


# Say Hello to

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

If you have been  
prescribed once-weekly  
Mounjaro KwikPen, this  
brochure is for you!



Please read the package leaflet and instructions  
for use before using the Mounjaro KwikPen and  
each time you get your refill.



# Your guide to Mounjaro<sup>®</sup>▼ (tirzepatide) and the KwikPen<sup>®</sup> device

Your healthcare professional may **prescribe Mounjaro** together **with a reduced-calorie diet and increased physical activity**:



**For the treatment of adults with insufficiently controlled type 2 diabetes<sup>1</sup>:**

- As monotherapy when metformin is considered inappropriate due to intolerance or contraindications
- In addition to other medicinal products for the treatment of diabetes.



**For weight management, including weight loss and weight maintenance, in adults with an initial Body Mass Index (BMI<sup>2</sup>) of<sup>1</sup>:**

- $\geq 30 \text{ kg/m}^2$  (obesity) or
- $\geq 27 \text{ kg/m}^2$  to  $< 30 \text{ kg/m}^2$  (overweight) in the presence of at least one weight-related comorbid condition (e.g., hypertension, dyslipidaemia, obstructive sleep apnoea (OSA), cardiovascular disease, pre-diabetes, or type 2 diabetes mellitus).

<sup>1</sup>BMI is a measure of your weight in relation to your height

**Do not use Mounjaro:**

- If you are allergic to Mounjaro or any of the other ingredients of this medicine (listed in section 6 of Package Leaflet).

**This information does not replace the Package Leaflet or the Instructions for Use that accompanies your medicine. Please read the Package Leaflet and Instructions for Use carefully.**

▼ If you experience side effects, talk to your prescribing healthcare professional. This includes any possible side effects not listed in the package leaflet.

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# What is Mounjaro

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Mounjaro is a once-weekly injection used for the treatment of type 2 diabetes in adults and/or weight loss, weight management. It contains an active substance called **tirzepatide** (tir-zep-a-tide).<sup>1</sup>

Mounjaro activates the actions of 2 natural substances in your body, called glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1).<sup>1</sup>

It is important to continue to follow the advice on **diet and exercise** given to you by your healthcare professional.

Please note devices shown in this guide are for illustrative purposes only and are not actual size.



# How

## Mounjaro works<sup>1</sup>

A few of the ways Mounjaro helps your body include:



Release insulin when your blood sugar is high, if you're living with T2D



Reduce how much food you eat



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



Regulating fat utilisation

### How Mounjaro works if you're living with T2D<sup>1</sup>



Reduces the level of sugar in the body only when the levels of sugar are high.



Improves insulin sensitivity

**Mounjaro is not an insulin. Your healthcare professional may prescribe Mounjaro along with other diabetes medications that you already take.**

### How Mounjaro helps reduce your body weight<sup>1</sup>



Regulates your appetite, giving you a sense of satiety ('fullness') & makes you feel less hungry



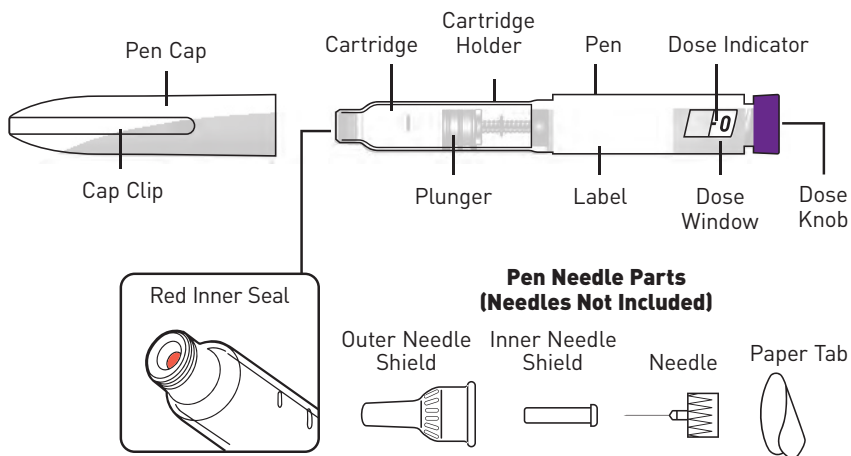
Reduces food cravings for fast-food fats, sweets, carbohydrates & starches

# Introducing the Mounjaro Pen<sup>2</sup>

**Mounjaro KwikPen is a disposable multi-dose, single-patient-use prefilled pen:**

- Each KwikPen contains one dose of Mounjaro, either 2.5 mg, 5 mg, 7.5 mg, 10 mg, 12.5 mg or 15 mg
- **The pen contains 4 fixed doses, one dose taken weekly.**  
Inject 0.6 mL in a single weekly injection

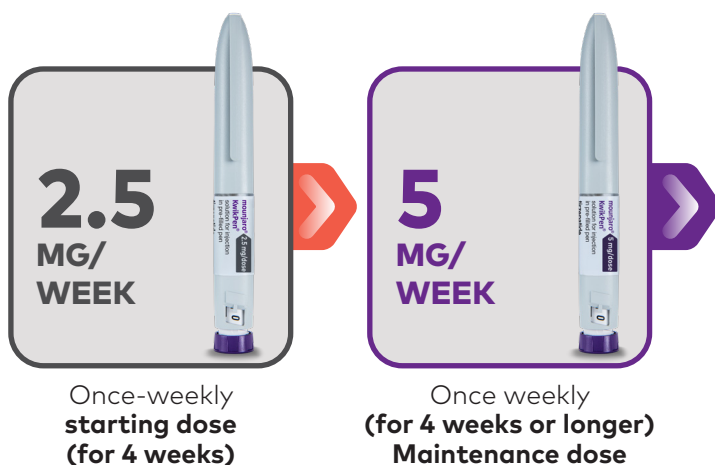
## Parts of the Mounjaro KwikPen



- Inject under the skin (subcutaneously) only
- You or another person can inject into your stomach (abdomen), upper leg (thigh) or upper arm
- You may need help from someone else if you want to inject in your upper arm
- Each pen is for one patient only and should not be used by anyone other than you

# How much Mounjaro to use<sup>1</sup>

The starting dose is 2.5 mg once a week for 4 weeks.  
After 4 weeks your prescribing healthcare professional will increase your dose to 5 mg once a week.



Let your healthcare professional know how you're doing on the 2.5 mg and 5 mg doses during your checkup.

Your healthcare professional will decide if additional dose increases are needed.

Do not change your dose unless your doctor has told you to.

Please note devices shown in this guide are for illustrative purposes only and are not actual size.

# How much

## Mounjaro to use<sup>1</sup> (cont.)

Each person responds differently to Mounjaro.

Your healthcare professional may increase your dose by 2.5 mg increments to 7.5 mg, 10 mg, 12.5 mg or 15 mg once a week if you need it.

In each case, your healthcare professional will tell you to stay on a particular dose for at least 4 weeks before going to a higher dose.

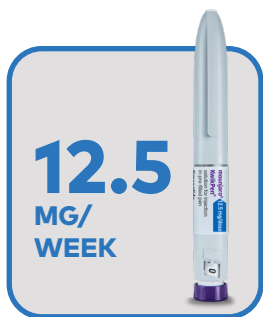
**Do not change your dose unless your healthcare professional has told you to.**



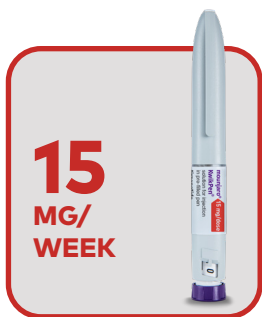
Once weekly  
(for 4 weeks or longer)



Once weekly  
(for 4 weeks or longer)  
**Maintenance dose**



Once weekly  
(for 4 weeks or longer)



**Maximum**  
once-weekly dose  
**Maintenance dose**

Please note devices shown in this guide are for illustrative purposes only and are not actual size.

**Recommended maintenance doses are 5 mg, 10 mg, and 15 mg (maximum dose) once weekly.**

# Choosing when to use Mounjaro<sup>1</sup>

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- You can use your pen at any time of the day, with or without meals
- Use Mounjaro on the **same day each week**
- To help you remember, when to use Mounjaro, you may wish to tick the day of the week when you inject your first dose on the box that your pen comes in, or mark it on a calendar.
- **If necessary, you can change the day of your weekly injection, as long as it has been at least 3 days since your last injection**
- After selecting a new dosing day, continue with once-a-week dosing on that new day

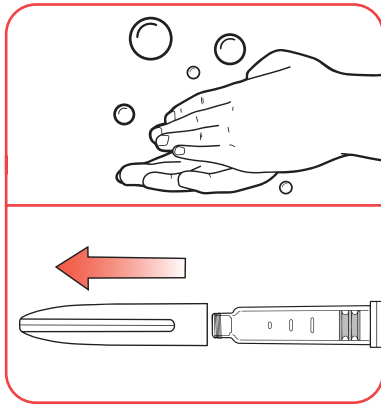
# Preparing to inject with Mounjaro KwikPen<sup>2</sup>



Scan the QR code to watch step by step guide on how to inject with Mounjaro Kwikpen

## Supplies needed to give your injection

- Mounjaro KwikPen
- KwikPen compatible needle
- Swab
- Gauze or cotton ball
- Sharps disposal container or household container

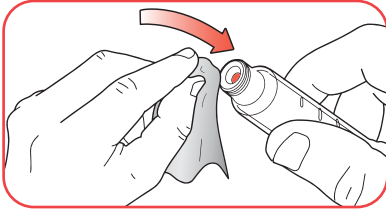


### Step 1:

- **Wash** your hands with soap and water

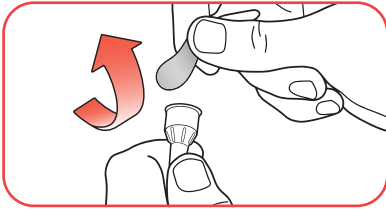
### Step 2:

- Pull the pen cap straight off
- **Check** the pen label to make sure you have the right medicine and dose, and that it has not expired
- **Inspect** the pen to make sure that it is not damaged
- Make sure the medicine is:
  - Not frozen
  - Not cloudy
  - Colourless to slightly yellow
  - Does not have particles



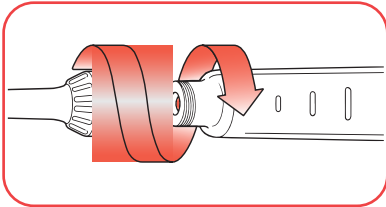
### Step 3:

- **Wipe** the red inner seal with a swab



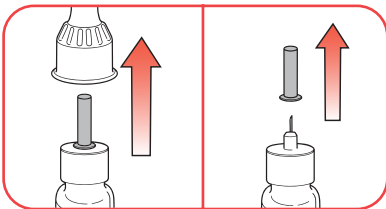
### Step 4:

- **Select a new pen needle.** Always use a new pen needle for each injection to help prevent infections and blocked needles
- Pull off the paper tab from the outer needle shield



### Step 5:

- **Push** the capped pen needle straight onto the pen and **twist** the pen needle on until it is tight



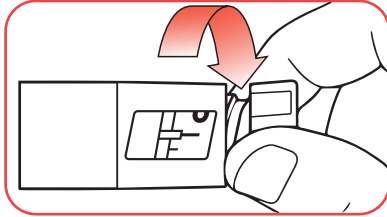
### Step 6:

- a. Pull off the outer needle shield and **keep it**. This will be reused
- b. Pull off the inner needle shield. Put it in your household bin




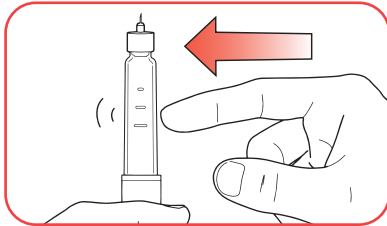
Scan the QR code to watch step by step guide on how to inject with Mounjaro Kwikpen

# Preparing to inject with Mounjaro KwikPen<sup>2</sup>



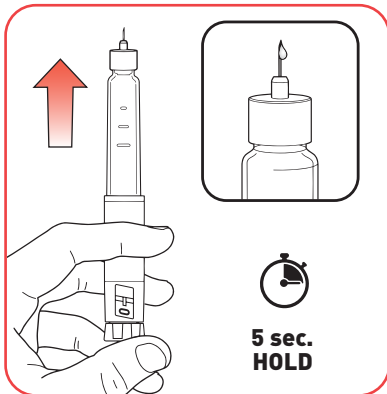
## Step 7:

- **Slowly turn** the dose knob until you hear **2 clicks** and the  extended line is shown in the dose window. This is the prime position. It can be corrected by turning the dose knob in either direction until the prime position lines up to the dose indicator




## Step 8:

- **Hold** your pen with the needle pointing up
- **Tap** the cartridge holder gently to collect air bubbles at the top

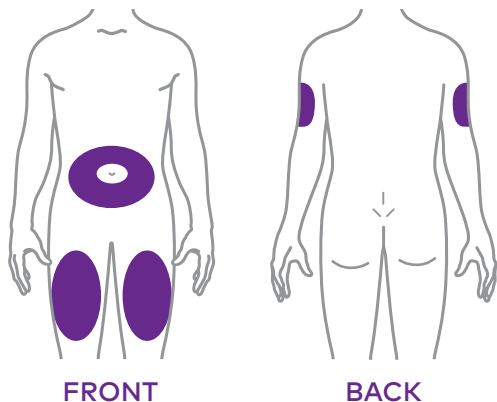


## Step 9:

- Release some medicine into the air by **pushing the dose knob in** until it stops, then **slowly count to 5 while holding the dose knob**. The  icon must be shown in the dose window. **Do not** inject into your body
- **Priming** removes air from the cartridge and makes sure that your pen is working correctly. Your pen has been primed if a small amount of medicine comes out of the tip of the pen needle
- If you do not see medicine, repeat **steps 7-9**, no more than 2 additional times
- If you still do not see medicine, then change the pen needle and repeat **steps 7-9**, no more than 1 additional time
- If you still do not see medicine, contact your healthcare professional

# Choosing your injection site<sup>2</sup>

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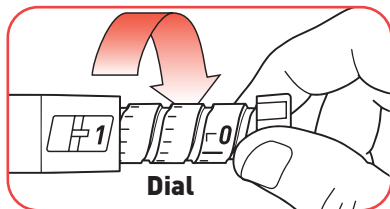
## Step 10:

- Mounjaro is injected under the skin (subcutaneous injection) of your **stomach area (abdomen), or upper leg (thigh) or upper arm**
- You should seek help from someone else if you want to inject in your upper arm
- Check with your prescribing healthcare professional if you are not sure how to use this medicine

**Change (rotate)** your injection site each week. You may use the same area of your body, but be sure to choose a different injection site in that area. If you also inject insulin, choose a different injection site for that injection.

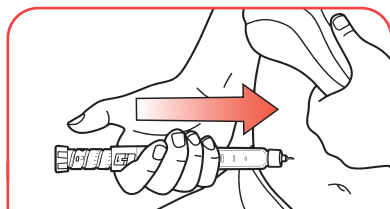
# Injecting

## with your Mounjaro KwikPen<sup>2</sup>



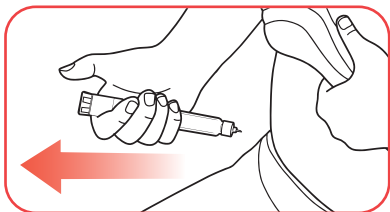
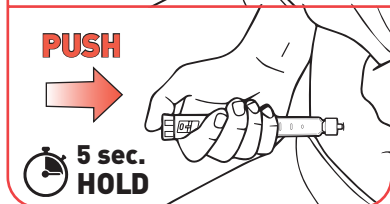
### Step 11:

- Turn the dose knob until it stops and the **1** icon is shown in the dose window. The **1** icon is equal to a full 0.6 mL dose



### Step 12:

- Insert the needle into your skin
- Inject the medicine by **pushing the dose knob in** until it stops then **slowly count to 5 while holding the dose knob**. The **0** icon must be shown in the dose window before removing the needle

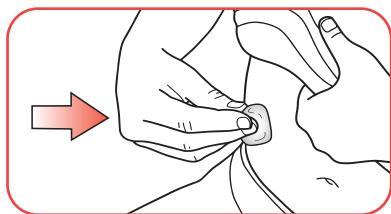


### Step 13:

- **Pull** the needle out of your skin. A drop of medicine on the needle tip is normal. It will not affect your dose
- Confirm the **0** icon is in the dose window. If you see the **0** icon in the window, you have received the full dose. If you do not see the **0** icon in the dose window, insert the needle back into your skin and finish your injection. **Do not** redial the dose
- If you still do not think you received the full dose, **do not** start over or repeat the injection. Contact your healthcare professional.

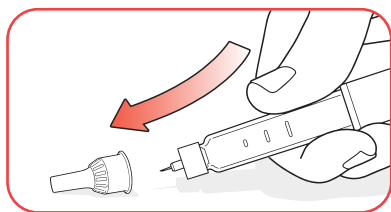
# After

## your Mounjaro KwikPen injection<sup>2</sup>



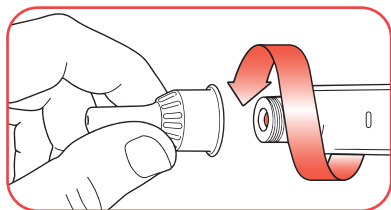
### Step 14:

- If you see blood after you pull the needle out of your skin, lightly press the injection site with gauze or a cotton ball. **Do not** rub the injection site



### Step 15:

- Carefully **replace** the outer needle shield

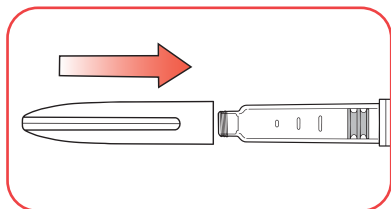


### Step 16:

- Unscrew the capped needle and put the needle in a sharps container. **Do not** store the pen with the needle attached to prevent leaking, blocking the needle, and air from entering the pen

**Needles are not included in the pack.**

**Check with your doctor, pharmacist, or nurse on the appropriate needle to use with your Mounjaro KwikPen.**



### Step 17:

- Replace the pen cap. **Do not** store the pen without the pen cap attached

# Storage and disposal

## of your Mounjaro KwikPen & needles<sup>2</sup>

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### Unused pens



Store **unused pens** in the refrigerator between 2°C to 8°C



Unused pens may be used until the expiration date printed on the label if the pen has been kept in the refrigerator



Do not freeze. If the pen has been frozen,  
**DO NOT USE**

### Used pens

**You may store your used pen at room temperature up to 30°C after your injection.**

**Keep away from heat.**

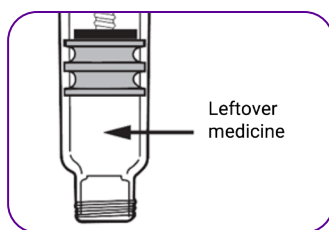
**Keep your pen and needles out of the sight and reach of children.**

**Dispose of the pen 30 days after first use.**

**Dispose of the pen after receiving 4 weekly doses.**

After the fourth dose of tirzepatide is delivered, medication will remain in the KwikPen. **This is expected** (see image below) and ensures that the KwikPen operates correctly.

You will be unable to dial an additional complete dose, and patients should be advised not to attempt injection of the leftover medication. The KwikPen and remaining solution should be discarded.



## Disposing of Mounjaro KwikPen and needles



- Dispose of your used pen needles in a sharps disposal container right away after use; **do not** dispose of loose pen needles in your household waste
- Dispose of the used pen in your household bin or sharps disposal container after you have removed the needle
- **Do not** recycle your used sharps disposal container
- Ask your healthcare professional about how to dispose of medicines you no longer use

# Storage and disposal

## of your Mounjaro KwikPen & needles<sup>2</sup>

*(cont.)*

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### Troubleshooting

- If you cannot remove the pen cap, gently twist the pen cap back and forth, and then pull the pen cap straight off
- If the dose knob is hard to push:
  - Pushing the dose knob more slowly will make it easier to inject
  - Your needle may be blocked. Put on a new pen needle and prime the pen
  - You may have dust, food or liquid inside the pen. Throw the pen away and get a new pen

# Missed a dose of Mounjaro?<sup>1</sup>

If it's been **4 days or less** since you should have used Mounjaro:

- Use it as soon as you remember
- Then inject your next dose as usual on your scheduled day

If it's been **more than 4 days** since you should have used Mounjaro:

- Skip the missed dose
- Then inject your next dose as usual on your scheduled day

**Do not use a double dose to make up for a forgotten dose. The minimum time between two doses must be at least 3 days.**

For example, if your regular dose day is Sunday:

Regular dosing day	SUN ✓	MON	TUE	WED	THU	FRI	SAT
Missed dose	SUN ✗	MON ✓	TUE ✓	WED ✓	THU ✗	FRI ✗	SAT ✗
Next regular dosing day	SUN ✓	You can take <u>one</u> dose on <u>one</u> of these days			You need to skip a dose		

If you use more Mounjaro than you should, talk to your prescribing healthcare professional immediately. Too much of this medicine may cause low blood sugar (hypoglycaemia) and can make you feel sick or be sick.

Do not stop using Mounjaro without talking with your prescribing healthcare professional. If you stop using Mounjaro, and you have type 2 diabetes, your blood sugar levels can increase. If you have any further questions on the use of this medicine, ask your prescribing healthcare professional.

# Possible side effects<sup>1</sup>

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**Like all medicines, Mounjaro can cause side effects, although not everybody gets them. Please read the Package Leaflet for a full list of side effects; some of these are listed below.**

- Low blood sugar (hypoglycaemia) when Mounjaro is used for the treatment of type 2 diabetes with medicines that contain a sulphonylurea and/or insulin. If you are using a sulphonylurea or insulin, the dose may need to be lowered while you use Mounjaro. Symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, feeling hungry, confusion, irritability, fast heartbeat and sweating. Your doctor should tell you how to treat low blood sugar
- Feeling sick (nausea)\*
- Diarrhoea\*
- Being sick (vomiting) – this usually goes away over time<sup>\*\*</sup>
- Stomach (abdominal) pain<sup>+</sup>
- Constipation<sup>+</sup>

\* These side effects are usually not severe. They are most common when first starting Mounjaro but decrease over time in most patients

<sup>+</sup> Constipation, abdominal pain and vomiting are very common in patients treated with weight management (including patients with Obstructive Sleep Apnoea (OSA) and obesity) but common in patients treated for type 2 diabetes

# Tips if experiencing Gastrointestinal (GI) symptoms

As with all medicines, you may feel side effects with Mounjaro<sup>1</sup>.

The **most frequently** reported adverse reactions in a Mounjaro's clinical trial were **gastrointestinal disorders, including nausea, diarrhoea, constipation, and vomiting**<sup>1</sup>.

In general, these reactions were mostly mild or moderate in severity and occurred often during dose escalation and decreased over time<sup>1</sup>.

## Tips for managing GI symptoms<sup>3</sup>:



Eating smaller portions more frequently



Being mindful to stop eating once full



Avoiding eating when not hungry



Staying hydrated



Avoiding high-fat or spicy food



Moderating intake of alcohol and fizzy drinks (particularly in the context of nausea and dyspepsia)

If your symptoms continue, you might need to speak with your healthcare provider.

# Why not track your progress?

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**Starting Body Weight:.....**



**Starting HbA1c, if you're living with T2D:.....**

It is recommended as per the **Instructions for Use** that a medication calendar is retained to keep track of doses. Each KwikPen contains 4 weekly doses. Dispose of the KwikPen after administering the 4<sup>th</sup> dose.

To help you remember when to use Mounjaro, consider recording the date you first start using the pen and marking the day of the week you inject your dose on this calendar.

You can track your progress by logging your result.

**Month 1**

**Weight**

SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	

**Month 2**

**Weight**

SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	

# Why not track your progress?

(cont.)

Month 3							Weight	HbA1c
SUN	MON	TUE	WED	THU	FRI	SAT		
SUN	MON	TUE	WED	THU	FRI	SAT		
SUN	MON	TUE	WED	THU	FRI	SAT		
SUN	MON	TUE	WED	THU	FRI	SAT		

Month 4							Weight
SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	

**Month 5**

**Weight**

SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	
SUN	MON	TUE	WED	THU	FRI	SAT	

**Month 6**

**Weight**

**HbA1c**

SUN	MON	TUE	WED	THU	FRI	SAT		
SUN	MON	TUE	WED	THU	FRI	SAT		
SUN	MON	TUE	WED	THU	FRI	SAT		
SUN	MON	TUE	WED	THU	FRI	SAT		





## Where to learn more:

- Speak to your prescribing healthcare professional
- Read the Package Leaflet and Instructions for Use that come with your medicine

## REFERENCE:

1. Mounjaro KwikPen Prescribing Information, Singapore, Date of Revision: 10 June 2025.
2. Mounjaro Instructions for Use, Singapore, Date of Revision: 14 Oct 2024
3. Mounjaro Side Effect. WebMD Weight loss and Obesity via <https://www.webmd.com/obesity/mounjaro-side-effects>. Access on 30 Jul 2025.

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



Before prescribing Mounjaro Kwikpen, please consult the Instruction for Use by scanning the following QR code.



**DKSH Singapore Pte Ltd**

47 Jalan Buruh, #09-01, Singapore 619491

Phone +65 6471 1466

NONPRO/TRZ/PEB/08082025/01