



BERRYCROFT

Community Health Centre

"Empowering our community to achieve greater health and wellbeing"

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Important Notice Regarding Private Prescription of Weight Loss Injections

Dear Patients,

We are receiving an increasing number of enquiries regarding the private prescription of weight loss injections (GLP-1), such as Mounjaro and Wegovy. If you are considering these treatments privately, please review the following important information:

1. Prescribing Responsibility

The decision to prescribe these treatments rests entirely with the prescribing clinician. Our GP clinicians are unable to advise on your suitability for these treatments. It is the prescribing clinician's responsibility to ensure that the treatment is safe and appropriate for you.

2. Access to Medical Records

To help the prescriber make an informed decision, they may require access to your medical records. In such cases, we recommend you provide your healthcare record via the NHS App or Patient Access.

3. GPs' Role and Limitations

GPs will not advise private providers on the safety or appropriateness of prescribing these medications. A non-response from the GP to a private provider's request for an opinion should not be interpreted as an endorsement of safety or suitability. GPs also cannot monitor or provide advice regarding medications prescribed privately. These medications are prescribed solely by specialists in NHS weight loss clinics and fall outside the scope of general GP practice. Patients will be using these medications at their own risk under the supervision of the private provider.

4. Private Prescribing Clinician's Responsibilities

Under GMC regulations, it is the responsibility of the private prescribing clinician to ensure their prescribing is safe. This includes taking a full patient history, conducting an examination, and carrying out necessary pre-prescribing investigations. You can access your medical records through the NHS App to help facilitate your care.

Medication Safety Guidelines

Private prescribing clinicians must follow established medication safety guidelines (e.g., NICE). This includes conducting proper examinations and regular patient monitoring. For weight loss medications, this should involve accurate weight measurement at initial assessments and during regular reviews. Please note that private providers are not expected to ask NHS GPs to carry out these assessments on their behalf.

Important Medication Considerations

If you are currently taking any of the following medications, please be aware that their effectiveness or side effects may change when using GLP-1 medications. If you have concerns, please discuss them directly with your private GLP-1 prescriber. In some cases, it may be advisable to avoid GLP-1 medications.

- **Levothyroxine:** Book a thyroid blood test to check your TSH levels before starting GLP-1 and 6 weeks after any dose change.
- **Digoxin:** Check your trough digoxin level one month after starting GLP-1. Inform both us and your GLP-1 prescriber if you experience breathlessness or palpitations.
- **Methotrexate and Lithium:** Ensure your blood tests are up to date.
- **Oral Tacrolimus, Ciclosporin:** Inform your consultant that you are on GLP-1, as they are responsible for safe dosing.
- **Anticonvulsants:** Some anticonvulsants, including **carbamazepine, phenobarbital, phenytoin, sodium valproate,** and **sirolimus,** will require more frequent monitoring.
- **Warfarin:** Arrange for an INR check 3-5 days after starting GLP-1 or after each dose change.

This list is not exhaustive, and we strongly advise discussing any concerns with your private GLP-1 prescriber. It is your responsibility to book necessary monitoring while on GLP-1 medications.

Contraceptive Considerations with Mounjaro

Mounjaro may reduce the effectiveness of oral contraceptive medications. It is recommended that you use a barrier method of contraception (e.g., a condom) or switch to a non-oral contraceptive method for 4 weeks after starting Mounjaro and for 4 weeks after each dose increase.

If you have any questions or concerns about these treatments or medications, please contact your GP, pharmacist, or your private GLP-1 prescriber directly. **Please be aware that if we receive notification that you are receiving a GLP-1a medication privately, we are unable to clinically screen your case or advise on any additional monitoring requirements you may need. Your private provider should be aware of this.**

Thank you for your understanding.

Kind regards,

Berrycroft Community Health Centre