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HRT AND INJECTABLE WEIGHT LOSS TREATMENTS:

If you are taking oral progestogen as part of your HRT (for example Utrogestan, Norethisterone, Medroxyprogesterone), then you need to be aware that injectable weight loss treatments (including tirzepatide or Mounjaro and semaglutide or Wegovy) may have an impact on the effectiveness of your HRT. This means your HRT might not protect your endometrium (womb lining) enough. This might mean that you are at increased risk of developing endometrial cancer. You might also experience unexpected vaginal bleeding.

The current advice is that you discuss with your healthcare provider whether to increase the dose of oral progestogen for four weeks after starting injectable weight loss treatments and for four weeks after every dose change. Alternatively, to discuss with your health care provider whether to switch to a non-oral method of taking progestogen (patches or the hormone containing coil/IUS).

Please make an appointment to discuss with a GP/ANP if you are taking weight loss injectables and oral progestogen or if you are about to start weight loss injectables and take oral progestogen.