

Tirzepatide for managing overweight and obesity

Information for the public

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Tirzepatide (Mounjaro) is available on the NHS as a possible treatment for managing overweight and obesity, alongside a reduced-calorie diet and increased physical activity, in adults if they have:

- a body mass index (BMI) of at least 35 kg/m² and
- at least 1 weight-related medical condition.

A lower BMI threshold (usually reduced by 2.5 kg/m²) is used for people from South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean ethnic backgrounds.

Tirzepatide may be stopped if less than 5% of the starting weight has been lost after 6 months of treatment with the highest dose the person can have with manageable side effects.

When can I have treatment?

For the first 3 years after this guidance publishes, not everyone will be able to have tirzepatide. At first, it will only be available for people with the highest clinical need. NHS England will decide who will be offered tirzepatide next. By the end of 12 years, everyone included in NICE's recommendation will be able to have tirzepatide. NICE will review this time scale 3 years after this guidance publishes to decide if it can be offered to everyone included in the recommendation sooner.

There are many weight-related medical conditions. Some examples of these include hypertension (high blood pressure), dyslipidaemia (high cholesterol), obstructive sleep apnoea, cardiovascular disease, prediabetes and type 2 diabetes.

If you are not eligible for tirzepatide but are already having it, you should be able to continue until you and your healthcare professional decide when best to stop.

Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on making decisions about your care](#).

Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?

Information and support

The [NHS webpage on obesity](#) may be a good place to find out more.

These organisations can give you advice and support:

- [All About Obesity](#), admin@allaboutobesity.org
- [Obesity UK](#), ken.clare@obesityuk.org.uk
- [Diabetes UK](#), 0345 123 2399

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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