FOR ADULTS WITH TYPE 2 DIABETES

Say Hello to

Pr**mounjaro®**
(tirzepatide) injection

If you have been prescribed Mounjaro, this brochure is for you!

Please review the Patient Medication Information and Instructions for Use, which are included with your medicine, for important safety information and how to use Mounjaro.

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Getting started on Mounjaro?

Here is where you can find helpful information to support you throughout your treatment journey.

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(tirzepatide) injection

Meet
Mounjaro

What is Mounjaro?

Mounjaro is a prescription medicine for adults with type 2 diabetes. It contains an active ingredient called tirzepatide.

Mounjaro is used along with diet and exercise to improve blood sugar levels.

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

How does Mounjaro work?

Mounjaro is **not an insulin**.

Mounjaro belongs to a class of medicines called GIP and GLP-1 receptor agonists.

Mounjaro lowers your blood sugar by:

Helping your body release more insulin when your blood sugar is high.

Reducing levels of glucagon, a hormone that increases blood sugar levels.

GIP=glucose-dependent insulinotropic polypeptide; GLP-1=glucagon-like peptide-1

Getting started with Mounjaro

You and your healthcare provider have decided to start Mounjaro to improve your blood sugar levels and help manage your type 2 diabetes. It is important that you continue to follow the diet and exercise plan recommended by your healthcare team while using Mounjaro.

Mounjaro dosing

Start

You'll begin with the recommended starting dose of 2.5 mg once a week for 4 weeks.

2.5 MG
FOR 4 WEEKS

Continue

After 4 weeks, your dose will go up to 5 mg once a week.

5 MG
FOR AT LEAST 4 WEEKS

Additional dose increases

If needed, your healthcare provider 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.

7.5 MG > 10 MG > 12.5 MG > 15 MG

YOU WILL STAY ON YOUR CURRENT DOSE FOR AT LEAST 4 WEEKS

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

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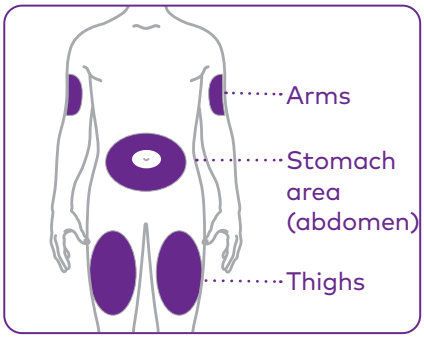
Getting started
with Mounjaro (continued)

Talk to your healthcare provider about how to correctly administer Mounjaro before you use it for the first time.

Choose your injection site

Your healthcare provider can help you choose the injection site that is best for you.

- You or someone else can inject the medicine in your **thigh** or **stomach area** (abdomen) at least 5 cm from the belly button
- If you choose to receive the injection in the **back of your upper 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 in that area.

Scan here or visit Mounjaro.ca* to view useful resources on getting started with Mounjaro.

Refer to your Patient Medication Information for more details about Mounjaro dosing and administration.

*Mounjaro.ca is open to the general public. To access patient-directed information, you will need to log in using your DIN.

Getting started
with Mounjaro (continued)

Keep track of your Mounjaro doses

Pick a day.

Use Mounjaro once a week, at any time of day, with or without food.

Set a reminder.

To help you remember to take your weekly dose of Mounjaro, you may find it helpful to:

- Mark the day of your weekly dose in your calendar
- Set up reminder alerts on your phone

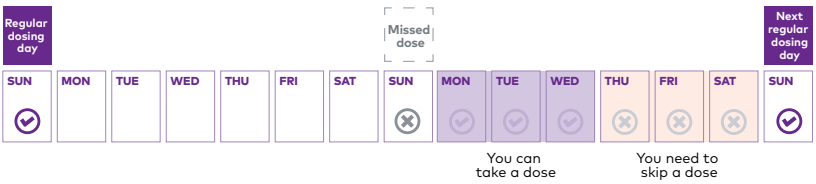
If necessary, you can change the day of your weekly injection. There has to be at least 3 days (72 hours) since your last injection of Mounjaro. If you set a reminder and decide to change your day, don't forget to update your calendar or electronic reminder to your new day.

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.

For example, if your regular dose day is Sunday morning:



Possible side effects

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take Mounjaro.

Talk about any health conditions or problems you may have, including if you have:

- type 1 diabetes.
- a heart condition that causes an increase in heart rate.
- experienced severe allergic reactions and swelling when taking GLP-1 receptor agonist medicines.
- ever had diabetic ketoacidosis (increased ketones in the blood or urine).
- severe problems with your stomach (gastroparesis) or food digestion.
- very low food intake or inadequate nutrition (including low vitamins and minerals).
- ever had depression or other mental health problems.

Serious Warnings and Precautions

Do not use Mounjaro if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC), or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

Your healthcare professional will speak to you about the risk and symptoms of thyroid tumours. You should discuss any safety concerns you have about the use of Mounjaro with your healthcare provider.

Do not use Mounjaro if you are pregnant or breastfeeding, or if you are allergic to any ingredient in Mounjaro (this includes benzyl alcohol, which is used as a preservative in Mounjaro KwikPen®).

Tips for managing side effects

As with all medicines, Mounjaro can cause side effects, although everyone can have a different experience. While not a complete list of possible side effects, here are some of the side effects you may experience when taking Mounjaro.

- Belching
- Bloating of the stomach
- Change in taste
- Constipation
- Decreased appetite
- Diarrhea
- Feeling tired
- Gas (flatulence)
- Increased heart rate
- Indigestion
- Injection site reactions (such as bruising, pain, irritation, itching, and rash)
- Nausea
- Reflux or heart burn (gastroesophageal reflux disease)
- Stomach pain
- Unusual skin sensations (such as burning, tingling or pricking)
- Vomiting
- Weight loss

If you have any side effect that bothers you and does not go away or experience any side effects including side effects not listed here, talk to your healthcare provider.

If you experience side effects that are gastrointestinal in nature (e.g., nausea, diarrhea), talk to your healthcare provider. The following tips may help you manage them:

Eat smaller meals

Eat slowly

Try eating bland foods like toast, crackers, or rice

Avoid fatty or sweet foods

Drink more water

Refer to your Patient Medication Information for other possible side effects. Talk to your healthcare provider if you experience any side effects, as they may be able to offer advice on how to manage them.

Lifestyle tips

While taking Mounjaro, it's important that you follow the diet and exercise plan recommended by your healthcare team. Here are some tips to help you maintain a healthy lifestyle.

Always consult your doctor or healthcare team before starting or making any changes to an exercise plan and/or diet.

1 Exercise regularly

Regular physical activity is one of the most important things you can do to lower your blood sugar. It also promotes weight management, reduces stress, and enhances overall fitness.

2 Include both aerobic and resistance exercises into your routine

Aerobic exercise is continuous exercise such as walking, bicycling, or jogging that elevates breathing and heart rate. Aim for at least **150 minutes of moderate-to-vigorous intensity aerobic exercise each week** (e.g., 30 minutes, five days a week).

Resistance exercise involves brief repetitive exercises with weights, weight machines, resistance bands, or one's own body weight to build muscle strength. If you decide to begin resistance exercise, start slowly and get some instruction from a qualified exercise specialist, a diabetes educator, or exercise resources (videos, brochures, etc.). Aim to do resistance exercises (e.g., lifting weights) **2 to 3 times a week**.

3 Eat a variety of healthy and high-fibre foods each day

Fruits and vegetables

Lean animal proteins (fish, chicken, lean meats, low-fat cheese, eggs, etc.)

Plant oils (olive oil, canola oil, etc.)

Nuts

Yogurt

Small portions of grains & starches (rice, potato, pasta, etc.)

4 Limit unhealthy foods

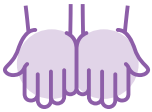
The more sugar you eat or drink, the higher your blood sugar will be. High-fat and greasy foods are hard on the heart and may cause weight gain. A healthy weight is easier for the heart and helps with blood sugar control.

5 Eat slowly, and stop eating when you feel full and satisfied

The right amount of food gives your body what it needs to be healthy. If you eat too much, your body will store the extra energy as fat. You may also gain weight by eating more than you need.

6 Use this handy portion guide to estimate the right amount of food to eat

Fruits, Grains & Starches: Choose an amount the size of your fist for fruits, grains, or starches.



Vegetables: Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).

Protein Foods: Choose an amount the size of the palm of your hand and the thickness of your little finger.

Fats: Limit fat to an amount the size of the tip of your thumb.

Source: Diabetes Canada

7 When you're thirsty, drink water

Drinking regular pop, fruit juice, sweetened coffee, and tea will raise your blood sugar.

8 Limit alcohol consumption

Alcohol can affect blood sugar levels. It can also cause you to gain weight and change how your body uses medicine. Talk to your healthcare team about how much alcohol is safe for you.

Patient Support
for Mounjaro

We're here to support you on your treatment journey

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

Scan here or visit **Mounjaro.ca*** for additional resources that can help you get started on your Mounjaro treatment journey.

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Explore how to use Mounjaro

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Nice to **Meet You**, Mounjaro

For more information about Mounjaro:

- Talk to your doctor or pharmacist
- Read the Patient Medication Information and Instructions for Use that come with your medicine
- Visit Mounjaro.ca*

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