

Say Hello to

Tirzep[®]
Tirzepatide INN

For **Obesity** with or without **Diabetes**



Getting started on Tirzep[®]?

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



Meet

Tirzep[®] 1st TwinCretin of Bangladesh

What is Tirzep[®]?

Tirzep[®] is a prescription medicine for the management of obesity with or without type 2 diabetes. It contains an active ingredient called tirzepatide.

Tirzep[®] is used along with diet and exercise to improve blood sugar levels & obesity management.

How does Tirzep[®] work?

Tirzep[®] is **not an insulin**.

Tirzep[®] belongs to a class of medicines called **GIP** and **GLP-1** receptor agonists.

Tirzep[®] works in multiple ways. It helps:



The body release insulin when blood sugar is high



The body remove excess sugar from the blood



Stop the liver from making and releasing too much sugar



Reduce how much food is eaten



Slow down how quickly food leaves the stomach. This lessens over time



Getting started with **Tirzep[®]**

You and your doctor have decided to start **Tirzep[®]** to improve your blood sugar levels and help manage your Obesity. It is important that you continue to follow the diet and exercise plan recommended by your doctor while using **Tirzep[®]**.

Tirzep[®] dosing



Continue each dose for at least 4 weeks

The recommended maintenance dosages of **Tirzep[®]** for chronic weight management in adults with obesity or overweight are:



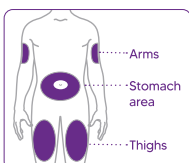
Do not change your dose or stop taking Tirzep[®] without talking to your doctor.

Talk to your doctor about how to correctly administer **Tirzep[®]** before you use it for the first time.

Choose your injection site

Your doctor 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



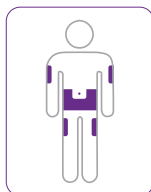
Change (rotate) your injection site each week. You may use the same area of your body but choose a different injection site in that area



Step 1: Choose your injection site.

- Stomach (keep 2 inches away from belly button), upper leg (front of thighs) or upper arm. Rotate injection sites with each dose.

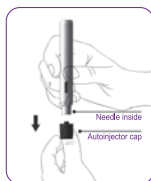
When using with insulin, administer as separate injections and never mix. It is acceptable to inject **Tirzep®** and insulin in the same body region, but the injections should not be adjacent to each other.



Do not inject into:

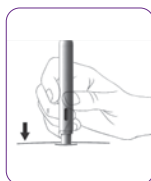
- An area where the skin is tender, bruised, red, warm or hard
- Areas with scars or stretch marks

Step 2: Pull the cap straight off from the autoinjector.



Step 3: Push the autoinjector firmly against your skin to start the injection. You will hear 2 clicks during the injection, which takes about 2-10 seconds.

- Click 1: Injection has started
- Click 2: Injection is ongoing and close to the end
 - If you do not hear the first click and the purple bar in the window does not start moving, press the autoinjector more firmly against your skin.
 - When you hear the second click, keep holding down until the purple bar stops moving and you reach 10 seconds.



Step 4: After injection is completed, slowly lift the autoinjector away from your skin.

Step 5: Safely throw away for disposal of the autoinjector right after use in accordance with local regulations.

Disposing of your used pre-filled syringe.

- Put your used pre-filled syringe in a disposal container right away after use. Do not throw away pre-filled syringes in your household trash.



Keep track of your Tirzep® doses



Pick a day.

Use Tirzep® 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 Tirzep®, you may find it helpful to:

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

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 Tirzep®, 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

Tirzep®

- Store Tirzep® in the refrigerator between 2°C to 8°C.
- You may store Tirzep® at room temperature below 30°C for up to a total of 21 days.
- **Do not** freeze Tirzep®. **Do not** use if Tirzep® has been frozen.
- Store Tirzep® in the original carton to protect it from light.
- Tirzep® 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 Tirzep® and all medicines out of the sight and reach of children



Tips for managing side effects

As with all medicines, Tirzep® 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 Tirzep®.

- 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



Try eating bland foods like toast, crackers, or rice



Eat slowly



Drink more water



Avoid fatty or sweet foods

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 **Tirzep®**, 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

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

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.)



Nice to Meet You,

Tirzep[®]
Tirzepatide INN

For **Obesity** with or without **Diabetes**



For more information about Tirzep[®]:

- Talk to your doctor
- Read the Patient Medication Information and Instructions for Use that come with your medicine
- Visit tirzep.net*

Tirzep.net is open to the general public. To access patient-directed information, you will need to log in using your DIN.



For prescribing
Information

