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

Summary

GLP-1 and GIP medicines licensed for weight management—including semaglutide (Wegovy®), tirzepatide (Mounjaro®) and any other branded or generic versions—should **not** currently be prescribed by primary care clinicians for weight management. The only exception is prescribing under the shared-care service level agreement (SLA) for eligible patients on the bariatric surgery waiting list who are actively engaged in the NHS Grampian Tier 4 Bariatric Surgery Pathway.

NHS Grampian continues to review, 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 insulinotropic polypeptide receptor agonists (GIP RAs) for the treatment of obesity in NHS Scotland. This review will inform how prescribing of these medications should be managed within NHS Grampian in an evidence based, prioritised, sustainable and scalable way.

Background

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

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

For liraglutide and semaglutide different branded products have difference licenced indications (for either diabetes or weight management) while tirzepatide has a dual license for both type 2 diabetes and weight management.

Licensed Indication	Liraglutide	Semaglutide	Tirzepatide
Type 2 diabetes	Diavic® Liraglutide Biocon® Xultophy® Zegluxen®	Ozempic® Rybelsus®	Mounjaro®
Weight management	Biolide® Nevolat® Plaobes® Saxenda®	Wegovy®	

Private supply of GLP-1 and GLP-1/GIP medicines

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

Private prescribing of GLP-1 or GIP medicines for the purposes of weight management should not be transferred into the NHS.

Advice for Primary Care Teams

Other than for the bariatric patients 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 be undertaken when recommended by an appropriate NHS specialist/service.

Prescribing of GLP-1 medicines should be by brand name, as these are biosimilar medications. In addition, ensuring the correct brand of medication is prescribed avoids 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, outside of those on the bariatric surgery Tier 4 service list.

Patient Information

A patient letter is available to support conversations related to prescribing to support with weight management.

Patient Letter – Prescribing GLP-1 for Weight Loss