



Patient Information

GLP-1 AND GIP/GLP-1 WEIGHT MANAGEMENT THERAPY

Medicines covered: Wegovy® (semaglutide), Mounjaro® (tirzepatide), Trulicity® (dulaglutide)

Why am I being prescribed this medicine?

These medicines reduce appetite and increase fullness, supporting weight loss alongside healthy nutrition, exercise, sleep, and behaviour change. Obesity is a chronic condition, and treatment is often long term. Weight regain can occur if medication is stopped. Maintaining weight loss requires adequate protein intake, regular exercise, and resistance training during and after treatment.

Common side effects:

The most common side effects are gastrointestinal and usually improve with time or slower dose escalation. These include: nausea, vomiting, diarrhoea, constipation, abdominal discomfort, reflux or indigestion, bloating and fatigue. It is important to remain well hydrated on this medication.

Important but less common risks:

Hair loss (hair thinning/shedding) may occur during periods of rapid weight loss and may be related to reduced intake, nutritional deficiencies, or physiological stress associated with weight loss. Hair loss is usually temporary but may persist in some individuals.

Pancreatitis: Seek urgent medical attention for severe abdominal pain, particularly if associated with vomiting.

Gall bladder disease: Rapid weight loss and GLP-1 therapy may increase the risk of gallstones and gallbladder inflammation.

Hypoglycaemia: Low blood sugar can occur when these medicines are used with insulin or sulfonylureas.

Serious allergic reactions: Rarely, severe allergic reactions may occur requiring urgent medical treatment.

Vision changes: Rare cases of serious eye conditions, including sudden vision loss, have been reported internationally. Seek urgent assessment for any sudden change in vision.

Muscle, bone and nutritional health: Weight loss occurs from both body fat and lean tissue. Inadequate protein intake and lack of resistance exercise may increase the risk of muscle loss, bone density loss and hair loss.

Pregnancy, breastfeeding and contraception: These medicines should not be used during pregnancy or breastfeeding.

Women of childbearing potential should use effective contraception while taking these medicines. These medicines may reduce the effectiveness of oral hormonal contraceptives, particularly during treatment initiation and following dose increases. Additional barrier contraception (e.g. condoms) or a non-oral contraceptive method is recommended during these periods.

Alternative options:

- Lifestyle +/- nutritionist +/- personal trainer +/- CGM
- Other medications
- Bariatric surgery



INFORMED CONSENT

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- **Please tell your clinician if you have a history of:**
- Pancreatitis
- Gallbladder disease
- Significant gastrointestinal disease
- Kidney disease
- Diabetic eye disease
- Personal or family history of medullary thyroid carcinoma
- Multiple Endocrine Neoplasia Type 2 (MEN2)
- Eating disorders
- Pregnancy plans

I, agree that I have received a reasonable explanation of the intent, risks, and likely outcome of the GLP-1/GIP-1 medication and an explanation of alternative procedures.

I accept the advice of Clinician regarding this treatment.

I consent to treatment with a GLP-1 receptor agonist or GIP/GLP-1 receptor agonist.

Signed (patient) Date:

Signed (clinician) Date: