

# Advice for people stopping tirzepatide (Mounjaro®)

If your NHS prescription for tirzepatide has ended, this guide explains why that can happen, what you might notice, and practical ways to stay on track with your health goals.

## Why has my prescription stopped?

Tirzepatide can only be prescribed on the NHS if you meet specific national eligibility criteria. It is not available to everyone.

If tirzepatide was prescribed outside these criteria, your clinical team may stop it to make sure medicines are used safely, fairly and within NHS funding rules.

Your healthcare professional may also stop treatment if:

- it is not helping as expected, or
- it is no longer the right treatment for you.

## What to expect when stopping tirzepatide

Tirzepatide leaves the body gradually.

Over about 3–5 weeks, you may notice:

- increased hunger
- feeling full for less time
- small changes in your weight

This is normal and does not mean you have failed. Try to focus on steady habits rather than day-to-day changes on the scales.

You may also notice changes in your energy levels or mood as your body adjusts.

## Important information for people with type 2 diabetes

If you have type 2 diabetes, stopping tirzepatide may affect your blood glucose (sugar) levels, even if it was prescribed for weight management.

Your healthcare professional will discuss with you whether any other glucose-lowering medicines need to be adjusted when tirzepatide is stopped, and whether you would benefit from a diabetes review. Everyone with diabetes should have a review with a healthcare professional periodically, and at least once a year.

If you are concerned about weight gain, you may wish to ask your healthcare professional about referral to local or digital weight-management programmes, or to a type 2 diabetes remission programme, if this is relevant for you.

You may also find type 2 diabetes education courses helpful, particularly if you have not attended one for some time.

Further information about blood glucose management and advice on weight management for people with type 2 diabetes is available at:

[MyWay Diabetes](#)

### **Tips to manage hunger and maintain weight**

- Check your hunger: are you “head hungry” (bored, stressed) or “tummy hungry”?  
Try a glass of water and wait about 15 minutes. If hunger eases, it may be “head hunger”. If not, plan a balanced meal or snack.
- Keep active: move more and sit less. Reducing long periods of sitting really helps.
- Plan ahead: eat regular meals, including breakfast, to reduce grazing and overeating.
- Cook simply: choose mostly minimally processed foods and limit creamy or sugary sauces.
- Prioritise protein: such as chicken, fish, eggs, beans, lentils, tofu and seeds.
- Fill half your plate with vegetables: like leafy greens, cauliflower, mushrooms and carrots.
- Drink mainly water: many people find about 500 ml before meals helps with portion control.
- Eat mindfully: slow down and pause between bites.
- Limit alcohol: choose low-alcohol options and avoid drinking on an empty stomach.
- Ask for support: progress is not about perfection — consistency matters most.

### **Support with activity and motivation**

If tirzepatide (Mounjaro®) is not suitable for you, or if your treatment has been stopped, there is a wide range of free NHS and local authority support available across Greater Manchester to help with weight management, physical activity and healthier lifestyle changes.

Some services allow self-referral, while others can be accessed through:

- your GP practice,
- a community pharmacy, or
- another healthcare professional.

Support may include lifestyle and behavioural programmes, diet and nutrition advice, physical activity support, and specialist weight-management services for people with more complex needs.

### **Support available in your local area**

Bury

- [Bury Live Well Service](#)

Bolton

- [Healthy Weight](#)
- [Your Health Bolton – Weight Loss Support](#)

Manchester

- [Walking in Manchester](#)
- [Cycling in Manchester](#)

Oldham

- [Oldham Healthy Weight Management](#)
- [Your Health Oldham – Weight Loss Support](#)

Rochdale

- [Healthy Weight and Physical Activity](#)

Salford

- [Adult Weight Management](#)

Stockport

- [Weight Management Programme](#)
- [Your Health Stockport - Your Weight Loss Journey](#)

Tameside

- [Be Well Tameside](#)

Trafford

- [Healthy Weight Support](#)

Wigan

- [Losing Weight](#)

- [Be Well Wigan](#)

### **Greater Manchester–wide support**

In addition to locality-based services, there are Greater Manchester–wide initiatives that support physical activity and healthier habits:

- [Bee Active](#) – Active travel (walking and cycling)
- [GM Walking](#) – community walking groups and the annual GM Walking Festival
- [Social prescribing services](#) – link workers who connect people to local activities and support
- [Green Social Prescribing – GM Nature for Health](#)
- [Slimming World](#) – Greater Manchester (local groups)

### **National NHS support**

- [NHS Better Health](#)  
Advice, tools and a free **12-week NHS Weight Loss Plan** to help you eat better, move more and lose weight.
- [NHS Digital Weight Management Programme](#)  
If you have obesity and **type 2 diabetes or high blood pressure (or both)**, you may be eligible for a free online programme.  
Ask your GP practice or community pharmacy about referral.

### **Finding the right support**

Details of the **Greater Manchester NHS Weight Management Pathway** and how services fit together can be found at:

[NHS Greater Manchester Weight Management webpage.](#)

### **Do I need to contact my GP?**

You do not usually need to contact your GP just because tirzepatide has been stopped.

Please contact your GP or NHS 111 if you:

- feel unwell in a way that worries you
- have new, severe or worsening symptoms

If your main concern is appetite, weight changes or disappointment about stopping treatment, the tips and services in this guide are designed to support you without needing a GP appointment.

## **Buying tirzepatide privately**

If you choose to buy tirzepatide, it is important to do this through a regulated healthcare provider using an appropriate prescribing or supply route ( for example, a private prescription).

A consultation with a healthcare professional must take place before a medicine is supplied. This allows the healthcare professional to review your medical history, weight and other relevant factors to make sure the medicine is safe and suitable for you, and that you understand the benefits and risks.

Tirzepatide should not be bought from unregulated sellers (for example via social media or beauty services), as this may be unsafe.

Your NHS GP cannot take over prescribing, monitoring or adjusting privately prescribed tirzepatide.

## **Further information**

More advice and local support are available on the [NHS Greater Manchester Weight Management webpage](#).