

Weight loss or diabetes injections

Tirzepatide (Mounjaro)
Semaglutide (Ozempic/Wegovy/Rybelsus)
Exenatide (Bydureon)
Liraglutide (Saxenda/Victoza)
Dulaglutide (Trulicity)
Lixisenatide (Suliqua)

AND

Hormone replacement or contraceptive tablets

Oral contraceptives pills
Oral HRT (hormone replacement therapy)

These injections are becoming more common for diabetes or weight loss. They slow down your gut and can affect how well tablets are absorbed.

1. Mounjaro and contraceptive tablets

Tirzepatide (Mounjaro) can make contraceptive tablets less effective. If you are taking Mounjaro and the pill, please speak to us or your prescriber.

2. Vomiting and diarrhoea

All of these injections can cause sickness, vomiting, or diarrhoea. If you vomit within 3 hour of taking your pill, or have diarrhoea for over 24 hours, you should follow missed pill rules. If these symptoms are ongoing please speak to us.

3. Non-oral methods are not affected

If you use contraception that is not a tablet (for example, an implant, coil, patch, ring, or injection), weight loss injections do not affect your contraception.

4. Emergency contraception

If you need emergency contraception, please tell the prescriber that you are using one of these injections.

5. Pregnancy

These injections must not be used in pregnancy. If you are pregnant or trying to get pregnant, please speak to us or your prescriber straight away.

6. HRT

If you take HRT tablets, these injections may reduce how well they work. Please contact us to review your treatment.

Mounjaro is not currently available from GPs in South Yorkshire for weight loss. When available on the NHS, only patients meeting strict criteria will qualify in the first instance — those with a BMI ≥ 40 (or ≥ 37.5 for some minority ethnic groups) and at least four of these conditions: type 2 diabetes, high blood pressure, abnormal blood fats, heart disease, or sleep apnoea. Other weight loss injections may be available after completing a Tier 2 programme - speak to your GP about these.