skin of the belly, thigh or upper arm, **once a week** on the same day
- The dose starts at 2.5 mg and is increased by 2.5 mg no sooner than every 4 weeks, up to 15 mg, to reduce side effects
- Missed dose: take it within **4 days**; if more than 4 days, skip it and take the next dose on your usual day
- Eat smaller meals, stop when full, drink plenty of water, and limit fatty or fried foods
- Store unused pens in the refrigerator; do not freeze

GO TO THE EMERGENCY ROOM OR CALL 911 if you have:

- **Severe stomach pain that does not go away**, with or without pain spreading to your back, with or without vomiting (possible pancreatitis)
- **Pain in the upper right belly**, fever, or yellowing of your skin or eyes (possible gallbladder problem)
- **Vomiting or diarrhea so bad you cannot keep fluids down**, or signs of dehydration: very dark urine, peeing very little, dizziness or fainting when you stand
- **Signs of a serious allergic reaction:** swelling of the face, lips, tongue or throat, trouble breathing or swallowing, severe rash, fast heartbeat
- **Low blood sugar that does not get better** after eating or drinking sugar (shaky, sweaty, confused), especially if you also take insulin or a sulfonylurea
- **Sudden loss of vision** or sudden changes in your eyesight
- **Chest pain**, trouble breathing, or a racing heartbeat at rest
- **Thoughts of hurting yourself:** call or text **988** (Suicide & Crisis Lifeline) or call 911

Call our office (469-931-2602) for a lump or swelling in your neck, hoarseness, or trouble swallowing; nausea or constipation that is not improving; or any new or worsening depression or mood changes.

This handout is general information and does not replace advice from Dr. Vo. It does not list every possible side effect. Read the Medication Guide that comes with your prescription. Use only FDA-approved brand-name medication from a licensed pharmacy. Athena Family Medicine is independent of all pharmacies.