

FOR ADULTS WITH TYPE 2 DIABETES

Starting on Mounjaro®

Patient information
for once weekly
diabetes treatment
with Mounjaro®.

1 x weekly
mounjaro®
Tirzepatid

Please read the Information for the user
supplied with your medicine for detailed
information on safety and how to use the vial.



Lilly

What Mounjaro® is

Mounjaro® is a once weekly medication for adults with type 2 diabetes and is available in a vial. It contains the active substance **tirzepatide**.



How Mounjaro® works

Mounjaro® mimics the two important intestinal hormones (GIP and GLP-1) in the body, thereby regulating blood glucose levels.



Improved insulin secretion when blood glucose levels are high.



Reduces food intake.



The body becomes more efficient at removing excess sugar from the blood.



Food leaves the stomach more slowly. This decreases over time.



Impacts sugar metabolism in the liver.



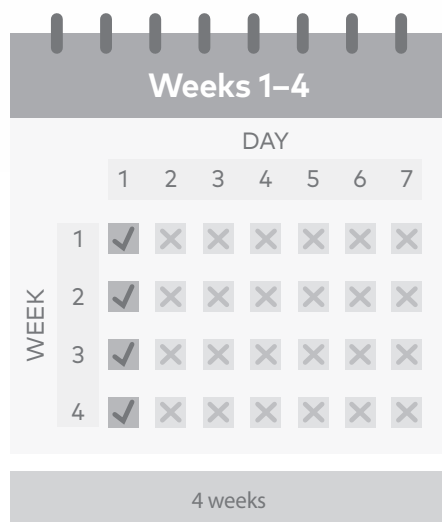
The body has a better response to the insulin it produces.

Starting Mounjaro® treatment

There are two simple steps when you start Mounjaro® treatment:

STEP 1

2.5 mg once a week



STEP 2

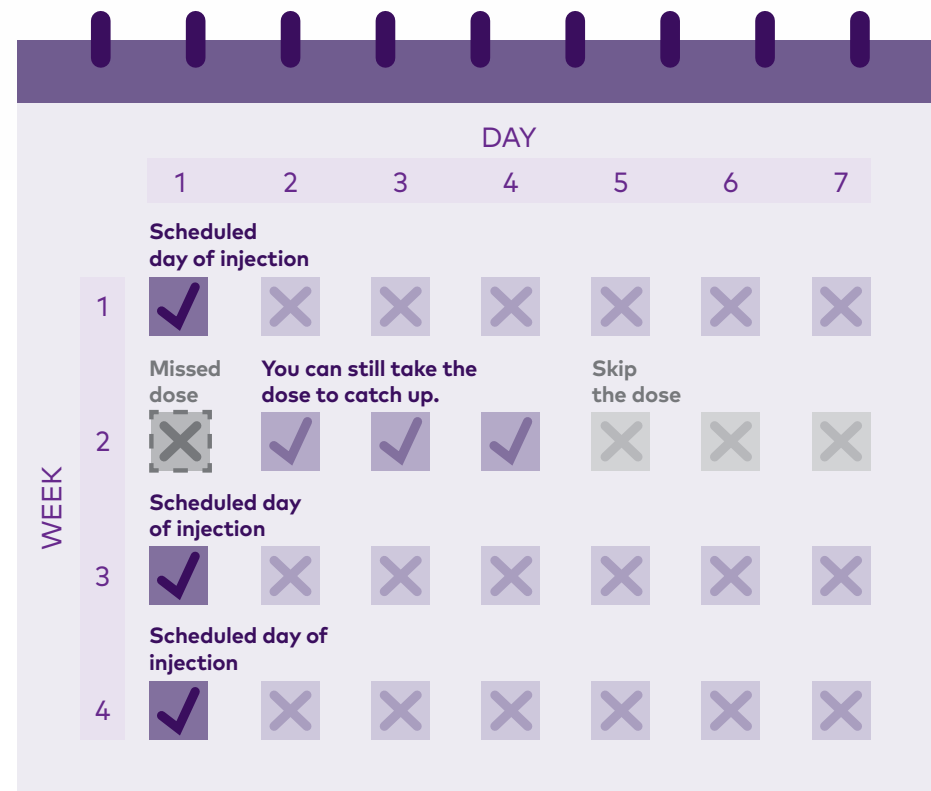
5 mg once a week



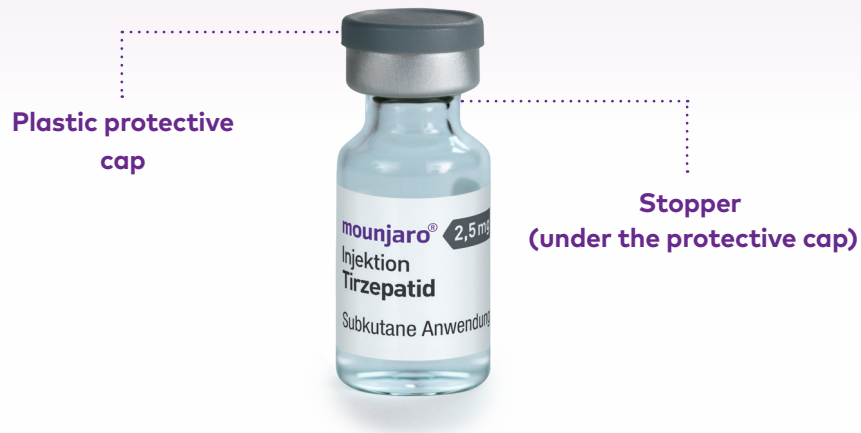
What if you miss a dose?

If you miss a dose, take the missed dose as soon as possible within 4 days of when you should have taken it.

If more than 4 days have passed, skip the forgotten dose and administer the next dose on the normal scheduled day. In any case you can then continue with regular once weekly administration.



How to store Mounjaro® vials



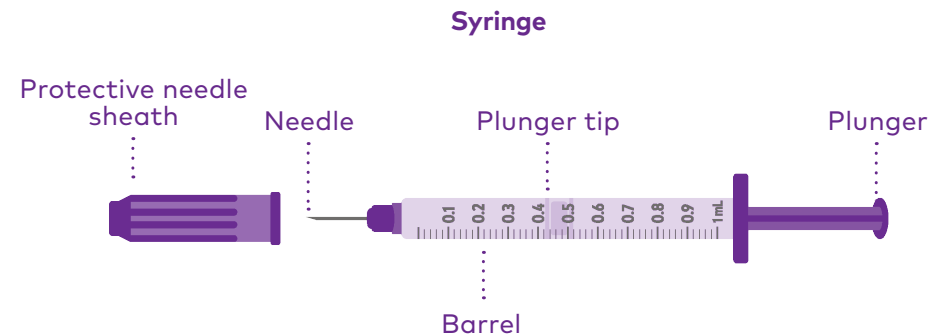
Storing unopened Mounjaro® vials

- **Keep** this medicine out of the sight and reach of children.
- Do not use this medicine after the expiry date which is stated on the carton and the vial label after "EXP.". The expiry date refers to the last day of that month.
- Store in a refrigerator (2°C – 8°C). Do not freeze. DO NOT USE if the vial has been frozen.
- Store in the original packaging in order to protect the contents from light.
- Provided the temperature does not exceed 30°C, Mounjaro® can be stored unrefrigerated for up to 21 days in total. The vial must then be discarded.

- Do not use this medicine if you notice that the vial, seal or stopper is damaged, or if the medicine is cloudy, discoloured or contains particles.
- Dispose of the vial, used needle and syringe immediately after each injection in a puncture-resistant container or as instructed by your doctor, health professional or pharmacist.

In addition to the vials you will require the following items:

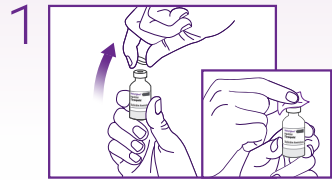
- 2 alcohol wipes
- Syringe + needle



The syringe and needle recommended to you by your treatment team may look a bit different from the syringe and needle shown in this image.

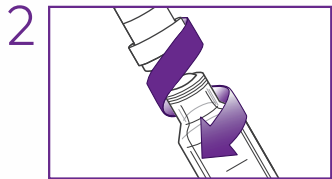
How to use the Mounjaro® vial

Prepare



Preparing the vial

- Remove the vial's plastic protective cap, but do not remove the stopper.
- Wipe the vial stopper with an alcohol wipe and prepare a new syringe.

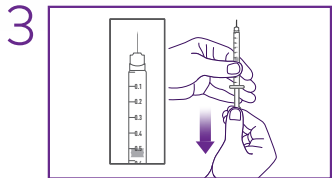


Joining the needle and syringe

- Put the needle on top of the syringe and rotate the needle until it is securely attached to the syringe.

You must not share or reuse your needle or syringe.

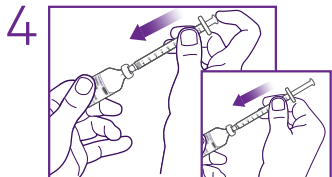
You can skip this step if your needle and syringe are already joined together.



Preparing the syringe

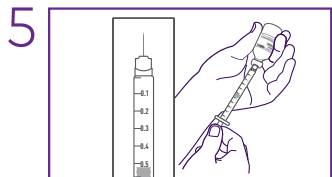
- Remove the protective needle sheath by pulling it straight off.
- Hold the syringe with the needle pointing upwards.
- Draw a small amount of air into the syringe by retracting the plunger until it reaches the 0.5 ml mark.

Fill



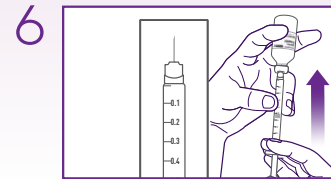
Pushing the needle into the vial

- Push the needle through the rubber stopper on the Mounjaro® vial and inject the air into the vial.



Drawing your dose from the vial

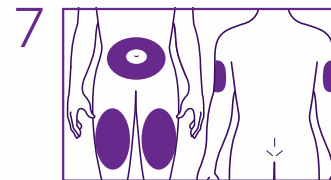
- Turn the Mounjaro® vial and the syringe upside down and slowly pull the plunger downwards to remove all the Mounjaro® solution from the vial. The vial is now ready to administer a single dose of 0.5 ml of Mounjaro®.
- If there are air bubbles in the syringe, gently tap on the syringe a few times to get the air bubbles to rise to the top.



Ensuring you get the dose right

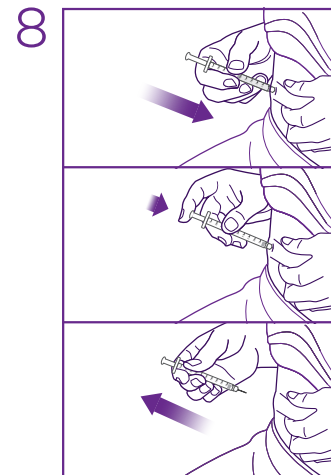
- Gently push the plunger upwards until no air is left in the syringe and the plunger is at the 0.5 ml mark.
- Pull the syringe out of the vial stopper.

Inject



Choosing your injection site

- Clean your skin before administering the injection and let this area dry before performing the injection.
- Mounjaro® is designed to be injected under the skin (subcutaneously) in your abdomen or thigh. Alternatively, you can inject Mounjaro® in your upper arm. You may need help from another person if you want to inject into your upper arm.
- You can inject Mounjaro® in the same area of your body every week if you want, but you should make sure that you choose a different injection site within that area.



Injecting Mounjaro®

- Pinch your skin together gently to form a skin fold where you want to inject.
- Inject under your skin as you have been shown. Inject all the solution from the syringe to receive the full dose. You should leave the needle in your skin for at least 5 seconds after the injection, to make sure that you receive the full dose.
- Pull the needle out of your skin.

You have now completed the Mounjaro® injection.

Dispose of the vial, used needle and syringe immediately after each injection in a puncture-resistant container or as instructed by your doctor, health professional or pharmacist.

Tips and tricks in the event of possible side effects

Like all medicines, Mounjaro® can cause side effects. The most common side effects are nausea and diarrhoea. They usually occur when the dose is being adjusted and are usually mild or moderate. They tend to occur at the start of treatment and disappear over time in most patients.

Tips for improved tolerance:

If you feel sick after an injection, talk to the team at your medical practice. In the meantime, these tips may help:



Eat smaller portions.



Avoid high-fat foods.



Drink water and make sure that your body gets enough fluids.

Other possible side effects:

There is little or no risk of hypoglycaemia (low blood glucose levels) with Mounjaro® administered as monotherapy. However, hypoglycaemia may occur if Mounjaro® is co-administered with medicines containing a sulphonylurea and/or insulin. If you are using a sulphonylurea or insulin, the dose may need to be reduced while you are taking Mounjaro®.

Talk to the team at your medical practice about this.

Additional information

Please talk to the team at your medical practice before using Mounjaro® in the following cases:

- if you have serious digestion problems or food stays in your stomach for longer than usual (including severe gastroparesis).
- if you have ever had pancreatitis (inflammation of the pancreas which can cause severe, persistent abdominal and back pain).
- if you have problems with your eyes (e.g. diabetic retinopathy or macular oedema).

Here you can find out more:

- Talk to the team at your medical practice.
- Read the Information for the user that comes with your vial.
- Go to www.lilly-patient.de/de-de/mounjaro or scan the "Go to the website" QR code for more information about Mounjaro®.
- Scan the "Go to the injection training video" QR code to watch the injection training video.

Go to the website



Go to the injection training video



1. Mounjaro® Information for the user (current version).

Lilly

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 **mounjaro**®
Tirzepatid

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