

Medicines Optimisation Advice Bulletin - August 2025

For the attention of primary and secondary care staff involved in patient care

Reminder - Initiation of Tirzepatide for managing overweight and obesity

(Please also see [Prescribing Guidance document](#) for full information regarding the initiation of Tirzepatide for weight management and obesity.)

Tirzepatide is an injectable treatment which is NICE-approved for managing overweight and obesity as per [TA1026](#).

In Norfolk and Waveney, we've commissioned this treatment as per the table below:

RED	Tirzepatide is available via specialist weight management services for managing overweight and obesity as per TA1026 .
GREEN	Tirzepatide is only available in primary care for managing overweight and obesity for patients who have at least 4 of the 5 qualifying health conditions (type 2 DM, high blood pressure, heart disease, obstructive sleep apnoea and abnormal blood fats) plus a BMI of at least 35 (BMI to be adjusted for ethnicity) as per TA1026 and the interim commissioning guidelines
BLACK	Tirzepatide should not be prescribed in primary care for managing overweight and obesity for any patients other than those listed above.

Please see [Netformulary](#) for more information on the latest local formulary recommendations.

RED Only available via specialist weight management services for patients with a BMI of at least 35 and at least one weight-related comorbidity. Must be eligible for treatment in specialist weight management services as per local ICB guidance

From 24th March 2025, if a patient is within the scope of the overarching NICE recommendation – with a BMI of at least 35 and at least one weight-related comorbidity – and is eligible for treatment in specialist weight management services as per local ICB guidance, a patient should be able to access tirzepatide (Mounjaro®) if they and their clinician agree that it is the most appropriate treatment option.

GREEN Tirzepatide can be prescribed in primary care for managing overweight and obesity. This will only be available for patients who meet the following criteria as per [TA1026](#) and NHSE interim commissioning guidelines:

- must have at least 4 of the 5 qualifying health conditions
 - type 2 DM
 - high blood pressure
 - heart disease
 - obstructive sleep apnoea
 - abnormal blood fats
- plus a BMI of at least 35 (BMI to be adjusted for ethnicity)

BLACK

Not commissioned for any weight management indications other than those stated above

Please note

The ICB Medicines Optimisation team are aware of recent requests to prescribe Tirzepatide outside of the above commissioned recommendations. It is inappropriate to request or to prescribe Tirzepatide in primary care to manage weight:

- where patient's HbA1c is adequately controlled with triple therapy
- pre-surgery
- outside of the Tier 3 weight management services or the defined primary care cohort above

Please email the medicines optimisation team if you have any queries - nsicb.medsqueries@nhs.net. Please also let the team know if you think that Tirzepatide has been recommended for managing overweight and obesity outside of agreed local and national guidance.

Many thanks for your support.

On behalf of the Norfolk and Waveney Therapeutics Advisory Group