

Mounjaro® **KwikPen®**

once weekly
(tirzepatide) injection

STARTER GUIDE

What is **Mounjaro® KwikPen®?**¹⁻³

Mounjaro® is a medicine that contains an active substance called tirzepatide, it is an once-weekly subcutaneous injection delivered in pre-filled KwikPen® device.

This starter guide will guide you through what Mounjaro® KwikPen® is, how to use Mounjaro® KwikPen®, and important information you need to know to use this medicine effectively and safely.

Mounjaro® KwikPen® is a disposable multi-dose single-patient-use pre-filled pen

- The pen contains 4 fixed doses, 1 dose taken weekly.
- Inject 0.6 mL in a single weekly injection under the skin (subcutaneously).
- After 4 doses, dispose of the pen.
- Do not share your Mounjaro® KwikPen® with other people, even if the pen needle has been changed.
- People who are blind or have vision problems should not use the pen without help from a person trained to use the pen.

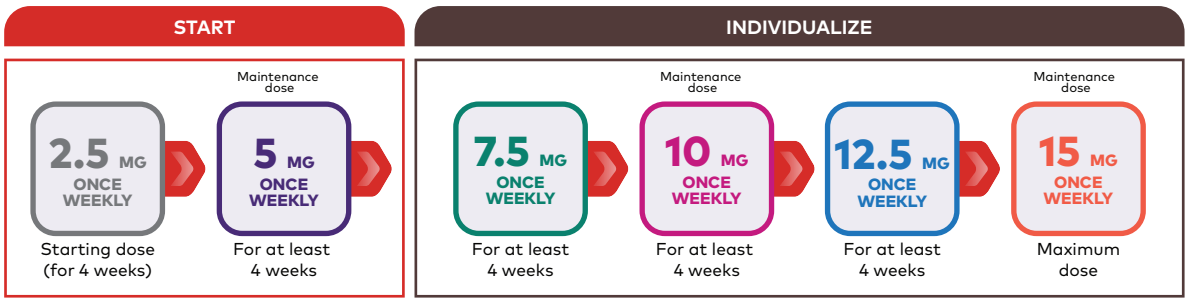
Supplies needed for your injection

- Mounjaro® KwikPen®
- KwikPen® compatible needle
- Alcohol swab
- Gauze or cotton ball
- Puncture-resistant container or household container

Mounjaro® KwikPen®^{1,2}

Dose options

With multiple options, you and your doctor can work together to find the dose of Mounjaro® that is right for you. Begin treatment at a once-weekly starting dose of 2.5 mg. After 4 weeks, your doctor will increase your dose to 5 mg.

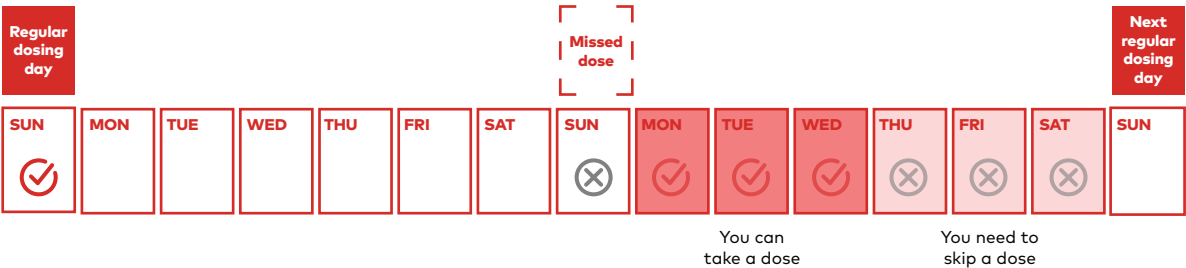


The image of the Mounjaro® KwikPen® displayed in this starter guide may vary from the Hong Kong version.

Let your doctor know how you're doing on your current dose during your checkup. Your doctor may keep you at the 5 mg dose or, if needed, increase the dose in 2.5 mg increments after at least 4 weeks on the current dose. You'll work with your doctor to follow this step-by-step dosing process to meet your treatment goals.

If you miss a dose:

- If you forget to inject a dose and it has been 4 days or less since you should have used Mounjaro® KwikPen®, take your dose as soon as you remember. Then inject your next dose as usual on your scheduled day.
- If it has been more than 4 days since you should have used Mounjaro® KwikPen®, skip the missed dose. Inject your next dose as usual on your scheduled day.



- Do not use a double dose to make up for a forgotten dose.
- Do not stop using Mounjaro® without talking with your doctor.

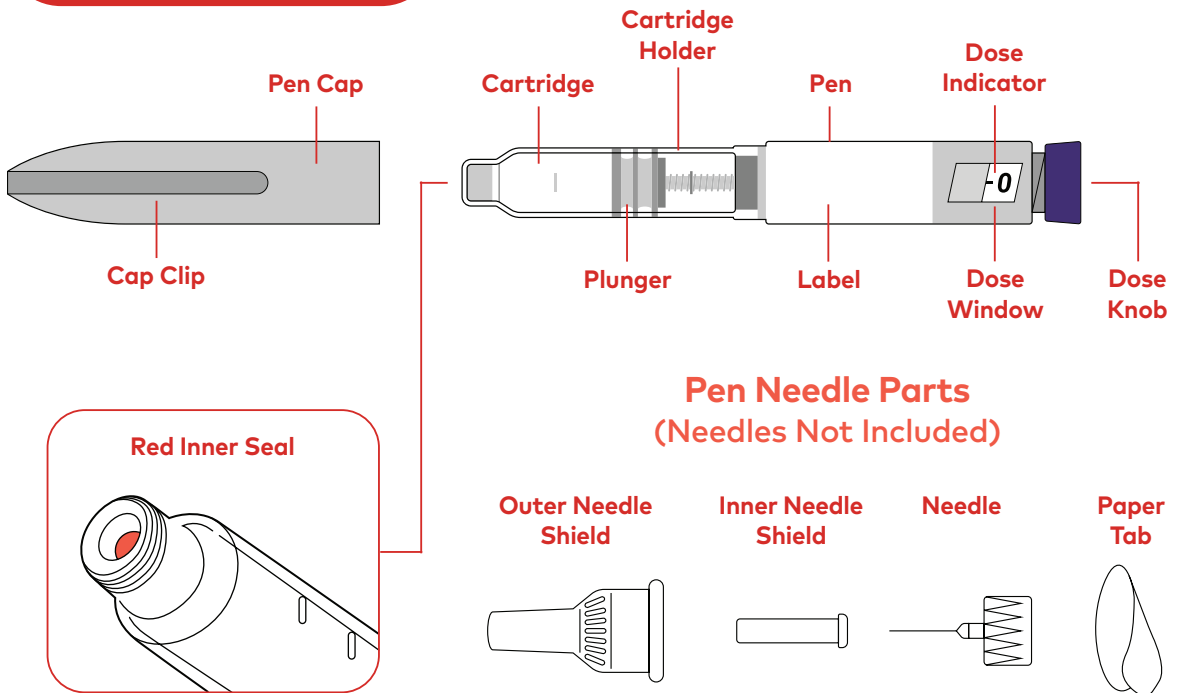
How to use the Mounjaro® KwikPen®³

Getting started

Scan to view the
Injection Training Video

- Make sure to read and follow the **Instructions for Use** included with your pen.
- Pick a day. Take Mounjaro® KwikPen® **at any time of the day with or without meals** on the **same day each week**. It may help to set a reminder on your phone or calendar for this day. If you need to change the day, make sure there are at least 3 days between doses.

Guide to parts



The image of the Mounjaro® KwikPen® displayed may vary from the Hong Kong version

Storing your Mounjaro® KwikPen®³

UNUSED Mounjaro® KwikPen®

- Unused Mounjaro® KwikPen® may be used **until the expiration date** printed on the label if the Mounjaro® KwikPen® has been kept in the **refrigerator between 2°C to 8°C**.
- **Do not freeze** your Mounjaro® KwikPen®. Throw away (discard) the Mounjaro® KwikPen® if it has been frozen.

USED Mounjaro® KwikPen®

- You may store your used Mounjaro® KwikPen® at **room temperature up to 30°C after your injection**.
- Keep away from heat.
- Keep your Mounjaro® KwikPen® and needles out of the sight and reach of children.
- **Throw away the Mounjaro® KwikPen® 30 days after first use even though the Mounjaro® KwikPen® has medication left in it.** Mounjaro® KwikPen® should not be used past its 30 day in-use period.
- **Throw away the Mounjaro® KwikPen® after receiving 4 weekly doses.** Attempting to inject any leftover medicine could result in an incomplete dose even though the Mounjaro® KwikPen® still has medication left in it.



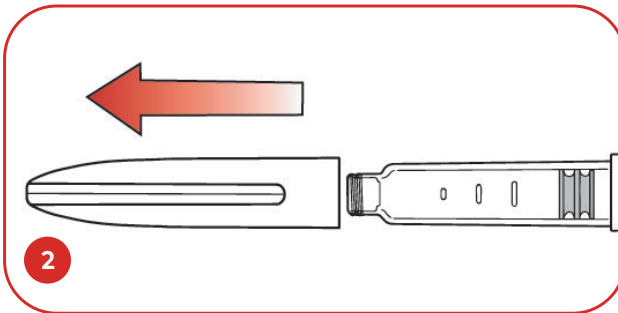
Preparing

to inject your Mounjaro® KwikPen®3



Step 1:

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

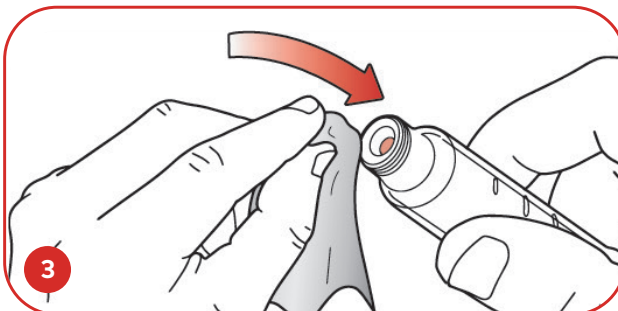


Step 2:

Pull the cap straight off and inspect pen and label

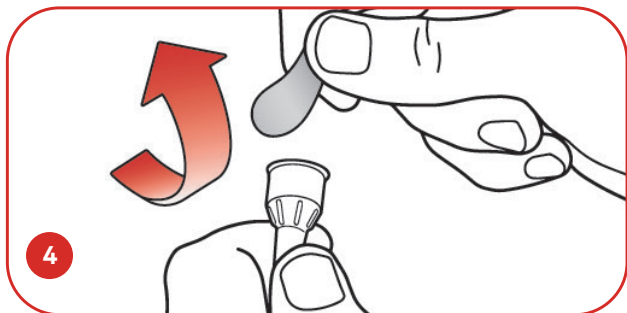
Do not use if:

- The medicine name or dose strength does not match your prescription
- The pen is expired (EXP) or looks damaged
- The medicine has been frozen, has particles, is cloudy, or is discoloured. Mounjaro® should be colourless to slightly yellow



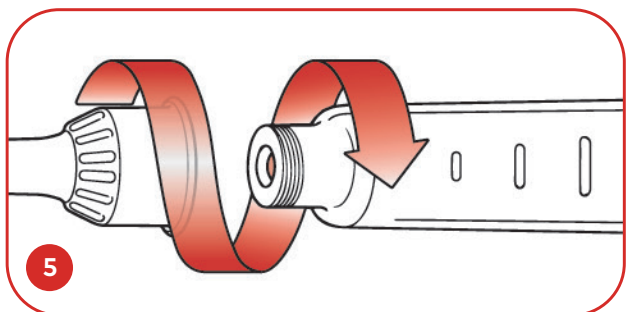
Step 3:

- **Wipe** the red inner seal with an alcohol swab



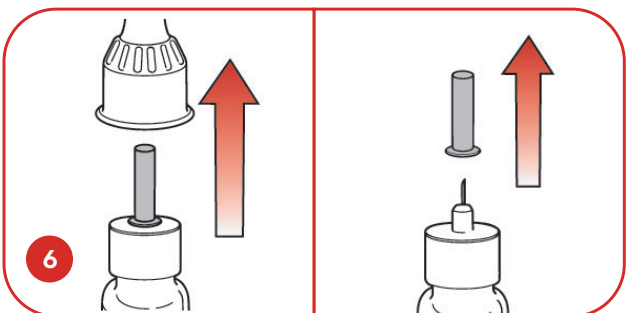
Step 4: Select a new needle

- **Always use a new pen needle** for each injections 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



a. Outer needle shield

b. Inner needle shield

Step 6:

- **Pull off the outer needle shield and keep it (this will be reused).** Pull off the inner needle shield and place in your household trash

Priming your Mounjaro® KwikPen®³

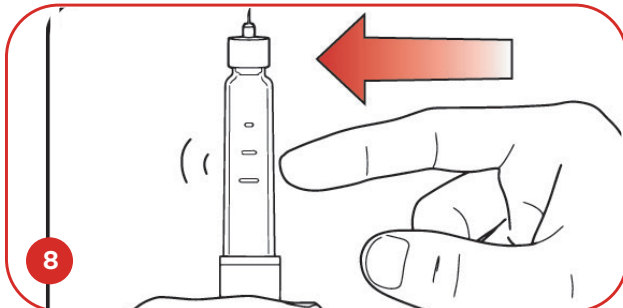
Dose Indicator



Prime Position

Step 7:

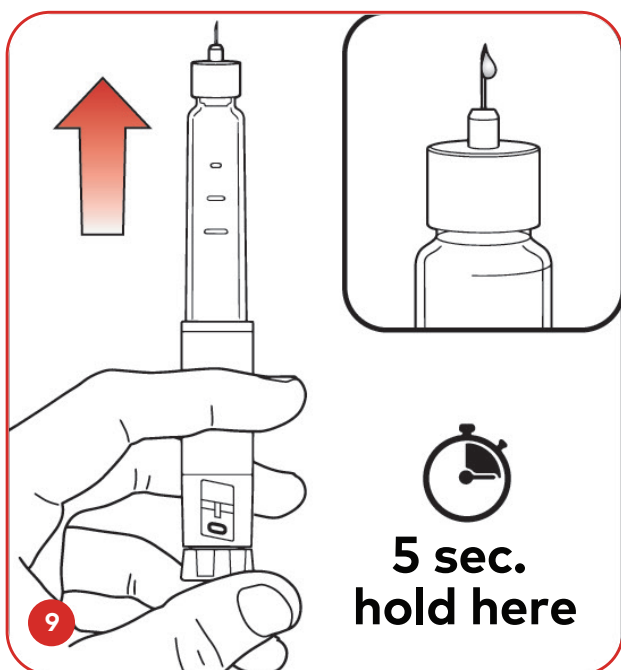
- **Slowly turn** the dose knob until you hear **two clicks** and the **prime extended line** is shown in the dose window. This is the **prime position**
- **It can be corrected by turning** the dose knob in either direction until the prime position lines up to the dose indicator



Step 8:

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

You should prime before each weekly injection to remove air from the cartridge and make sure that your pen is working correctly



Step 9:

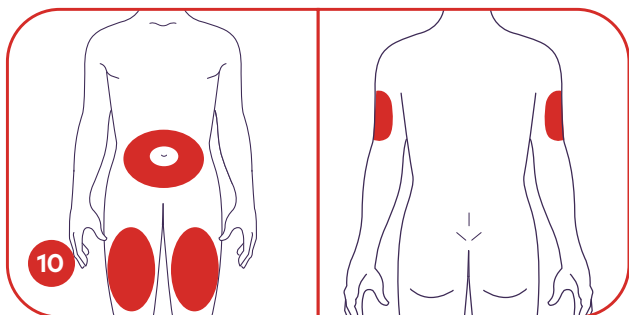
- Release some medicine into the air by **pushing the dose knob** in until it stops, **then slowly count to 5 while holding the dose knob**

The **0** zero icon must be shown in the dose window

Do not inject into your body yet

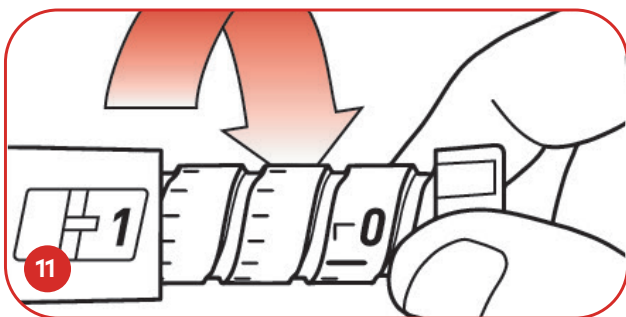
- Your pen has been successfully primed **if a small amount (drop) of medicine comes out the tip of the pen needle**
- If you do not see the medicine, repeat steps 7-9, **no more than 2 additional times**
- If you still do not see medicine, then change the pen needle and **repeat steps 7-9, no more than 1 additional time**
- If you still do not see medicine, contact your doctor, pharmacist or nurse

Injecting your Mounjaro® KwikPen®³



Step 10: Choose an injection site

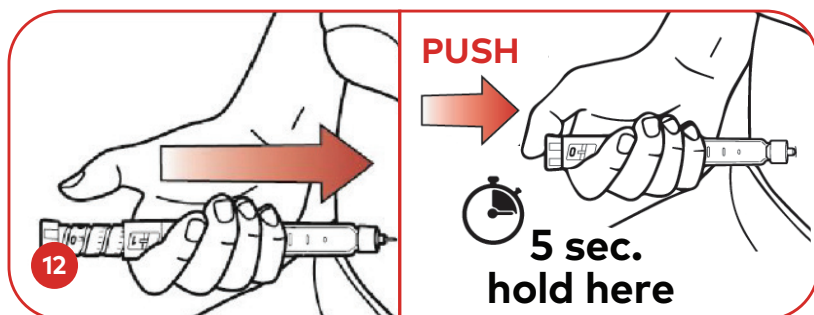
- You or another person can inject the medicine in your **thigh or stomach (abdomen)** at least 5 centimeters from the belly button
Or, another person should give you the injection in the **back of your upper arm**
- Change (rotate) your injection site each week.** You may use the same area of your body but be sure to choose a different injection site in that area



Step 11: Turn the dose knob

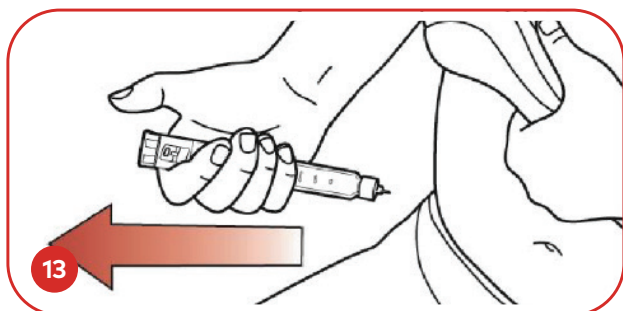
- Turn the dose knob until it stops and the "1" icon is shown in the dose window. The "1" icon is equal to a **full 0.6 mL dose**

For each weekly injection, the **1** should be shown in the dose window. **1 = 1 Full 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**. You will know your injection is completed when you see the **0** zero icon in the dose window



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 zero icon is in the dose window,** if you see the **0** zero icon in the window, you have received the full dose
- If you do not see the **0** zero icon in the dose window, insert the needle back into your skin and finish the 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 doctor, pharmacist or nurse if you have any questions or problems with Mounjaro® KwikPen®

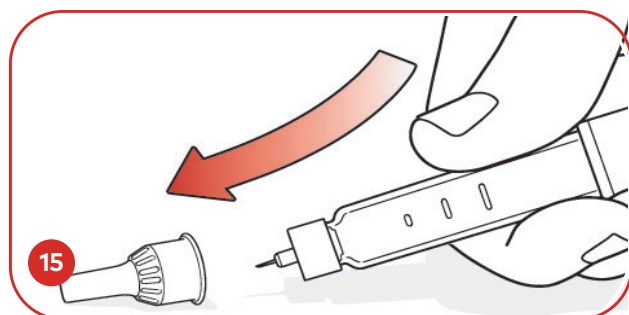
After your Mounjaro® KwikPen® injection³



Step 14:

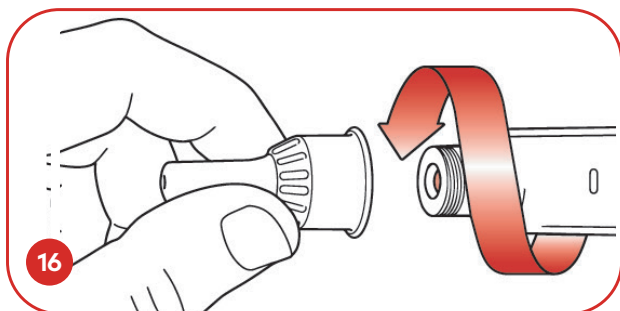
- **If you see blood** after you pull the needle out of your skin, lightly press the injection site with gauze or a cotton ball

Do not rub the injection site



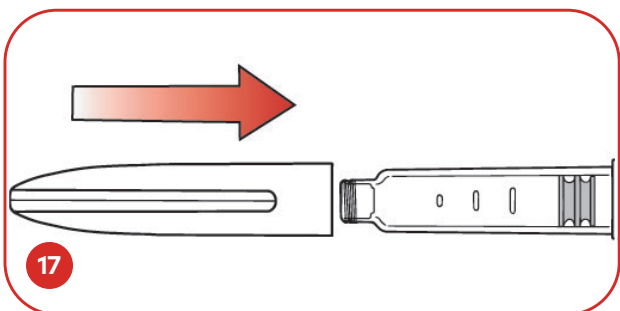
Step 15:

- **Carefully replace** the outer needle shield



Step 16:

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



Step 17:

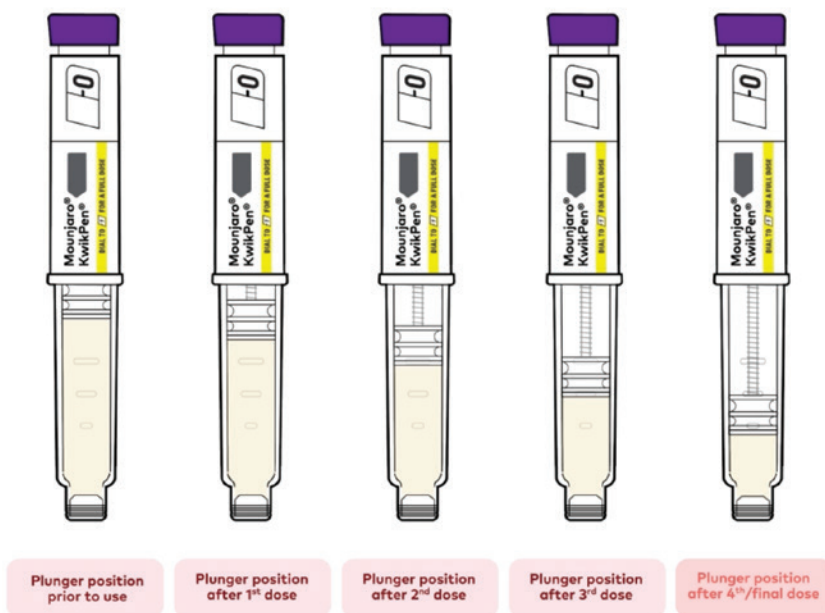
- Replace the pen cap. **Do not store the KwikPen® without the pen cap attached**

See "Disposing of Mounjaro® KwikPen® and pen needles" section for more information

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:
 1. Pushing the dose knob more slowly will make it easier to inject
 2. Your needle may be blocked. Put on a new pen needle and prime the pen
 3. You may have dust, food, or liquid inside the pen. Throw the pen away and get a new pen
- There will be medicine left in the pen after the four weekly doses have been administered, **attempting to inject any leftover medicine could result in an incomplete dose** even though the pen still has the medicine in it

Plunger position



The image shown is for illustrative purposes only.
The image approximates the plunger position and the medication volume left in the KwikPen® after each dose is delivered.

The image of the Mounjaro® KwikPen® displayed may vary from the Hong Kong version

Disposing

Mounjaro® KwikPen® and pen needles³



- **Dispose your used needles in a puncture-resistant container** right away after use. **Do not dispose of loose pen needles in your household waste.**
- **If you do not have a puncture-resistant container,** you may use a household container that is made of a heavy-duty plastic, fit with a puncture-resistant lid that can be closed tightly without needles being able to come out, upright and stable during use, leak resistant and properly labelled to warn of hazardous waste inside the container.
- **Dispose the used Mounjaro® KwikPen® in your household bin or sharps disposal container after you have removed the needle.**
- **Do not recycle your used sharp disposal container.**
- **Do not throw away any medicines via wastewater or household waste.** Ask your doctor, pharmacist or nurse about how to dispose of medicines you no longer use.

Follow your community guidelines for the right way to dispose of your puncture-resistant container.

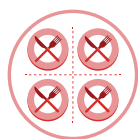
Tips for Managing side effects^{1,2,4,5}

As with all medicines, you may feel side effects with Mounjaro®.

The **most common** side effects with Mounjaro® are gastrointestinal disorders, including **nausea, diarrhoea, constipation and vomiting**. These side effects happen most often when doses are increased and are usually not severe. They are most common when first starting Mounjaro® and decrease over time in most patients

Tips for managing nausea^{4,5}

If you have nausea after taking Mounjaro®, talk to your healthcare provider. In the meantime, these tips may help:



Eat smaller, more frequent meals



Avoid high-fat or fried foods, spicy foods, alcohol or carbonated beverages



Stop eating when you feel full



Stay hydrated and incorporate more fibre into your diet

If you experience or have ever experienced any of the following, please speak to your healthcare provider immediately:

- Severe pain in the stomach and back that does not go away. This can be a sign of pancreatitis (inflammation of your pancreas)
- An allergic reaction after taking this medicine

Additional side effects to look out¹

Dehydration

- When starting your medicine, you may experience loss of fluids / dehydration (due to vomiting, nausea, and/or diarrhea), which may lead to a decrease in kidney function.
- It is important to avoid dehydration by drinking plenty of fluids.

Hypoglycemia

- Mounjaro® itself has a low risk of causing hypoglycemia, or low blood sugar.
- If you are taking a type of drug called sulfonylurea or insulin, you have a higher chance of getting hypoglycemia.
- Your doctor may decide to lower your dose of these medicines before adding Mounjaro® to your treatment.

Symptoms of hypoglycemia

- Symptoms of hypoglycemia may include headache, drowsiness, weakness, dizziness, feeling hungry, confusion, irritability, fast heartbeat and sweating. Your healthcare provider can discuss treatment options for low blood sugar with you.

Mounjaro® Journey

Tracking your progress

Date of assessment			
Weight	kg	kg	
Height	cm	cm	
Body Mass Index (BMI)	cm	cm	
Waist Circumference	cm	cm	

HbA1c	%	%	
Fasting Blood Glucose	mmol/L	mmol/L	

Systolic Blood Pressure (SBP)	mmHg	mmHg	
Diastolic Blood Pressure (DBP)	mmHg	mmHg	

Total Cholesterol	mmol/L	mmol/L	
High-Density Lipoprotein Cholesterol (HDL-C)	mmol/L	mmol/L	
Low-Density Lipoprotein Cholesterol (LDL-C)	mmol/L	mmol/L	
Triglycerides	mmol/L	mmol/L	

kg	kg	kg	kg
cm	cm	cm	cm
cm	cm	cm	cm
cm	cm	cm	cm

%	%	%	%
mmol/L	mmol/L	mmol/L	mmol/L

mmHg	mmHg	mmHg	mmHg
mmHg	mmHg	mmHg	mmHg

mmol/L	mmol/L	mmol/L	mmol/L
mmol/L	mmol/L	mmol/L	mmol/L
mmol/L	mmol/L	mmol/L	mmol/L
mmol/L	mmol/L	mmol/L	mmol/L

Mounjaro® Journey

Tracking your progress

Date of assessment			
Weight	kg	kg	
Height	cm	cm	
Body Mass Index (BMI)	cm	cm	
Waist Circumference	cm	cm	

HbA1c	%	%	
Fasting Blood Glucose	mmol/L	mmol/L	

Systolic Blood Pressure (SBP)	mmHg	mmHg	
Diastolic Blood Pressure (DBP)	mmHg	mmHg	

Total Cholesterol	mmol/L	mmol/L	
High-Density Lipoprotein Cholesterol (HDL-C)	mmol/L	mmol/L	
Low-Density Lipoprotein Cholesterol (LDL-C)	mmol/L	mmol/L	
Triglycerides	mmol/L	mmol/L	

kg	kg	kg	kg
cm	cm	cm	cm
cm	cm	cm	cm
cm	cm	cm	cm

%	%	%	%
mmol/L	mmol/L	mmol/L	mmol/L

mmHg	mmHg	mmHg	mmHg
mmHg	mmHg	mmHg	mmHg

mmol/L	mmol/L	mmol/L	mmol/L
mmol/L	mmol/L	mmol/L	mmol/L
mmol/L	mmol/L	mmol/L	mmol/L
mmol/L	mmol/L	mmol/L	mmol/L

Mounjaro® Journey

Tracking your progress

Date of assessment			
Weight	kg	kg	
Height	cm	cm	
Body Mass Index (BMI)	cm	cm	
Waist Circumference	cm	cm	

HbA1c	%	%	
Fasting Blood Glucose	mmol/L	mmol/L	

Systolic Blood Pressure (SBP)	mmHg	mmHg	
Diastolic Blood Pressure (DBP)	mmHg	mmHg	

Total Cholesterol	mmol/L	mmol/L	
High-Density Lipoprotein Cholesterol (HDL-C)	mmol/L	mmol/L	
Low-Density Lipoprotein Cholesterol (LDL-C)	mmol/L	mmol/L	
Triglycerides	mmol/L	mmol/L	

kg	kg	kg	kg
cm	cm	cm	cm
cm	cm	cm	cm
cm	cm	cm	cm

%	%	%	%
mmol/L	mmol/L	mmol/L	mmol/L

mmHg	mmHg	mmHg	mmHg
mmHg	mmHg	mmHg	mmHg

mmol/L	mmol/L	mmol/L	mmol/L
mmol/L	mmol/L	mmol/L	mmol/L
mmol/L	mmol/L	mmol/L	mmol/L
mmol/L	mmol/L	mmol/L	mmol/L

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

References: **1.** Mounjaro® Hong Kong Prescribing Information. **2.** Mounjaro® Package Leaflet: Information for the patient. **3.** Mounjaro® KwikPen® Instruction for Use. **4.** Gorgojo-Martinez JJ, et al. *J Clin Med.* 2023;12:145. **5.** Wharton S, et al. *Postgrad Med.* 2022;134:14-19.

This leaflet is specifically written for patients prescribed Mounjaro® and must be distributed by physicians. The information provided in this booklet is for your reference only. It cannot be used in place of a consultation with a medical professional nor as a basis of self-diagnosis or for treatment decision. Only your physician can provide you with accurate diagnosis and appropriate treatment.


A MEDICINE COMPANY

Eli Lilly Asia, Inc.

Unit 3203-3206, 32/F, Chubb Tower, Windsor House, 311 Gloucester Road, Caseway Bay, Hong Kong

Tel: (852) 2572 0160

Fax: (852) 2572 7893

Website: www.lilly.com.hk

PP-TR-HK-0021 11/2024

©2024 Lilly. All rights reserved.