

## Weight Loss Injections - Patient Information Leaflet

### Welcome to SurreyGP

At SurreyGP, we support you in achieving and maintaining a healthier weight, while improving metabolic and cardiovascular health.

### Weight Loss Services

- GP-supervised support
- Referral to nutrition and fitness specialists
- Prevent muscle loss during weight loss
- Achieve and sustain weight loss goals

### What Are Weight Loss Injections?

Medications like Wegovy (semaglutide) and Mounjaro (tirzepatide) mimic natural hormones in your body:

- **GLP-1:** Increases insulin release, lowers blood sugar, slows stomach emptying, helps you feel full longer
- **GIP (Mounjaro only):** Improves insulin sensitivity and reduces appetite

Administration: Weekly injections using a pre-filled pen. Most effective with a balanced diet and exercise.

### Who Is Eligible?

- Age 18+
- BMI  $\geq 30$ , or BMI  $\geq 27$  with weight-related conditions (type 2 diabetes, high blood pressure, sleep apnoea)

### How They Help

- Suppress appetite to reduce calorie intake
- Slow gastric emptying for longer fullness
- Improve blood sugar control

### What to Expect

1. Initial Consultation: Review history, lifestyle, goals, measurements, blood tests
2. Personalised Treatment Plan: Medication, dietary guidance, exercise recommendations, referrals
3. Ongoing Support: Monthly check-ins, monitor progress, adjust treatment, motivation

## Potential Side Effects

**Common:** Nausea, diarrhoea, constipation, headache, fatigue

**Rare but Serious:** Pancreatitis, gallbladder disease, kidney problems

*Important: Report any side effects promptly.*

## Precautions

Not suitable if you have:

- Thyroid cancer history
- Multiple Endocrine Neoplasia type 2
- History of pancreatitis or poor kidney function
- Allergic reaction to medications
- (Mounjaro) Diabetic retinopathy
- Risk of hypoglycaemia
- Pregnancy or breastfeeding
- Potential interactions with oral contraceptives or HRT

## Lifestyle Commitment

- Balanced, reduced-calorie diet
- Regular physical activity
- Attend monitoring and support appointments

## Cost and Availability

- Initial Consultation: £130
- Monthly Follow-Up: £130
- Basic blood test: £115
- Full metabolic health blood test: £325
- Medication cost: Varies

Contact reception for detailed pricing

## Contact Us

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