

Mounjaro, Made Simple

tirzepatide • Once-weekly treatment for type 2 diabetes

ONE WEEKLY DIABETES DOSE. TITRATE SLOWLY. MONITOR GLUCOSE AND CONTRACEPTION.

Mounjaro is a once-weekly injection for type 2 diabetes in adults and eligible pediatric patients. It works through GIP and GLP-1 pathways to improve glucose control. The dose starts low and increases gradually. Patients using insulin or sulfonylureas may need closer glucose monitoring.

1 Use it once weekly

Inject on the same day each week, with or without food.

2 Follow titration

Each dose increase is separated by at least 4 weeks.

3 Monitor glucose

Low blood sugar risk rises with insulin or sulfonylureas.

4 Protect contraception

Oral birth control may be less reliable during initiation and dose increases.

5 Plan procedures

Tell the anesthesia team because stomach emptying may be delayed.

6 Know serious symptoms

Pancreatitis, gallbladder problems, dehydration, or allergy require care.

Missed dose, weekly day, and glucose safety

Missed dose: take within 4 days (96 hours). After 4 days, skip it.

- Resume your regular weekly schedule afterward.
- You may change the weekly day only when doses remain at least 3 days apart.
- Ask whether insulin or sulfonylurea doses need adjustment; never change them yourself.

CALL PROMPTLY

- Repeated vomiting or diarrhea
- Unable to keep fluids down
- Upper abdominal pain, fever, jaundice, or clay-colored stool
- New vision changes
- Frequent low or high glucose readings

GET URGENT HELP

- Severe abdominal pain that may spread to the back
- Face, tongue, or throat swelling
- Trouble breathing or fainting
- Severe low blood sugar that cannot be treated orally

HOW FAIRVIEW HELPS

- Confirm the product, strength, weekly day, and injection technique.
- Check every new prescription, OTC medicine, and supplement.
- Help prevent refill gaps and address insurance or supply barriers.

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tirzepatide • Simplified refrigerator guide

My Mounjaro Plan

My weekly day: _____

My strength: _____

My glucose goal: _____

My next increase date: _____

My refill date: _____

My prescriber: _____

The rule to remember

Inject once weekly and follow the gradual titration schedule. Use non-oral or barrier contraception for 4 weeks after starting and for 4 weeks after each dose increase when applicable.

MISSED DOSE

- Within 4 days: take the missed dose.
- More than 4 days late: skip it.
- Never take doses less than 3 days apart.

CALL BEFORE USING

- Insulin or sulfonylureas
- Other tirzepatide or GLP-1 products
- Oral birth-control pills
- Medicines affected by delayed stomach emptying

CALL THE CARE TEAM

- Repeated vomiting or diarrhea
- Unable to keep fluids down
- Upper abdominal pain, fever, jaundice, or clay-colored stool
- New vision changes
- Frequent low or high glucose readings

URGENT / 911

- Severe abdominal pain that may spread to the back
- Face, tongue, or throat swelling
- Trouble breathing or fainting
- Severe low blood sugar that cannot be treated orally

Keep treatment safe and sustainable

- Check glucose as directed during initiation and dose changes.
- Keep kidney, eye, and diabetes follow-up appointments.
- Mounjaro and Zepbound contain the same active ingredient but have different approved uses; do not combine them.