

Glucagon-like peptide-1 receptor agonists (GLP-1 RAs) and GLP-1 RA/glucose-dependent insulintropic polypeptide receptor agonists (GIP RAs) for Weight Management

Summary

Currently GLP-1 and GIP medications including liraglutide (Saxenda®), semaglutide (Wegovy®), tirzepatide (Mounjaro®) or any other branded generic versions of these medicines licensed for weight loss should **not** be prescribed by primary care clinicians for the purposes of weight management.

NHS Grampian is currently reviewing, alongside clinical experts, the NHS Scotland Consensus statement: [national criteria for the prioritisation of glucagon-like peptide-1 receptor agonists \(GLP-1 RAs\) and GLP-1 RA/glucose-dependent insulintropic polypeptide receptor agonists \(GIP RAs\) for the treatment of obesity in NHS Scotland](#). This review will inform how prescribing of these medications should be undertaken within NHS Grampian.

Background

Liraglutide and semaglutide are glucagon-like peptide-1 (GLP-1) agonists.

Tirzepatide is a long-acting glucose-dependent insulintropic polypeptide (GIP) receptor and glucagon-like peptide-1 (GLP-1) receptor agonist.

All of these medicines are licensed for use in the management of type 2 diabetes and for weight management (adjunct to a reduced-calorie diet and increased physical activity).

For liraglutide and semaglutide different branded products have different licensed indications (see table below) while for tirzepatide (Mounjaro®) has a dual license for both type 2 diabetes and weight management.

Licensed Indication	Liraglutide	Semaglutide*	Tirzepatide
Type 2 diabetes	Several brands expected to come to market end 2024/early 2025	Ozempic®	Mounjaro®
Weight management	Saxenda®	Wegovy®	

It is anticipated that several branded generics of these medicines will come to market late 2024/early 2025. While not listed on this table the principles within this document apply to any future medicines within the GLP-1 and GIP class licensed for weight loss.

Supply of GLP-1 and GIP medicines may be available via private weight management services these services are not affiliated with the NHS.

Advice for Primary Care Teams

Requests, from any clinician (NHS or private), for liraglutide, semaglutide or tirzepatide to be prescribed to patients for weight management should be **declined** and patients advised that prescribing is not currently supported by NHS Grampian.

Requests to prescribe liraglutide, semaglutide or tirzepatide for the purposes of weight management from patients who are / have previously received treatment under a private service should be **declined** and patients advised that prescribing is not currently supported by NHS Grampian.

Prescribing of liraglutide, semaglutide or tirzepatide for type 2 diabetes should not be undertaken unless recommended by an appropriate NHS specialist/service.

When prescribing liraglutide or semaglutide for the management of type 2 diabetes ensure the correct brand of medication is prescribed, to avoid inadvertent off-label prescribing.

Recommendation for Community Pharmacy Teams

Patients seeking advice regarding NHS prescribing of liraglutide, semaglutide or tirzepatide for the purposes of weight management should be made aware that the NHS Scotland Consensus statement is under review by NHS Grampian and as such prescribing is **not** supported at this time.