Caythorpe & Ancaster Medical Practice

Patient Information Leaflet:
Mounjaro/Weight Loss Injections for Diabetic Patients

We have had a number of requests from patients to prescribe weight loss injections for those struggling to lose weight and have provided some information below for your information.

What are these medications?

GLP-1 agonist medications are a group of medications that are licensed in the UK to be used as a treatment in diabetes when sugar levels are not controlled by diet alone or when other medications for diabetes have not been shown to be effective. They mimic the action of a natural hormone, GLP-1, which is produced in the gut. Brands include Ozempic, Wygovy, Victoza and Mounjaro.

More recently, studies have shown that these medications can help with weight loss in patients with and without diabetes. Some of these brands have now been licensed in the UK for weight loss. They have been shown to help regulate the appetite, making it easier to eat less and can make you feel fuller for longer, helping you to eat less calories.

Can you prescribe these injections for my diabetes?

Mounjaro (tirzepatide) is available for the treatment of type 2 diabetes (rather than primarily for the purpose of weight loss) but the eligibility criteria for these injections is quite strict. The local guidance currently is to follow the guidance recommended by NICE (the National Institute for Health and Care Excellence).

These medications are therefore only available for treating type 2 diabetes in the following circumstances:

If triple therapy with metformin and 2 other oral anti-diabetes medications is ineffective, not tolerated due to side effects or contraindicated.

AND

The patient has a BMI of 35 or more and specific psychological or other medical problems associated with obesity,

OR

They have a BMI of less than 35 but insulin therapy would have significant occupation implications or weight loss would benefit other significant obesity related complications.

More information is available here: https://www.diabetes.org.uk/about-diabetes/looking-after-diabetes/treatments/tablets-and-medication/glp-1/mounjaro

Can we prescribe these for your weight loss alone?

The National Institute for Health and Care Excellence (NICE) are an independent organisation set up by Government to make decisions around new medications and design guidelines on what medication can be prescribed by the NHS and under what criteria.

NICE have reviewed the role of GLP-1 agonists in terms of its use for weight loss and produced guidelines that determine when they can be used and who can prescribe them. Under these guidelines GLP-1's CANNOT be initiated by your GP for weight loss. These can only be initiated by what is called Tier 3 weight management services. Patients can be referred to these services if you meet their criteria. These are specialised NHS weight loss clinics for those with a very high body mass index (BMI) and/or have significant health conditions in addition to being overweight.

Our nearest service is run by Derby Community Health Services with clinics in Derby and Derbyshire. Currently they are not providing these injections to patients on the NHS. On their website which can be found at Tier 3 Weight Management Service Derbyshire it states:

"*We are currently not routinely prescribing these for weight management in Tier 3. This is because of a complex set of reasons that are currently being reviewed by the Integrated Care Board (the ICB oversee our health services in Derbyshire). These reasons include patient safety, eligibility and issues around supply and demand. We hope that a clearer position will be decided on soon.*"

What else can be done?

Patients wishing to obtain GLP-1 agonist for weight loss privately can seek private prescriptions from a number of on-line and high-street Pharmacies. As General Practitioners, under our terms of service, we are not permitted to provide private prescriptions for these medications.

We can help in lots of other ways to support you with weight loss and would encourage you to access support via 'One You Lincolnshire,' our Tier 2 weight management service. They also provide support around healthy living in other ways, including 'Eat Well, Lose Weight, Move More, Drink Less or Be Smoke Free.' The link below provides information on the services they offer. We can refer you, or you can self-refer on their website:

Services | Healthy Lifestyle Service | One You Lincolnshire

You are also welcome to arrange a routine appointment with one of our clinicians to discuss weight loss and exercise either face to face or a telephone consultation to help support you.