

## Getting started with Mounjaro

**priman.**

Men's health, simplified

### Weight Loss Treatment

Be the leaner, healthier you

#### Mounjaro

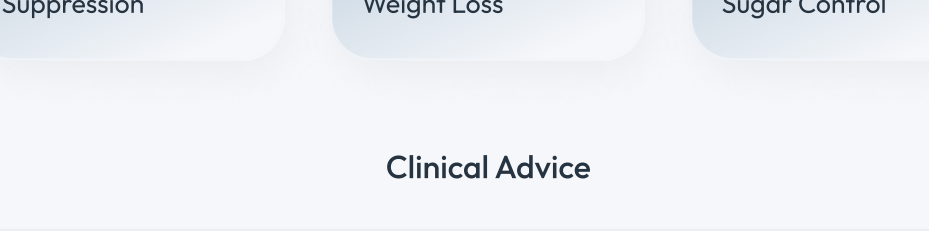
##### Unleash Your Weight Loss Potential with Mounjaro®

Mounjaro® is used for weight loss and weight maintenance in adults, offering a unique dual-action approach.

**Weight Loss:** Achieve up to 22% of weight loss with Mounjaro® alongside a healthy diet and exercise plan.

**Dosage:** Mounjaro® comes in pre-filled pens with varying doses. The starting dose is 2.5mg, with gradual increases over time.

##### Dose Escalation:



##### Benefits:



Appetite Suppression



Healthy Weight Loss



Improves Blood Sugar Control

#### Clinical Advice

We understand that starting a new medication can bring up many questions. Our dedicated clinical team is here to address any concerns you may have about side effects and to provide ongoing support throughout your weight loss journey.

##### About your GLP-1 Injections:

Mounjaro® is a medication that belongs to a class called GLP-1 receptor agonists. This medication mimics the action of a natural hormone glucose-dependent insulinotropic polypeptide-1 (GLP-1), which plays a crucial role in regulating appetite and blood sugar levels. By activating GLP-1 receptors in the body, this helps to increase insulin secretion, slow gastric emptying, and reduce appetite, contributing to weight loss and better blood sugar control.

##### Mounjaro®

Mounjaro® (tirzepatide) is a dual GLP-1 and GIP (glucose-dependent insulinotropic polypeptide) receptor agonist, offering a unique mechanism that targets both GLP-1 and GIP receptors to enhance insulin secretion and improve blood sugar control. It is used primarily for the treatment of type 2 diabetes and is administered once weekly. In clinical studies, Mounjaro® has demonstrated significant weight loss benefits.

##### Common Side Effects:

Some common side effects of GLP-1 injections, such as Mounjaro® include nausea, vomiting, diarrhea, and constipation. These side effects are usually mild and temporary. For a complete list of potential side effects, please refer to the patient information leaflet enclosed with the medication.

#### Clinical Advice

##### Storage Instructions:

Safe storage of your Mounjaro® injection is important to ensure its effectiveness.

##### Follow these guidelines:



Storing your pen

• **Store in refrigerator:** Keep your Mounjaro® in the original carton and place it in the refrigerator (between 36°F to 46°F [2°C to 8°C]). Do not freeze.



Protecting your pen

• **Protect from light:** Keep the medication in its original carton or store it in a light-protected container.

• **Travel:** If you need to travel for a short period (up to 14 days), you can store your Mounjaro® at room temperature (up to 86°F [30°C]). Do not expose it to extreme heat or cold.



Disposing of your used pens

• **Discard after use:** Never reuse needles or syringes. Dispose of them properly in a sharps container.

##### Do not use:

- Medication that has been frozen.
- Medication that has expired.
- Medication that is cloudy, discolored, or contains particles.

**Remember: Proper storage ensures your medication works as intended.**

#### Administering Your Weight Loss Medication

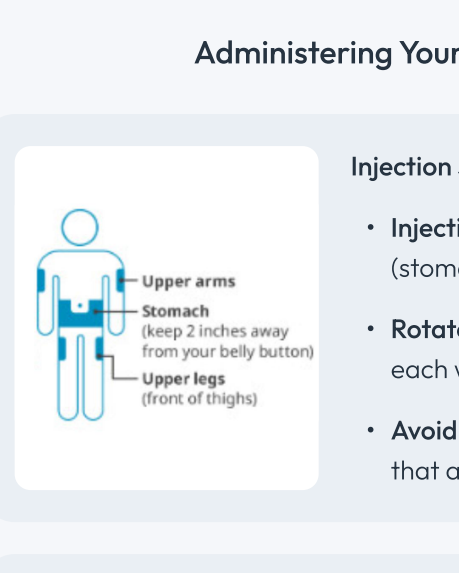
GLP-1 injection (Mounjaro®) is taken once a week. Follow these steps carefully to ensure proper administration.

Before starting your treatment, it is important you read the patient information leaflet included with your medication.

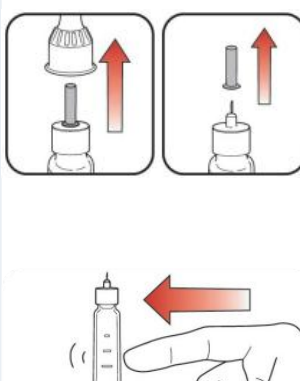
##### Before You Begin:

- **Wash Your Hands:** Thoroughly wash your hands with soap and water and dry them completely.
- **Review the Medication Guide:** This comes with your prescription and provides detailed instructions specific to your medication.

Stay Motivated on Your Weight Loss Goals! The Priman Health Tracker in your Priman account lets you easily track your progress.

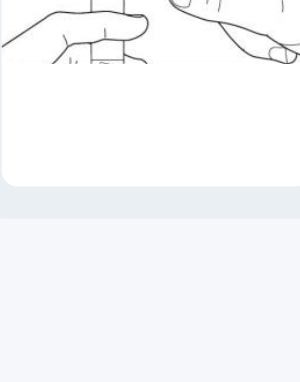


#### Administering Your Weight Loss Medication



##### Injection Site Selection:

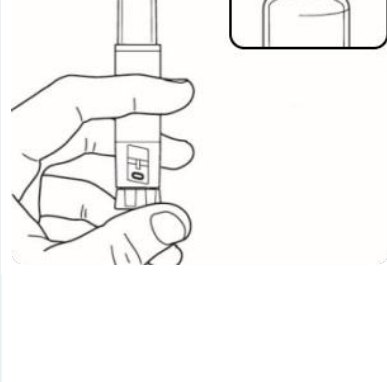
- **Injection Sites:** You can inject into your abdomen (stomach), thigh, or upper arm.
- **Rotate Sites:** Choose a different injection site each week to minimise skin irritation.
- **Avoid Problem Areas:** Do not inject into areas that are red, swollen, tender, or bruised.



##### Preparing the Injection:

- **Check the Expiration Date:** Do not use expired medication.
- **Inspect the Medication:** Ensure the liquid is clear and free of particles.
- **Remove the Pen Cap:** Do not touch the needle or the rubber tip.
- **Attach a New Needle:**
  - **Mounjaro®:** Push the needle straight onto the pen until it clicks.
- **Prime the Pen:** Follow the manufacturer's instructions for priming the pen to ensure an accurate dose. This usually involves holding the pen upright and pressing the injection button until a drop appears at the needle tip.

#### Administering Your Weight Loss Medication



##### Administering the Injection:

- **Clean the Injection Site:** Wipe the chosen area with an alcohol wipe and let it dry completely.
- **Pinch the Skin:** Pinch a fold of skin at the injection site.
- **Insert the Needle:** Inject the needle at a 90-degree angle into the pinched skin fold.
- **Press the Injection Button:** Hold the button down firmly until the full dose is injected.
- **Withdraw the Needle:** Remove the needle straight out from the skin.
- **Dispose of the Needle:** Place the used needle and syringe in a sharps container immediately.

##### After Injection:

- **Apply Gentle Pressure:** Use a cotton ball or gauze pad to press lightly on the injection site for a few seconds.
- **Discard Used Supplies:** Dispose of the sharps container according to local regulations.

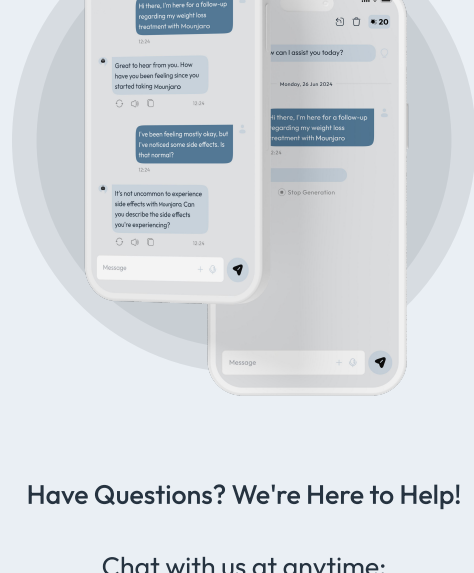
##### Additional Tips:

- **Do Not Rub the Injection Site.**
- **Missed Dose:** Contact your clinician for guidance. Do not take a double dose.
- **Report Side Effects:** Inform your clinician about any side effects you experience.

#### Priman Support

Never feel alone on your weight loss journey

Our Priman clinical experts are just a phone or email away, providing personalised support every step of the way.



##### Have Questions? We're Here to Help!

Chat with us at anytime:

[Priman Support](#)

Website:

[www.priman.co](http://www.priman.co)

Email Us:

[hello@priman.co](mailto:hello@priman.co)

[Terms & Conditions](#)