

Why GPs Cannot Yet Prescribe Mounjaro (tirzepatide) for Weight Loss

You may have seen news about a new weight loss injection called **Mounjaro® (tirzepatide)**. This is a medication approved for use in certain people living with obesity, but **it is not yet available to be prescribed by your GP in Kent and Medway**.

What is Mounjaro?

Mounjaro is a weekly injection that works by helping you feel full, slowing stomach emptying, and helping to control blood sugar levels. It belongs to a newer group of medicines that were originally used for diabetes and are now being offered to support weight loss in people with serious obesity-related health conditions.

Why can't my GP prescribe it yet?

Although Mounjaro has been approved for NHS use, it can **only** be prescribed as part of a **structured programme** that includes support for healthy eating and physical activity.

This support service – called Behavioural Support for Obesity Prescribing (BSOP) – is still being set up in Kent and Medway. Until this service is available locally, **GPs are not allowed to prescribe Mounjaro for weight loss**.

Who will be eligible?

When the service launches, Mounjaro will only be offered to people at the highest clinical risk first. This includes individuals with:

- A very high BMI (adjusted for ethnicity)
- At least three or four obesity-related health conditions, such as:
 - Type 2 diabetes
 - High blood pressure
 - Heart disease
 - Obstructive sleep apnoea
 - Abnormal cholesterol levels

This rollout will happen in **stages over the next three years**, beginning with a small group from **June 2025**.

What should I do in the meantime?

You can still access **NHS advice and support for managing your weight** through [One You Kent](https://www.kentlmc.org/oneyoukent). This includes help with healthy eating, physical activity, and lifestyle changes tailored to your needs.

