Te Whatu Ora
Health New Zealand
Waitaha Canterbury

TIRZEPATIDE

tir-zep-a-tide

What does it do?

Tirzepatide is used to help you lose weight or to treat diabetes.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Inject *tirzepatide* regularly as directed into the skin of your tummy, thigh or upper arm. You can use the same area of your body each time, but choose a different place within that area. You can inject it any time of the day, with or without meals.

Follow the instructions in the packet to use the injections. You can also see how to use the injections here

What if you forget a dose?

You can inject the missed dose up to 5 days later. Otherwise skip the dose and carry on as normal.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Nausea, vomiting, loss of appetite, indigestion, tummy pain, constipation or diarrhoea	Common when you first start - if it continues or is severe, tell your doctor.

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- *Tirzepatide* should normally be kept in the fridge, but you can store the pen at room temperature for up to 21 to 30 days after you first use it depending on your pen type. Keep the cap on when you aren't using it to protect the medicine from light.
- If you have diabetes, you will need a regular blood test (HbA1c) to check how your diabetes is controlled. If you are unwell, follow your diabetes sick-day plan, or talk to your health professional.