

Can I get weight loss injections from my GP?

Please have a look at this link for more information.

<https://cios.icb.nhs.uk/health/nhs-prescriptions-for-weight-loss-injections/>

GP practices will be contacting those who are eligible for Mounjaro®, after the end of June 2025. It will take time to implement this new service so you will need to wait till contacted. If you don't meet the new NHS rules, you won't be able to get the injection on the NHS.

There are other things we can offer you to help with your weight.

Our social prescriber has a drop in clinic Thursday mornings at our Health Hub on Exeter Street. They can help with healthy eating, gym passes and support your mental and physical health. Or you might like to look at: <https://www.healthycornwall.org.uk/>

Weight Loss Injections (e.g., Mounjaro, Wegovy, Ozempic)

We are receiving an increasing number of letters from private weight loss providers requesting that we check patient records for certain medical conditions whilst they have already started to prescribe medications such as Mounjaro, Wegovy, and Ozempic.

Our stance is that we will not be reviewing medical records for these requests as it is time consuming and unfunded. It is the responsibility of the private provider to prescribe safely, and for the patient to provide accurate and honest information regarding their medical history.

Patients who need access to their medical records for this purpose can download a full summary via the **NHS App/website** or request a copy from reception.

Important Information – Contraception & Pregnancy

One particular area of concern is the impact of **Mounjaro on contraception and pregnancy**:

- **Reduced Effectiveness of the Pill** – Mounjaro can make oral contraceptive pills less effective, increasing the risk of unintended pregnancy. Patients using oral contraception should consider alternative methods.
- **Pregnancy Risks** – Mounjaro has not been proven safe for use during pregnancy. If planning a pregnancy, it is recommended to **stop Mounjaro at least 4 weeks beforehand** to allow it to fully leave the system.
- **More information** – Here is a really helpful patient information leaflet from the FSRH regarding contraception and weight loss medications; <https://tinyurl.com/FSRHleaflet>

If you have any concerns, please discuss them directly with the prescribing provider.