Dr S Kirk
Dr S Gordon
Dr R McClean

Dear Patient,

We are writing to ensure you are aware of important advice regarding contraception, pregnancy and your GLP-1 medication for weight management. (such as Mounjaro® (tirzepatide) or Wegovy® (semaglutide)).

Contraception
If you are taking tirzepatide (Mounjaro®) and use the combined oral contraceptive pill or progesterone-only pill, you should:

- Use a barrier method of contraception (such as condoms) for 4 weeks after starting tirzepatide.
- Use a barrier method for 4 weeks after every dose increase.
- Alternatively, you may wish to consider a non-oral method of contraception (e.g. implant, coil or injection).

Current evidence does not show that semaglutide, exenatide, liraglutide, dulaglutide or lixisenatide reduce the effectiveness of the oral contraceptive pill.

Vomiting or diarrhoea
GLP-1 medications commonly cause nausea, vomiting or diarrhoea, which may reduce the effectiveness of the contraceptive pill.

If you vomit within 3 hours of taking your pill, or have severe diarrhoea lasting more than 24 hours, please follow the usual missed pill guidance and consider using condoms or another reliable non-oral method of contraception until you are protected again.

Pregnancy
GLP-1 medications must not be used during pregnancy.
If you could become pregnant, please ensure you are using effective contraception while taking this medication.

If you are planning a pregnancy, your GLP-1 medication should be stopped beforehand:
Tirzepatide (Mounjaro®): Stop 1 month before trying to conceive.

Semaglutide (Ozempic®/Wegovy®): Stop 2 months before trying to conceive.

Exenatide: Stop 12 weeks before trying to conceive.

If you think you may be pregnant while taking a GLP-1 medication, stop the medication and contact the practice as soon as possible.

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Hormone Replacement Therapy (HRT)
If you are on an oral HRT and taking a GLP-1 medication, the absorption of your medication may be affected. It is advised to consider a non-oral method of treatment.

Cancer precautions
GLP-1 medications are not recommended for patients with a personal or family history of medullary thyroid cancer or Multiple Endocrine Neoplasia type 2 (MEN2).

Please contact your private provider with queries regarding your private medication.

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