

# Say Hello to

  
Pr **mounjaro**<sup>®</sup>  
(tirzepatide) injection

**If you have been  
prescribed Mounjaro,  
this brochure is for you!**

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Please review the Patient Medication Information and Instructions for Use, which are included with your medicine, for important safety information and how to use Mounjaro.



# Getting started on Mounjaro?

Here is where you can find helpful  
information to support you throughout  
your treatment journey.

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# Meet Mounjaro

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## What is Mounjaro?

Mounjaro is a prescription medicine for adults with type 2 diabetes. It contains an active ingredient called tirzepatide.

Mounjaro is used along with diet and exercise to improve blood sugar levels.

Mounjaro may be used alone or with other medications your doctor may have prescribed for your type 2 diabetes.

## How does Mounjaro work?

Mounjaro is **not an insulin**.



Mounjaro belongs to a class of medicines called GIP and GLP-1 receptor agonists.

## Mounjaro lowers your blood sugar by:



Helping your body release more insulin when your blood sugar is high.



Reducing levels of glucagon, a hormone that increases blood sugar levels.

# Getting started with Mounjaro

You and your doctor have decided to start Mounjaro to improve your blood sugar levels and help manage your type 2 diabetes. It is important that you continue to follow the diet and exercise plan recommended by your healthcare team while using Mounjaro.

## Mounjaro dosing

### Start

You'll begin with the recommended starting dose of 2.5 mg once a week for 4 weeks.

**2.5** MG  
FOR 4 WEEKS

### Continue

After 4 weeks, your dose will go up to 5 mg once a week.

**5** MG  
FOR AT LEAST  
4 WEEKS

### Additional dose increases

If needed, your doctor may increase your dose by 2.5 mg after at least 4 weeks on your current dose.

The maximum recommended dose is 15 mg once weekly.



YOU WILL STAY ON YOUR CURRENT DOSE FOR AT LEAST 4 WEEKS

**Do not change your dose or stop taking Mounjaro without talking to your doctor.**

  
**mounjaro**<sup>®</sup>  
(tirzepatide) injection

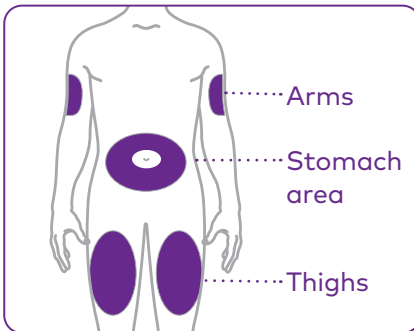
# Getting started with Mounjaro (continued)

Talk to your healthcare provider about how to correctly administer Mounjaro before you use it for the first time.

## Choose your injection site

Your healthcare provider can help you choose the injection site that is best for you.

- You or someone else can inject the medicine in your **stomach area** (abdomen) or **thigh**
- If you choose to receive the injection in the **back of your upper arm**, someone else should give you the injection



**Change (rotate)** your injection site each week. You may use the same area of your body but choose a different injection site in that area.



Scan here or visit [Mounjaro.ca](https://mounjaro.ca)\* to view useful resources on getting started with Mounjaro.

Refer to your Patient Medication Information for more details about Mounjaro dosing and administration.

\*Mounjaro.ca is open to the general public. To access patient-directed information, you will need to log in using your DIN.

# Getting started with Mounjaro (continued)

## Keep track of your Mounjaro doses



### Pick a day.

Use Mounjaro once a week, at any time of day, with or without food.



### Set a reminder.

To help you remember to take your weekly dose of Mounjaro, you may find it helpful to:

- Mark the day of your weekly dose in your calendar
- Set up reminder alerts on your phone

If necessary, you can change the day of your weekly injection. There has to be at least 3 days (72 hours) since your last injection of Mounjaro. If you set a reminder and decide to change your day, don't forget to update your calendar or electronic reminder to your new day.

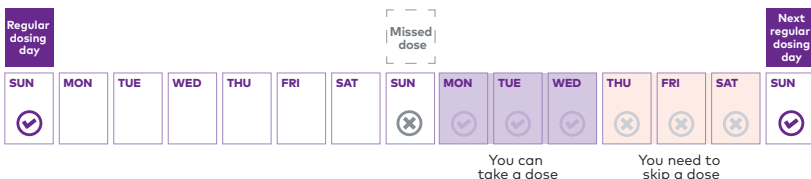
## What if I miss or forget to take my dose?



**If it has been 4 days (96 hours) or less** since your missed dose of Mounjaro, take it as soon as you remember. Then inject your next dose on your usual scheduled day.

**If it has been more than 4 days (96 hours)** since your missed dose, skip the missed dose. Then inject your next dose on your usual scheduled day.

## For example, if your regular dose day is Sunday morning:



# Storing and handling Mounjaro

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- Store Mounjaro in the refrigerator between 2°C to 8°C.
- You may store Mounjaro at room temperature below 30°C for up to a total of 21 days.
- **Do not** freeze Mounjaro. **Do not** use if Mounjaro has been frozen.
- Store Mounjaro in the original carton to protect it from light.
- Mounjaro has glass parts. Handle it carefully. If you drop it on a hard surface, **do not** use it. Use a new dose for your injection.
- Keep Mounjaro and all medicines out of the sight and reach of children.





# Tips for managing side effects

As with all medicines, Mounjaro can cause side effects, although everyone can have a different experience. While not a complete list of possible side effects, here are some of the side effects you may experience when taking Mounjaro.

- Belching
- Bloating of the stomach
- Constipation
- Decreased appetite
- Diarrhea
- Feeling tired
- Gas (flatulence)
- Increased heart rate
- Indigestion
- Injection site reactions (such as bruising, pain, irritation, itching, and rash)
- Nausea
- Reflux or heart burn (gastroesophageal reflux disease)
- Stomach pain
- Vomiting
- Weight loss

**If you have any side effect that bothers you and does not go away or experience any side effects including side effects not listed here, talk to your doctor.**

If you experience side effects that are gastrointestinal in nature (e.g., nausea, diarrhea), talk to your doctor. The following tips may help you manage them:



Eat smaller meals



Eat slowly



Try eating bland foods like toast, crackers, or rice



Avoid fatty or sweet foods



Drink more water

**Refer to your Patient Medication Information for other possible side effects. Talk to your doctor if you experience any side effects, as they may be able to offer advice on how to manage them.**

# Lifestyle tips

While taking Mounjaro, it's important that you follow the diet and exercise plan recommended by your healthcare team. Here are some tips to help you maintain a healthy lifestyle.

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**Always consult your doctor or healthcare team before starting or making any changes to an exercise plan and/or diet.**

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## 1 Exercise regularly



Regular physical activity is one of the most important things you can do to lower your blood sugar. It also promotes weight loss management, reduces stress, and enhances overall fitness.

## 2 Include both aerobic and resistance exercises into your routine



**Aerobic exercise** is continuous exercise such as walking, bicycling, or jogging that elevates breathing and heart rate. Aim for at least **150 minutes of moderate-to-vigorous intensity aerobic exercise each week** (e.g., 30 minutes, five days a week).



**Resistance exercise** involves brief repetitive exercises with weights, weight machines, resistance bands, or one's own body weight to build muscle strength. If you decide to begin resistance exercise, start slowly and get some instruction from a qualified exercise specialist, a diabetes educator, or exercise resources (videos, brochures, etc.). Aim to do resistance exercises (e.g., lifting weights) **2 to 3 times a week**.

## 3 Eat a variety of healthy and high-fibre foods each day



Fruits and vegetables



Lean animal proteins  
(fish, chicken, lean meats,  
low-fat cheese, eggs, etc.)



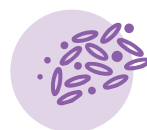
Plant oils (olive oil,  
canola oil, etc.)



Nuts



Yogurt



Small portions of  
grains & starches (rice,  
potato, pasta, etc.)

## 4 Limit unhealthy foods



The more sugar you eat or drink, the higher your blood sugar will be. High-fat and greasy foods are hard on the heart and may cause weight gain. A healthy weight is easier for the heart and helps with blood sugar control.

## 5 Eat slowly, and stop eating when you feel full and satisfied

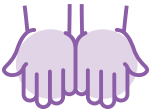


The right amount of food gives your body what it needs to be healthy. If you eat too much, your body will store the extra energy as fat. You may also gain weight by eating more than you need.

## 6 Use this handy portion guide to estimate the right amount of food to eat



**Fruits, Grains & Starches:** Choose an amount the size of your fist for fruits, grains, or starches.



**Vegetables:** Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



**Protein Foods:** Choose an amount the size of the palm of your hand and the thickness of your little finger.



**Fats:** Limit fat to an amount the size of the tip of your thumb.

## 7 When you're thirsty, drink water



Drinking regular pop, fruit juice, sweetened coffee, and tea will raise your blood sugar.

## 8 Limit alcohol consumption



Alcohol can affect blood sugar levels. It can also cause you to gain weight and change how your body uses medicine. Talk to your healthcare team about how much alcohol is safe for you.

# Patient Support for Mounjaro

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**We're here to support you on your treatment journey**

**Financial assistance** and **injection support services** are available for eligible patients. Talk to your doctor to learn more.



Scan here or visit **Mounjaro.ca\*** for additional resources that can help you get started on your Mounjaro treatment journey.



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# Explore how to use Mounjaro



# Nice to **Meet You,** Mounjaro



## For more information about Mounjaro:

- Talk to your doctor or pharmacist
- Read the Patient Medication Information and Instructions for Use that come with your medicine
- Visit [Mounjaro.ca](https://mounjaro.ca)\*

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