

Weight Loss Injections: What You Need to Know



Your questions answered on drugs like Mounjaro & Wegovy

Which weightloss drugs are available?

These are commonly prescribed modern weight loss medications:

- **Tirzepatide** (Mounjaro, Zepbound)
- **Semaglutide** (Wegovy, Ozempic, Rybelsus)
- **Liraglutide** (Saxenda)

These are prescription medicines and should be taken only under medical guidance.

How do these medicines work?

These drugs act on hormones that control hunger, satiety, and blood sugar.

They help by:

- Reducing appetite
- Making you feel full faster
- Slowing stomach emptying → less food intake

Additional effects:

- Improve insulin secretion after meals
- Reduce blood sugar spikes
- Support fat metabolism

In simple terms: You feel less hungry, eat less, and your body handles sugar better.

Who can benefit from these medicines? (Indications)

You may be eligible if:

- BMI >30 (obesity)
- BMI >27 with related conditions (diabetes, hypertension, etc.)
- Uncontrolled Type 2 Diabetes
- Selected cases like sleep apnea

Not meant for casual or cosmetic weight loss.

Common side effects

Most are mild and improve over time:

- Nausea
- Vomiting
- Constipation
- Diarrhea

How to manage side effects

Simple changes can help:

- Eat smaller meals
- Avoid oily, fried, spicy food
- Don't eat if not hungry
- Drink enough water
- Include fiber in diet

Side effects usually reduce as the body adjusts.

What happens if you stop the medicine?

- Appetite may increase again
- Weight regain is common
- Up to 2/3rd weight regain within a year

These are long-term lifestyle-support medicines, not short-term fixes.

Storage guidelines

- Store in fridge: 2–8°C
- Do not freeze
- Can stay outside ($\leq 30^{\circ}\text{C}$) for upto 21 days

Who should avoid them? (Contraindications)

These medicines may not be suitable if you have:

- Gallbladder disease
- History of pancreatitis
- Family history of (endocrine tumors)

Always discuss full medical history before starting.

Dose & duration (Why it's gradual)

Mounjaro (Tirzepatide)

- Start: 2.5 mg weekly
- Increase gradually up to 15 mg

Wegovy (Semaglutide)

- Start: 0.25 mg weekly
- Increase to 2.4 mg

Gradual increase helps reduce side effects.

Duration: At least 6–12 months

Best results when combined with:

- Diet control
- Physical activity

Missed a dose?

- Take it as soon as you remember
- If more than 4 days late → skip
- Never take 2 doses within 3 days

How much weight loss can you expect?

- 5–10% weight loss in 3–6 months
- Up to 20–25% in ~1.5 years (clinical trials)

Results vary based on: Diet, Exercise & Consistency

Important Reminder: **These medicines are effective but not magic solutions. They work best with proper lifestyle changes and medical supervision.**