



# SHELLEY MANOR AND HOLDENHURST MEDICAL CENTRE

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## Partners

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Dr Heidi Yeoman  
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Dr Robert Jones  
Dr Ioan Edwards

## Salaried GP's

Dr Catriona Thomson  
Dr Stephanie Treadwell  
Dr Sian Evans  
Dr Jackie Dominey

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Dear Patient,

We have received notification that you have been prescribed Tirzepatide (Mounjaro) or Semaglutide (Ozempic, Wegovy, Rybelsus) for weight loss. These medications work partly by slowing down how your stomach empties. This can affect how well other medicines (like the pill or HRT tablets) are absorbed by your body. It is therefore important that you are aware of the following information:

### **If you take the CONTRACEPTIVE PILL**

#### **Tirzepatide (Mounjaro)**

This medicine may reduce how well the pill works.

You should:

- Use a non-oral method (e.g. coil or implant) OR
- Add a barrier method (like condoms) for 4 weeks after starting or increasing the dose.

Use extra protection (like condoms) if you have vomited or had diarrhoea and follow the missed pill rules (see the leaflet that comes with your pill pack) if you vomit within 3 hours of taking the pill or have diarrhoea for more than 24 hours.

#### **Semaglutide (Ozempic, Wegovy, Rybelsus) and others**

These do not appear to reduce effectiveness of the pill.

Side effects like vomiting or diarrhoea can still reduce how well the pill is absorbed, so you should still use extra protection (like condoms) if you have vomited or had diarrhoea and follow the missed pill rules (see the leaflet that comes with your pill pack) if you vomit within 3 hours of taking the pill or have diarrhoea for more than 24 hours.

Please be aware that all manufacturers of these weight loss medications advise a period of time off them before trying to get pregnant, but it varies between the different medications as per the information below. Please speak to the person providing your weight loss medication if you are thinking of becoming pregnant or contact your GP if you find out you are already pregnant on these medications.

Tirzepatide - One month washout period

Semaglutide - Two months

Exenatide - 12 weeks

Further information can be found here. Please contact the practice or the Family Planning Clinic if you would like to discuss your contraception.

### **If you are taking Hormone Replacement Therapy (HRT)**

This applies if your HRT includes progesterone **tablets**, such as:

- Progesterone or Utrogestan
- Norethisterone
- Medroxyprogesterone acetate

There is concern that both Tirzepatide (Mounjaro) and Semaglutide (Ozempic, Wegovy, Rybelus) may reduce how well your HRT tablets are absorbed. This could lead to irregular bleeding and may affect the protection of your womb lining (potentially leading to an increased risk of endometrial cancer).

Your HRT will therefore require review. So that we can continue prescribing your HRT safely, please contact us on 01202 309421 (Shelley Manor) or 01202 587111 (Holdenhurst), to book an appointment with your GP to discuss the best choice for you.

Options may include:

1. **Mirena coil (IUS):** works for 5 years as part of HRT and is also contraceptive.
2. **Combined HRT patch:** Contains both hormones (oestrogen and progesterone) and bypasses the stomach.
3. **Increased oral progesterone dose:** your GP may recommend a higher dose for 4 weeks after starting or increasing your dose of your weight loss medication.
4. **Using progesterone vaginally:** This is not licenced, but commonly used. You can continue this if already prescribed.

**If you are taking other medications, such as FLOZINS or blood pressure tablets**

Some medications can cause problems if you are on a very restricted eating diet which can occur if you are taking appetite altering drugs such as these. Flozins, which are used in the treatment of diabetes, can increase your risks of problems such as diabetic ketoacidosis, where your blood becomes too acidic due to a build-up of ketones. Other drugs, such as blood pressure medications, may need their dose adjusting as you lose weight to avoid complications such as your blood pressure dropping too low. The responsibility for advising you about these risks and for coming up with a management plan as to what you should do should lie with the health professional who has prescribed you the weight loss drugs. If they have not done this, please contact them urgently to discuss.

If you are experiencing problems or have further questions, please make an appointment with your GP to discuss this further.

Please be aware that further guidance may be issued around weight loss medications as we learn more about their longer-term effects and interactions with medications. Always discuss your other medications with the person who prescribes your weight loss medication and ensure you understand any potential interactions and risks posed by them. Keeping your weight within safe limits will improve your health and we strongly support you in that journey.

Yours sincerely  
Shelley Manor and Holdenhurst Medical Centre