

## Tirzepatide (Mounjaro®) Information Sheet

This information is intended for use by healthcare professionals and Medicines Management Facilitators

### Key Message:

ONE pen contains ONE month's supply - Only ONE pen should be supplied per month. When doses change, the strength of the pen should be changed, not the number of pens.

Tirzepatide prescribing is on the rise with monthly spend now over £100,000 across Nottinghamshire and still increasing rapidly. We are also seeing an increase in the number of prescriptions for 2 or more pens. At around £100 per pen, we need to make sure that only one month's supply (1 pen) is prescribed at a time. The starting dose is usually 2.5mg once a week for four weeks. A healthcare professional may decide additional increases are needed. This can mean any additional pens prescribed will need to be discarded causing waste.

Nottinghamshire Area Prescribing Committee formulary recommends that 5mg weekly is expected to be a sufficient maintenance dose for the majority of individuals. Dose escalation beyond 5mg should be done only on Specialist advice after a review.<sup>1</sup> Bassetlaw formulary does not have this recommendation.<sup>2</sup>

The purpose of this guidance is to give information and set out the suggested procedure to identify patients who have Tirzepatide on repeat.

### Background:

#### What is tirzepatide?

Tirzepatide is a once-weekly injection used to treat adults with type 2 diabetes and in the future will be used to manage excess weight and obesity.

#### Mounjaro KwikPen® is a disposable multi-dose single-patient-use pre-filled pen.

- Each KwikPen contains one strength of Tirzepatide either 2.5 mg, 5 mg, 7.5 mg, 10 mg, 12.5 mg, or 15 mg.
- **The pen contains 4 fixed doses, one dose taken weekly.**

### Actions:

- A search has been set up for you to check patients that are currently prescribed Tirzepatide on repeat. This could be added as a batch report so you can check new patients regularly.
- If you are an MMF and find any patients that have more than one pen on repeat, please highlight to an agreed healthcare professional for review.
- If you are the prescriber, then please reduce the quantity on repeat and ensure that the patient uses their supply at home before ordering more. If multiple pens were being used to make a higher dose, then prescribe one pen of the correct strength pen and counsel the patient.

### Data:

Patient identifiable data is available through F12 searches on SystmOne using zzF12 Drug DB then ▪ T

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### **Disclaimer**

*This resource has been developed to facilitate the safe and effective review of Tirzepatide, using current accessible references and is correct at the time of printing.*

*The output of the searches relies on accurate read coding. Clinicians using this resource must refer to local guidelines, use their own clinical judgement and take responsibility for their prescribing decisions.*

*Nottingham and Nottinghamshire ICB (N&N ICB) Medicines Optimisation team only have oversight for the management of errors occurring within their own organisation. Each organisation is therefore responsible for any prescribing errors or omissions that may occur within their organisation because of using this resource and must follow their own safety governance process.*

*Organisations must inform N&N ICB Medicines Optimisation team should they become aware of any errors or updates required within the Tirzepatide (Mounjaro®) Information Sheet review documents.*

### **References**

1. [Nottinghamshire Area Prescribing Committee Formulary](#)
2. <https://mpd.doncasterccg.nhs.uk/therapeutic-sections/6-endocrine-system/61-drugs-used-in-diabetes/612-antidiabetic-drugs/6123-other-antidiabetic-drugs>