

# Weight Loss Injections (Mounjaro / Tirzepatide)

**Due to the current NHS restrictions and limited local availability, Bushloe Surgery is unable to offer routine appointments purely to discuss weight-loss injections.**

Although NICE has approved tirzepatide (Mounjaro) for NHS use in obesity management, access within Leicester, Leicestershire and Rutland (LLR) remains extremely limited.

At present, GP practices in LLR are not routinely prescribing Mounjaro for weight loss, as local NHS services and funding arrangements are still being developed.

## Current NHS eligibility criteria

National NHS guidance currently prioritises patients with:

- A BMI of 40 or above  
(or 37.5 or above in some ethnic minority groups)

AND

- At least FOUR of the following diagnosed conditions:
  - Type 2 diabetes
  - High blood pressure (hypertension)
  - Cardiovascular disease
  - Obstructive sleep apnoea
  - Abnormal cholesterol or blood fats (dyslipidaemia)

## Meeting the criteria does not guarantee access to treatment

NHS England has currently funded treatment for only a limited number of patients across LLR (approximately 425 patients for 2025/26), and the number of patients who may meet eligibility criteria is expected to be far higher than the number of funded places available.

In addition:

- the local NHS pathway is still being developed,
- it remains unclear whether prescribing will be managed by GP practices, specialist services, or another provider,
- and treatment is not yet widely available locally.

## Private prescriptions

Some patients may choose to access medications such as Mounjaro privately.

If you are using private weight-loss medication, please inform the practice, as this may affect:

- other medications,
- diabetes treatment,
- contraception,
- future procedures or surgery.

## What support can Bushloe Surgery offer?

Although we are currently unable to routinely prescribe Mounjaro/tirzepatide for weight loss, we can still support you with weight management.

Depending on your circumstances, we may be able to:

- discuss lifestyle changes and weight-management options
- check for weight-related health conditions such as diabetes, high blood pressure or high cholesterol, including through the NHS Health Check programme for eligible patients aged 40–74
- refer you to appropriate NHS weight-management services where available
- consider whether orlistat may be suitable for you; this is an oral weight-loss medication that works differently from injections such as Mounjaro, but it is not suitable for everyone and requires dietary changes to reduce side effects

Useful NHS resources:

- NHS Better Health (including weight loss support and the NHS Weight Loss Plan app): <https://www.nhs.uk/better-health/lose-weight/>
- NHS Leicester, Leicestershire and Rutland weight management information and local support services: <https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/long-term-conditions/weight-management/weight-management-for-adults/>