

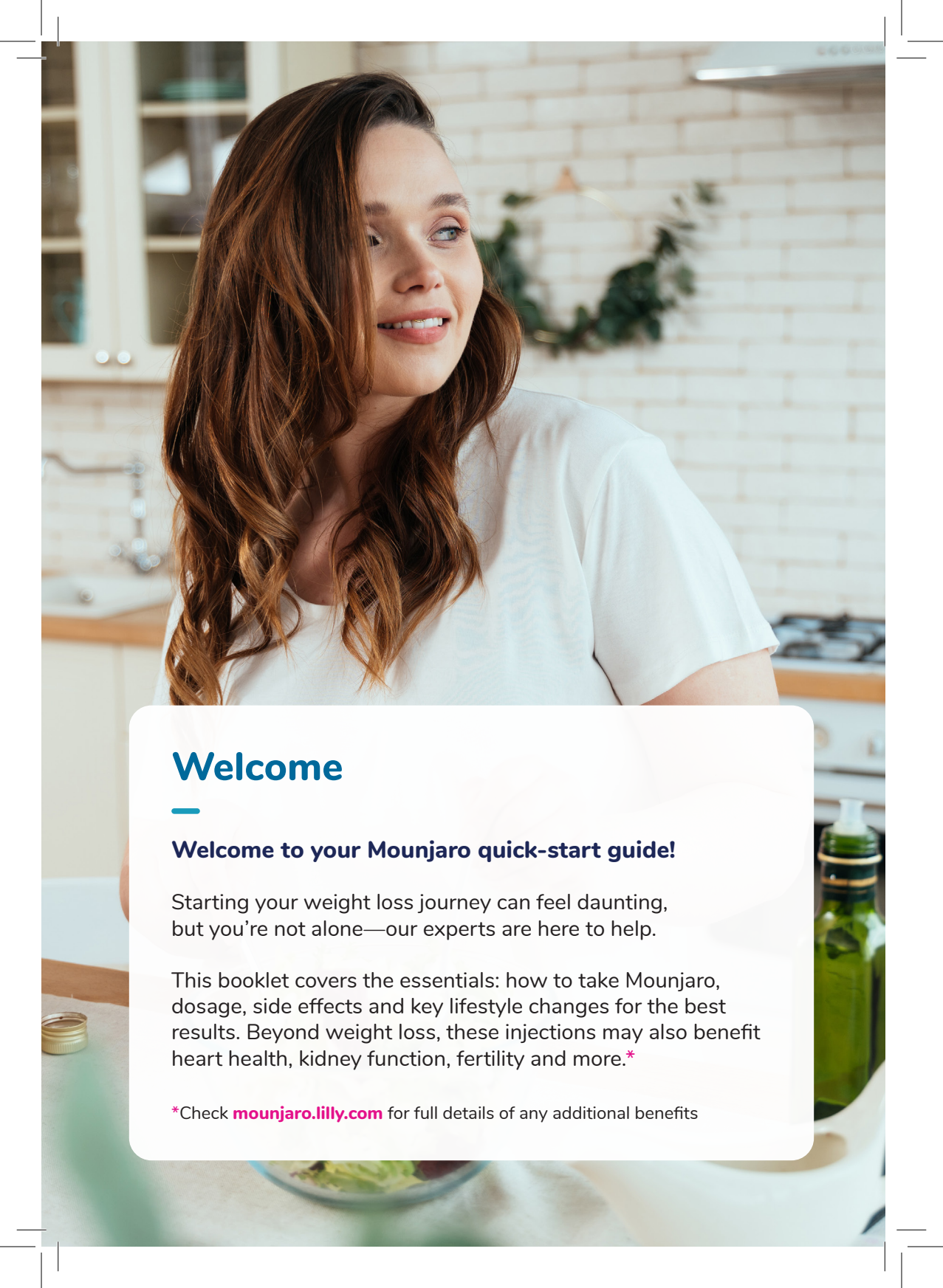


The **Mounjaro Weight Loss** Handbook

A step-by-step guide



Please also read the patient
information leaflet included
with your pen

A smiling woman with long, wavy brown hair is shown from the chest up, wearing a white t-shirt. She is in a kitchen with a white subway tile backsplash and a green wreath. A green bottle of olive oil is visible on the counter to her right.

Welcome

Welcome to your Mounjaro quick-start guide!

Starting your weight loss journey can feel daunting, but you're not alone—our experts are here to help.

This booklet covers the essentials: how to take Mounjaro, dosage, side effects and key lifestyle changes for the best results. Beyond weight loss, these injections may also benefit heart health, kidney function, fertility and more.*

*Check mounjaro.lilly.com for full details of any additional benefits

Storing your pen

TIP:

Store pen in fridge door so it doesn't freeze.

- **Before first use:** Keep in the fridge (not frozen).
- **Room temp storage:** Up to 30 days below 30°C, away from light.
- **After first use:** Store in the fridge or below 30°C.
- **Discard:** 6 weeks after first use or removal from the fridge.
- **Travel:** Keep in original packaging, in hand luggage, below 30°C. Bring your prescription with you!

Disposing of your pen

USED PEN NEEDLES

Dispose in a sharps container immediately and never in household waste or bottles.

USED PEN

Discard in your household bin or sharps container after removing the needle.

FULL SHARPS CONTAINER

Follow local guidelines for safe disposal.

Never try to retrieve anything once it has been put in the sharps disposal box.

How to take Mounjaro

Please read the patient information leaflet included in the box before taking the medication for the first time.

STEP 1: CHECK THE PEN

Make sure you have the right dose, there are no signs of damage, it's within the expiry date, the medicine is clear and colourless/slightly yellow in the window and it's not frozen.

STEP 2: WASH YOUR HANDS

STEP 3: CHOOSE YOUR INJECTION SITE

- You can either inject it into your stomach (at least 2 inches from your belly button) or into your upper legs on the front of your thighs. If someone is helping you, they can inject it into your upper arm. Avoid areas of damaged skin.
- You can inject into the same body part each week, but not exactly the same spot.
- Clean the chosen area with soapy water or an alcohol wipe and let it dry.

STEP 4: PREPARE THE PEN

- Wipe the inner red seal of the pen with an alcohol wipe.
- Remove the paper tab from the outer needle shield; do not throw it away. Instead, pull off the inner needle shield and dispose of it.



STEP 5: PRIME THE PEN

- Turn the dose knob until two clicks align with the dose indicator.
- Hold the needle up and tap the pen to move bubbles. Then press the dose knob fully and count to 5.
- Ensure '0' appears in the window. If no medicine appears, repeat once. If still empty, change the needle and try again.
- Prime the pen before each injection.

STEP 6: INJECT YOUR DOSE

- Turn the dose knob until the '1' icon appears.
- Push the pen firmly against the skin at the injection site, ensuring you can see the pen window, and apply continuous pressure.
- Hold the dose knob down, count to 5, and wait for the '0' icon to appear.
- Remove the pen. If there is bleeding, press lightly with a tissue (don't rub).

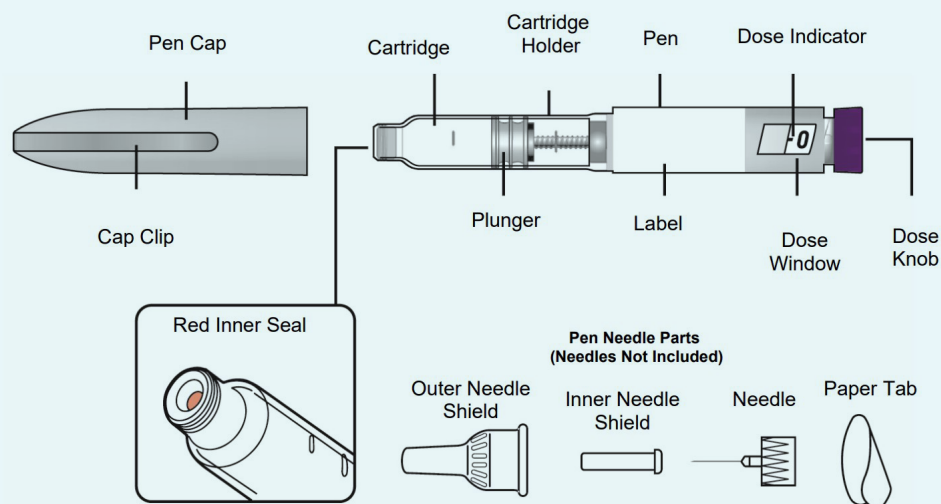
STEP 7: DISPOSE OF THE NEEDLE

- Cover the needle with its cap, then unscrew and discard it in a sharps bin.
- Replace the pen cap—never store without it.
- Dispose of used pens in household waste (not sharps bins).

AIR BUBBLES

It's normal to see some small air bubbles in your pen. For fewer bubbles, follow the priming step below. If you inject a large amount of air, contact our pharmacy team. If you experience a severe allergic reaction, seek urgent medical attention by calling 111 or going to A&E.

Parts of the Mounjaro KwikPen



Supplies needed to give your injection

- 1 Mounjaro pen (the correct dose)
- 1 pen needle
- Alcohol swab
- Gauze or cotton ball
- Sharps container

TIP:

Set a weekly reminder on your phone when you are due to take your injection.

Your Mounjaro dosage guide

Starting Dose



Remembering to order your next pen on time

Order your pen in advance and set reminders to stay on track. We'll email you when it's time to increase your dose.

MISSED A DOSE?

- **Within 4 days:** Take it ASAP, then continue as scheduled.
- **After 4 days:** Skip it - don't double up. Contact us if you miss more than one.

MAINTENANCE DOSE

Mounjaro maintenance doses are usually 5mg, 10mg or 15mg, based on weight loss, appetite and side effects. Your prescriber will decide what's best. If unsure, ask a pharmacist.

Treating Mounjaro side effects

NAUSEA & VOMITING

- Drink plenty of water.
- Eat smaller meals or soup.
- Drink lemon, peppermint, or ginger tea.
- To ease nausea, shop at [Chemist-4-U.com](https://www.chemist-4-u.com) for Buccastem or generic prochlorperazine.

BLOATING & SULPHUR BURPS

- Drink green, chamomile, or peppermint tea.
- Drink water.
- Eat smaller portions.
- Shop at [Chemist-4-U.com](https://www.chemist-4-u.com) for popular antacids, from Gaviscon and Rennie to Pepto-Bismol and Nexium.

CONSTIPATION

- Eat high-fibre foods such as beans.
- Regular moderate exercise.
- Shop for laxatives, like lactulose and Dulcolax at [Chemist-4-U.com](https://www.chemist-4-u.com).

DIARRHOEA

- Drink more water.
- Avoid drinks that contain caffeine or alcohol.
- Avoid pure fruit juice.
- Shop at [Chemist-4-U.com](https://www.chemist-4-u.com) for diarrhoea relief with Imodium and Dioralyte.

Weekly weight loss tracker

Name

Starting weight

Week 1

Week 2

Week 3

Week 4

Total

Week 5

Week 6

Week 7

Week 8

Total

Week 9

Week 10

Week 11

Week 12

Total

Week 13

Week 14

Week 15

Week 16

Total

Final weight

Total weight lost

Our team



James O'Loan

CEO & Superintendant Pharmacist
12 years of experience, driving digital healthcare solutions for fast, discreet medicine delivery.



Jason Murphy
Prescriber & Clinical Lead



Naresh Yeagurla
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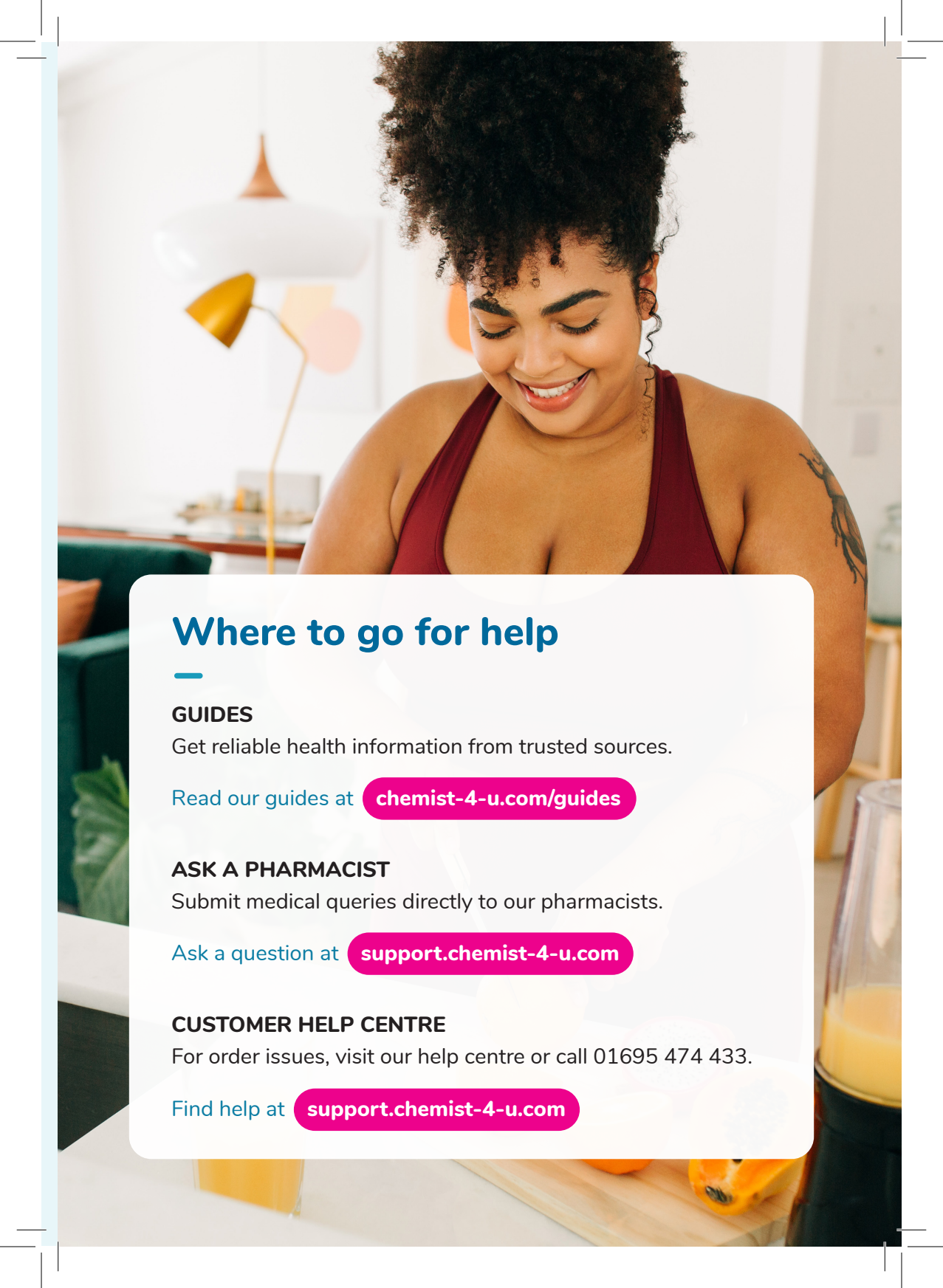
Ayesha Bashir
Prescribing Pharmacist



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John Campbell
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Where to go for help

GUIDES

Get reliable health information from trusted sources.

Read our guides at [chemist-4-u.com/guides](https://www.chemist-4-u.com/guides)

ASK A PHARMACIST

Submit medical queries directly to our pharmacists.

Ask a question at support.chemist-4-u.com

CUSTOMER HELP CENTRE

For order issues, visit our help centre or call 01695 474 433.

Find help at support.chemist-4-u.com



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