



PATIENT & CAREGIVER EDUCATION

Tirzepatide

This information from Lexicomp[®] explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Mounjaro; Zepbound

Brand Names: Canada

Mounjaro

Warning

- This drug has been shown to cause thyroid cancer in some animals. It is not known if this happens in humans. If thyroid cancer happens, it may be deadly if not found and treated early. Call your doctor right away if you have a neck mass, trouble breathing, trouble swallowing, or have hoarseness that will not go away.
- Do not use this drug if you have a health problem called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2), or if you or a family member have had thyroid cancer.
- Have your blood work checked and thyroid ultrasounds as you have been told by your doctor.

What is this drug used for?

- It is used to help control blood sugar in people with type 2 diabetes.
- It is used to help with weight loss in certain people.

What do I need to tell my doctor BEFORE I take this drug?

All products:

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you are allergic to benzyl alcohol. Some products have benzyl alcohol.
- If you have ever had pancreatitis.
- If you have stomach or bowel problems.
- If you are using another drug that has the same drug in it.
- If you are using another drug like this one. If you are not sure, ask your doctor or pharmacist.

If you are using this drug for diabetes:

- If you have type 1 diabetes. Do not use this drug to treat type 1 diabetes.
- If you have an acidic blood problem.

Zepbound:

- If you have or have ever had depression or thoughts of suicide.

This is not a list of all drugs or health problems that

interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

All products:

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Follow the diet and exercise plan that your doctor told you about.
- Talk with your doctor before you drink alcohol.
- Birth control pills may not work as well to prevent pregnancy. If you take birth control pills, you may need to switch to another type of hormone-based birth control like a vaginal ring if your doctor tells you to. If another type of hormone-based birth control is not an option, use some other kind of birth control also, like a condom. Do this for 4 weeks after starting this drug and for 4 weeks each time the dose is raised.

- This drug may prevent other drugs taken by mouth from getting into the body. If you take other drugs by mouth, you may need to take them at some other time than this drug. Talk with your doctor.
- Do not share with another person even if the needle has been changed. Sharing your tray or pen may pass infections from one person to another. This includes infections you may not know you have.
- If you cannot drink liquids by mouth or if you have upset stomach, throwing up, or diarrhea that does not go away, you need to avoid getting dehydrated. Contact your doctor to find out what to do. Dehydration may lead to low blood pressure or to new or worsening kidney problems.
- If you will be having any surgery or procedure that uses anesthesia or deep sedation, talk with your doctor. This drug may raise the risk of food getting into the lungs during this type of surgery or other procedure.
- A severe and sometimes deadly pancreas problem (pancreatitis) has happened with other drugs like this one.

If you are using this drug for diabetes:

- It may be harder to control blood sugar during times of stress such as fever, infection, injury, or surgery. A change in physical activity, exercise, or diet may also affect blood sugar.
- Check your blood sugar as you have been told by your doctor.
- Do not drive if your blood sugar has been low. There is a greater chance of you having a crash.
- Wear disease medical alert ID (identification).
- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

If using for weight loss:

- If you have high blood sugar (diabetes), you will need to watch your blood sugar closely.
- Weight loss during pregnancy may cause harm to the unborn baby. If you get pregnant while taking this drug or if you want to get pregnant, call your doctor right away.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

All products:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of kidney problems like unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight gain.
- Signs of gallbladder problems like pain in the upper right belly area, right shoulder area, or between the shoulder blades; yellow skin or eyes; fever with chills; bloating; or very upset stomach or throwing up.
- Signs of a pancreas problem (pancreatitis) like very bad stomach pain, very bad back pain, or very bad

upset stomach or throwing up.

- Dizziness or passing out.
- A fast heartbeat.
- Change in eyesight.
- Feeling anxious or irritable.
- Low blood sugar can happen. The chance may be raised when this drug is used with other drugs for diabetes. Signs may be dizziness, headache, feeling sleepy or weak, shaking, fast heartbeat, confusion, hunger, or sweating. Call your doctor right away if you have any of these signs. Follow what you have been told to do for low blood sugar. This may include taking glucose tablets, liquid glucose, or some fruit juices.

Zepbound:

- New or worse behavior or mood changes like depression or thoughts of suicide.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

All products:

- Constipation, diarrhea, stomach pain, upset stomach, throwing up, or decreased appetite.
- Heartburn.
- Pain, itching, or other irritation where the injection was given.

Zepbound:

- Feeling tired or weak.
- Hair loss.
- Burping.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at <https://www.fda.gov/medwatch>.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

All products:

- It is given as a shot into the fatty part of the skin on the top of the thigh, belly area, or upper arm.
- If you will be giving yourself the shot, your doctor or nurse will teach you how to give the shot.
- Keep taking this drug as you have been told by your doctor or other health care provider, even if you feel well.
- Take the same day each week.
- Move site where you give the shot each time.
- Take with or without food.
- Wash your hands before and after use.
- Do not use if the solution is leaking or has particles.
- This drug is colorless to a faint yellow. Do not use if the solution changes color.
- Throw away needles in a needle/sharp disposal box. Do not reuse needles or other items. When the box is full, follow all local rules for getting rid of it. Talk with a doctor or pharmacist if you have any questions.

Vials:

- It is important to have the right syringe to measure your dose. If you do not have the right syringe or you

are not sure, talk with your pharmacist.

- Each vial is for 1 use only. Throw away any part of the used vial after the dose is given.

Prefilled pen:

- Do not move this drug from the pen to a syringe.
- If you drop this drug on a hard surface, do not use it.

Single-dose prefilled pen:

- Each pen is for 1 use only. Throw away any part of the used pen after the dose is given.

If you are using this drug for diabetes:

- If you are also using insulin, you may inject this drug and the insulin in the same area of the body but not right next to each other.
- Do not mix this drug in the same syringe with insulin.

What do I do if I miss a dose?

- If it is within 4 days after the missed dose, take the missed dose and go back to your normal day.
- If it has been more than 4 days since the missed dose, skip the missed dose and go back to your normal day.
- Do not take 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

All products:

- Store in a refrigerator. Do not freeze.
- Do not use if it has been frozen.
- Protect from heat.
- Store in the original container to protect from light.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

Zepbound:

- If needed, each pen or vial may be stored at room temperature for up to 21 days. If you store at room temperature, throw away any part not used after 21 days.
- Do not put this drug back in the refrigerator after it has been stored at room temperature.

Mounjaro (single-dose pens and vials):

- If needed, each pen or vial may be stored at room temperature for up to 21 days. If you store at room temperature, throw away any part not used after 21 days.

Mounjaro (multi-dose pens):

- If needed, you may store at room temperature for up to 30 days. Write down the date you take this drug out of the refrigerator. If stored at room temperature and not used within 30 days, throw this drug away.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- This drug comes with an extra patient fact sheet called a Medication Guide. Read it with care. Read it again each time this drug is refilled. If you have any questions about this drug, please talk with the doctor,

pharmacist, or other health care provider.

- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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