

## **Information for women on, or considering, GLP-1 agonist weight loss injections (Mounjaro and Ozempic/Wegovy)**

With increasing use of these medications to aid weight loss the impact of them on other medications and conditions is becoming clearer. Please note that this is an evolving situation, but we are aware that many of our patients are using these injections from private providers, possibly without our knowledge, which can make safe prescribing and monitoring difficult. We will be contacting patients directly where we have mobile phone contact details, but if you have any queries about your medication and the impact of it on weight loss injections (or vice versa) please contact us via SystemConnect.

Safety of weight loss injections in Pregnancy is not confirmed, and so women are advised to avoid these medications in pregnancy and to use reliable contraception during treatment with either Tirzepatide (Mounjaro) or Semaglutide (Ozempic/Wegovy).

Oral Contraception absorption may be affected by Tirzepatide (Mounjaro). The current recommendation is that women using Tirzepatide should switch to a non-oral contraceptive option or use condoms in addition for four weeks after initiation and four weeks after each dose increase. If vomiting or diarrhoea are experienced as side-effects of the Tirzepatide then 'missed pill' advice should be followed – please contact us if you are uncertain of the implications of this.

Women using Oral Progestogens for HRT may also not absorb this medication fully when using both Tirzepatide (Mounjaro) and Semaglutide (Ozempic/Wegovy). This means that the lining of the womb may not be adequately protected, with potentially serious long-term consequences. There is very little research in this area but current guidance suggests that we should consider switching to non-oral administration of progestogen for HRT in these patients – i.e. a Mirena coil, combined patch, or vaginal route. If you prefer to stay on oral progestogen we may need to adjust the dose to maintain safe prescribing of your HRT. Again, please contact us if you think this applies to you and wish to discuss this further.