**Important Information for Women Regarding Weight Loss Injections,**

**Contraception, and HRT**

We are contacting all female patients due to recent concerns about the effect of injectable weight loss medications on hormonal contraception or hormone replacement therapy (HRT).

If you are currently using injectable weight loss medications such as Mounjaro (tirzepatide) or Wegovy/Ozempic (semaglutide) from an external provider (not your GP), and you are also taking oral contraception or HRT, please read the following carefully:

**Your Responsibilities:**

* It is your responsibility to inform your external provider if you are using contraception or HRT.
* The external provider is responsible for ensuring the medication is safe for you.
* These medications must not be used during pregnancy, when planning pregnancy, or while breastfeeding. (1)
* It is advisable to inform the surgery if you are using weight loss injections from an external provider.

**Oral Contraceptive Pills:**

* It is advised to use an additional barrier method (e.g. condoms) for 4 weeks after starting Mounjaro (tirzepatide) and 4 weeks after each dose increase. (1)
* Vomiting and diarrhoea are common side effects of weight loss medications and may reduce the effectiveness of oral contraceptives. (3,4,5)
* You may wish to consider a non-hormonal contraceptive method for added reliability if you are using Mounjaro (tirzepatide) .

**Hormone Replacement Therapy (HRT):**

* Injectable weight loss drugs may reduce absorption of both ORAL oestrogen and ORAL progesterone.(2)
* Transdermal oestrogen (patches or gels) is generally safer for women with a BMI over 30. .(2)
* If you have a uterus, it is essential to take progesterone alongside oestrogen.
* If using oral progesterone, a temporary dose increase may be needed for 4 weeks after starting or increasing the dose of weight loss medication. .(2)

**Need Advice?**

We are happy to support you in reviewing your contraception or HRT options. You can book a routine contraception appointment with one of our contraceptive nurses or an HRT review with a GP or clinical pharmacist.

***Please note: The surgery is not responsible for informing external providers about your use of contraception or HRT.***

**References**

1. [FSRH statement: Glucagon-like peptide-1 (GLP-1) agonists and oral contraception](https://fsrh.org/Common/Uploaded%20files/documents/CEU-statement-GLP-1-agonists-and-contraception.pdf)
2. [BMS: Use of incretin-based therapies in women using hormone replacement therapy (HRT)](https://thebms.org.uk/wp-content/uploads/2025/05/23-BMS-TfC-Use-of-incretin-based-therapies-APRIL2025-E.pdf)
3. [Mounjaro KwikPen 10mg solution for injection in pre-filled pen - Summary of Product Characteristics (SmPC)](https://www.medicines.org.uk/emc/product/15484/smpc#gref)
4. [Ozempic 0.5 mg solution for injection in pre-filled pen - Summary of Product Characteristics (SmPC)](https://www.medicines.org.uk/emc/product/9750/smpc#gref)
5. [Wegovy 0.25 mg, FlexTouch solution for injection in pre-filled pen - Summary of Product Characteristics (SmPC)](https://www.medicines.org.uk/emc/product/13799/smpc)