

What is tirzepatide?

Tirzepatide is used for weight loss, to help lose weight and keep weight off. Tirzepatide works for weight loss by decreasing appetite and slowing the movement of food from the stomach into the small intestine, which may make you feel full more quickly and for a longer period of time.

Tirzepatide is FDA-approved for weight loss in adults with obesity or who are overweight and have weight-related medical problems. Zepbound helps you to lose weight and maintain weight loss and should be combined with diet and exercise.

Tirzepatide is used for type 2 diabetes to help improve blood sugar levels. In type 2 diabetes, tirzepatide decreases blood sugar levels by helping release insulin when blood sugar levels are high, lowering the amount of sugar the liver makes, and slowing food movement through the intestines. Mounjaro should be used together with diet and exercise.

Tirzepatide is FDA-approved to treat adults with type 2 diabetes and should be used together with diet and exercise. It can be used as a single therapy (on its own) or with other diabetes medicines, including sulfonylureas, SGLT2 inhibitors, or metformin.

It is not known if tirzepatide can be used in people who have had pancreatitis. Tirzepatide should not be used in people who have type 1 diabetes.

Mounjaro and Zepbound both contain the same active ingredient, tirzepatide and are made by Eli Lilly and Company. They are both available as single-dose pens in the same strengths: 2.5 mg, 5 mg, 7.5 mg, 10 mg, 12.5 mg, 15 mg per 0.5 mL.

How does tirzepatide work?

Normally, when we eat, natural hormones called GIP and GLP-1 are released by the gut. These hormones increase insulin release, suppress appetite, slow

gastric emptying, and increase the feeling of fullness. Tirzepatide works like our natural hormones GIP and GLP-1 by activating the GIP and GLP-1 receptors.

Tirzepatide is a GIP and GLP-1 receptor agonist. Tirzepatide works (mechanism of action) by activating both GIP (glucose-dependent insulintropic polypeptide) and GLP-1 (glucagon-like peptide-1) hormone receptors.

What are the side effects of tirzepatide?

Common tirzepatide side effects

The most common tirzepatide side effects include abdominal pain, burping, constipation, diarrhea, dyspepsia, fatigue, gastroesophageal reflux disease, hair loss, hypersensitivity reactions, injection site reactions, nausea, and vomiting, which affects 5% or more patients.

Serious tirzepatide side effects

Stop using this medicine and get emergency medical help if you have:

- signs of an allergic reaction: hives; difficulty breathing; feeling light-headed; swelling of your face, lips, tongue, or throat; or
- pancreatitis with symptoms of severe pain in your upper stomach spreading to your back, nausea, and vomiting.

Call your doctor at once if you have:

- severe stomach problems;
- eye side effects or vision changes, including blurry vision or blurred vision;
- signs of a thyroid tumor symptoms may include swelling or a lump in your neck, trouble swallowing, a hoarse voice, or if you feel short of breath;
- gallbladder problem with symptoms including chalky-colored stools, stomach pain after eating, nausea, heartburn, bloating, and severe upper stomach pain that may spread to your back;

- low blood sugar symptoms may include headache, hunger, weakness, sweating, confusion, irritability, dizziness, fast heart rate, or feeling jittery or
- kidney problems with little or no urination, swelling in your feet or ankles, feeling tired or short of breath.

This is not a complete list of side effects, and others may occur. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Before using tirzepatide

- Tell your doctor and pharmacist if you are allergic to tirzepatide, any other medications, or any of the ingredients in this medicine. There is a list of ingredients in this medicine, at the bottom of this page.
- Tell your doctor if you have or have ever had kidney or pancreas disease, a history of diabetic retinopathy or any stomach problems such as difficulty digesting food.
- Tell your doctor if you plan to become pregnant, are pregnant, or are breastfeeding. If you become pregnant while taking this medicine, you should tell your doctor.

How should I use tirzepatide?

You should follow the directions on your prescription label carefully and ask your pharmacist or doctor to explain any part you do not understand. It is important to use this medicine exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor.

Tirzepatide is a once-weekly injection given under the skin (subcutaneous) using a pre-filled single-dose pen.

It is usually given

- once a week.
- can be given with or without meals at any time of the day.

- may be injected into the thigh, abdomen, or upper arm.
- You should rotate injection sites with each dose.

Your doctor will probably start you on a low dose, which may be gradually increased, but not more than once every 4 weeks.

You may change the day of the week you use tirzepatide as long as there are at least three days between doses.

You may administer insulin in the same area as tirzepatide, but they should not be given right next to each other. Insulin and tirzepatide should be given as separate injections and not be mixed in the same injection.

Taking tirzepatide with other medicines to treat diabetes, such as sulfonylureas or insulin, may increase your risk of hypoglycemia. Talk to your doctor and pharmacist about low blood sugar and how to manage it.

This list is not complete. Many other drugs may interact with Mounjaro, including prescription and over-the-counter medicines, vitamins, and herbal products. To check for interactions with this medicine, click the link below.

[Tirzepatide drug interactions \(more detail\)](#)

Storage

- Store in the refrigerator between 36°F to 46°F (2°C to 8°C).
- Do not freeze. Do not use if frozen.
- Store the single-dose pens in the original carton until use to protect them from light.
- If needed, each single-dose pen can be stored at room temperature up to 86°F (30°C) for up to 21 days.

