

Say hello to Mounjaro® KwikPen®



You've been prescribed Mounjaro to help manage your type 2 diabetes. Mounjaro is used along with diet and exercise to improve blood sugar levels.

Mounjaro may be used alone or with other medications your doctor may have prescribed for your type 2 diabetes.

Do **NOT** take Mounjaro if you have a personal or family history of medullary thyroid carcinoma (MTC), have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2), are allergic to tirzepatide or any of the other ingredients in Mounjaro or component of its container (including benzyl alcohol which is a preservative in Mounjaro KwikPen), or if you are pregnant or breastfeeding.

Tips for managing possible side effects

Mounjaro can cause side effects, although everyone can have a different experience. If you experience side effects that are gastrointestinal in nature (e.g., nausea, diarrhea), talk to your doctor. The following tips may help you manage them:



Eat smaller meals



Eat slowly



Eat bland foods
(e.g., toast, rice)



Avoid fatty or
sweet foods



Drink more water

Refer to the Patient Medication Information leaflet that came with your Mounjaro KwikPen for other possible side effects. Talk to your doctor if you experience any side effects, as they may be able to offer advice on how to manage them.

How do I start taking Mounjaro?

START AT:

2.5 MG
ONCE A WEEK
FOR 4 WEEKS

INCREASE TO:

5 MG
ONCE A
WEEK

IF NEEDED:

Your doctor may increase your dose by 2.5 mg after at least 4 weeks on your current dose. The maximum recommended dose is 15 mg once weekly.

- Use Mounjaro once a week, at any time of day, with or without food.
- If your healthcare professional increases your dose, a new KwikPen for the different dose should be used.

Do not change your dose or stop taking Mounjaro without talking to your doctor.

Turn the page over to learn how to inject with your Mounjaro KwikPen

A few notes about KwikPen

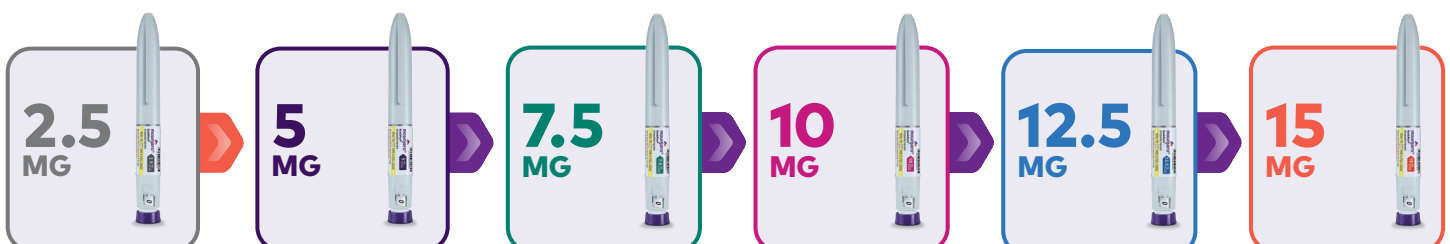
- **Needles are not included.** Ask your pharmacist about injection supplies.
- **Priming is required before injecting your dose each week** (see injection instructions for more information).
- Dial to **17** for one full dose.
- Each KwikPen contains 4 fixed doses, one dose taken weekly. Throw away the KwikPen 30 days after first use even though the KwikPen has medicine left in it.
- The KwikPen is colour-coded for each dose.

What if I miss or forget to take my dose?

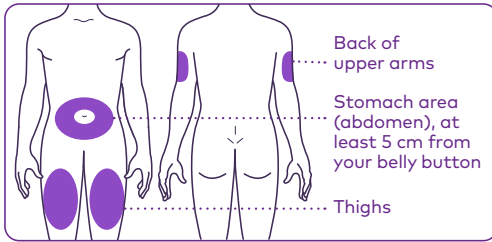
If it has been 4 days (96 hours) or less since your missed dose of Mounjaro, **take it as soon as you remember.** Then inject your next dose on your usual scheduled day.

If it has been more than 4 days (96 hours) since your missed dose, **skip the missed dose.** Then inject your next dose on your usual scheduled day.

To help remember your weekly dose, set a reminder on your phone or calendar. If necessary, you can change the day of your weekly injection. There must be at least 3 days (72 hours) since your last injection of Mounjaro.



Where do I inject Mounjaro?



You can inject Mounjaro in your **stomach area** (abdomen), **thigh**, or in the **back of your upper arm**. If you choose the arm, someone else should give you the injection.

Change (rotate) your injection site each week. You may use the same area of your body, but choose a different injection site within that area.

How do I use the Mounjaro KwikPen?

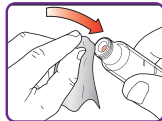
1 Get ready

- Wash your hands with soap and water.
- Inspect the KwikPen and label to see if the medication name and dose strength matches your prescription. Make sure the medicine in the KwikPen is not frozen, is free of particles and is not cloudy or discoloured. Also make sure that it is colourless to slightly yellow.



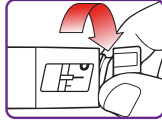
2 Prepare the KwikPen

- Wipe the red inner seal with an alcohol swab.
- Attach a new needle by twisting until it is tight. **Always** use a new pen needle for each injection.
- Pull off the outer needle shield and the inner needle shield. Do not throw the outer shield away—this will be reused.*



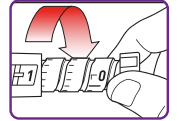
3 Prime the KwikPen before injecting your dose each week

- Slowly turn the dose knob until you hear **two clicks** and the extended line shown in the dose window aligns with the dose indicator. This is the prime position.
- Hold the KwikPen with the needle pointing up and tap to collect air bubbles.
- Release some medicine into the air by **pushing and holding** the dose knob in until it stops and the **0** is shown in the dose window. Keep holding and count to 5. Do not inject into your body.
- Your pen has been primed if a **small amount** of medicine comes out the tip of the pen needle.
- If you don't see any medicine, repeat this step no more than two additional times. If you still don't see any medicine, change the needle and repeat this step no more than one additional time. If you still do not see medicine, contact Lilly at 1-888-545-5972.



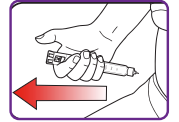
4 Dial to **1** for one full dose

- Turn the dose knob until it stops and the **1** is shown in the dose window. This is a full dose.



5 Inject Mounjaro

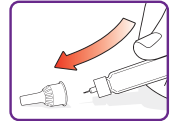
- Insert the needle into your skin and slowly push the dose knob in until it stops.
- Hold the dose knob in and slowly count to 5. The **0** must be in the dose window before removing the needle.
- Pull the needle out.† Confirm that the **0** is in the dose window.
 - If you do not see the **0**, insert the needle back into your skin and finish the injection. **Do not** turn the dose knob back to the **1**.



If you think you may not have received the full dose after the injection with your KwikPen, **do not** start over or repeat the injection. Contact Lilly at 1-888-545-5972 for assistance.

6 After your injection

- Carefully replace the outer needle shield.
- Unscrew the capped needle and dispose of it in a sharps container.
- Replace the KwikPen cap. Do not store without the cap attached.



Refer to your Patient Medication Information for full instructions for use, including troubleshooting.



**Need to see more?
You've got it!**

Scan here or visit mounjaro.ca* to watch a step-by-step video on how to use your Mounjaro KwikPen.



**Financial assistance is available for eligible patients.
Speak to your doctor to learn more.**

* Ensure the needle does not touch any other surfaces.

† If you see blood after you remove the needle, press the injection site with a piece of gauze or an alcohol swab. Do not rub the area.

* The landing page of mounjaro.ca is open to the general public. To access patient-directed information, you will need to enter the DIN, found on the Mounjaro box.