

Tirzepatide for treating type 2 diabetes

Information for the public

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Tirzepatide (Mounjaro), alongside diet and exercise, is available on the NHS. It is a possible treatment for type 2 diabetes when it is not controlled well enough in adults, if:

- they cannot have triple therapy with metformin and 2 other oral antidiabetic drugs, or triple therapy is ineffective or not tolerated, and
- they have a body mass index (BMI) of 35 kg/m^2 or more, and specific psychological or other medical problems associated with obesity, or
- they have a BMI of less than 35 kg/m^2 , and:
 - insulin therapy would have significant occupational implications, or
 - weight loss would benefit other significant obesity-related complications.

Lower BMI thresholds (usually reduced by 2.5 kg/m^2) are used for people from South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean backgrounds.

If you are not eligible for tirzepatide but are already having it, you should be able to continue until you and your doctor 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 type 2 diabetes](#) may be a good place to find out more.

[Diabetes UK](#), 0345 123 2399, can give you advice and support.

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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