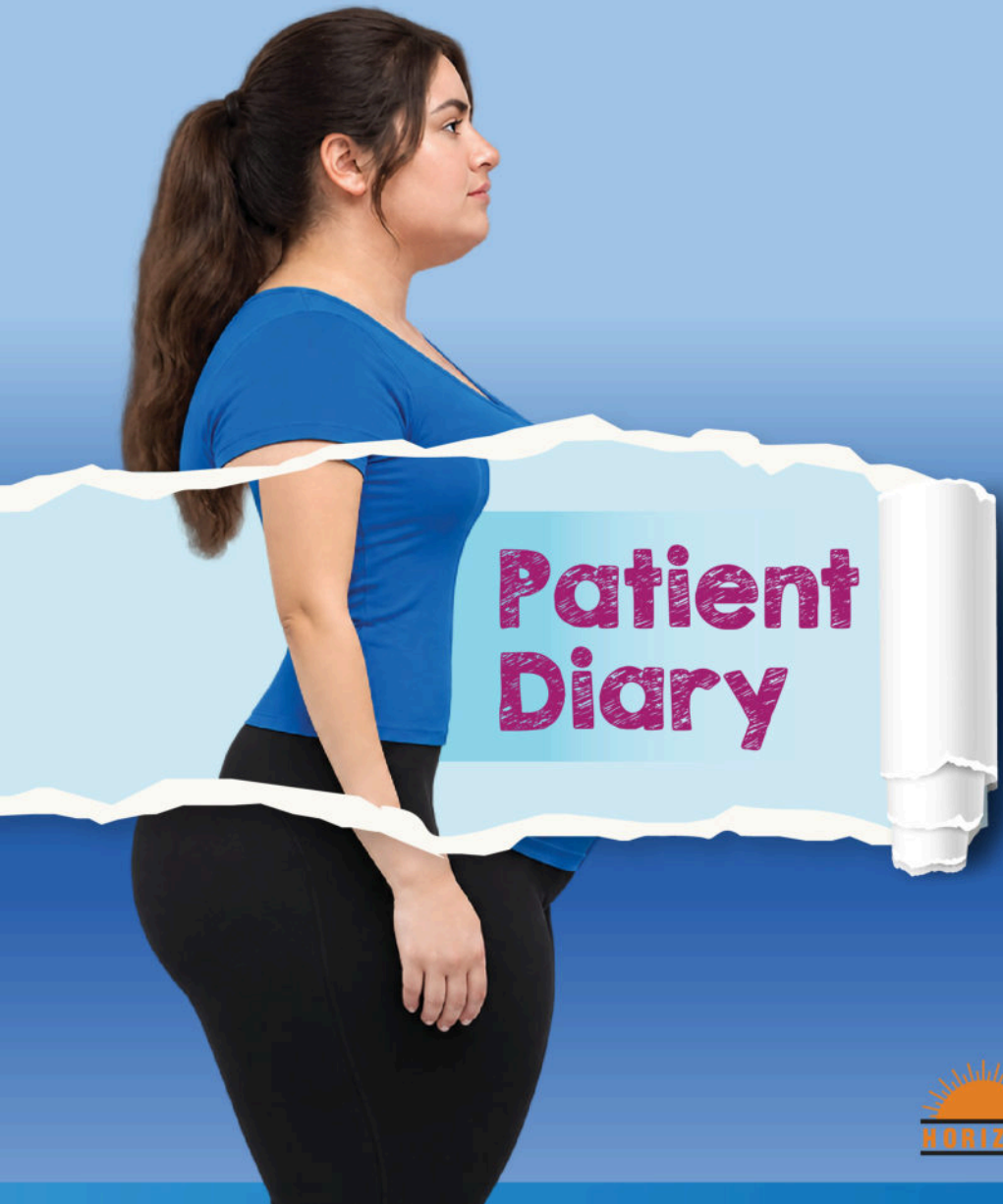
Tirvox Multi-Dose

Tirzepatide

Once A Week



Patient Diary

HORIZON

HORIZON

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About Tirvox Multi Dose Pen

Tirvox is a once weekly Pre-filled pen autoinjector, contains **Tirzepatide**, indicated in adults as an adjunct to diet and exercise for the management of:



Type 2
Diabetes Mellitus



Obesity
BMI ≥ 30 kg/m^2



Obstructive
Sleep Apnea (OSA)



Who Should not use Tirvox?

- Type 1 Diabetes Patient.
- Children under 10 years of age.
- Family history of Medullary Thyroid Carcinoma (MTC).
- Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- Hypersensitivity.
- Pregnancy/ Lactation.
- Planning to conceive (If already using, stop at least 2 months before).
- Gastrointestinal motility disorders.
- Pancreatitis History.

https://pmc.ncbi.nlm.nih.gov/articles/PMC11702155/
https://www.accessdata.fda.gov/drugsatfda_docs/label/2026/215866s009lbl.pdf

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Tirvox Multi Dose Dosing Guide

- 1 Pen for 1 Month
- 4 Doses Monthly Therapy
- Single Press Activation
- 6 Seconds Quick Administration

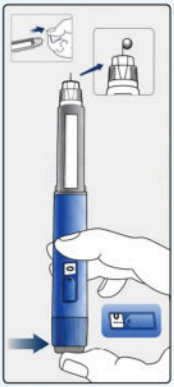


2.5 mg	5 mg	7.5 mg	10 mg	12.5 mg	15 mg
Starting Dose	Maintenance Dose		Maintenance Dose		Maintenance Dose
For 4 weeks	For 4 weeks	For 4 weeks	For 4 weeks	For 4 weeks	As per need

Note: Each pen delivers 4 doses. Administer at any time of day, with or without meals. Maintenance dose based on treatment response and tolerability, not to exceed 15 mg. **Missed dose:** Take within 4 days; if >4 days, skip and take next scheduled dose. No dose adjustment in ESRD.



How to use Tirvox Multi-Dose Pre-Filled Pen Autoinjector?



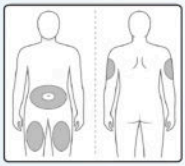
Step 1A:
Hold the pen in the up right position, attach the needle (as shown in image), remove the outer and inner needle cap, select the flow check symbol and press dose button so that drop appears on the tip of needle.

مرحلہ ۱ اوّل:
پین کو سیدھا پکڑیں سوئی کو لگائیں (جیسے تصویر میں دکھایا گیا ہے)، بیرونی اور اندرونی سوئی کے کیپ کو ہٹائیں، فلو چیک کے نشان کو منتخب کریں اور ڈوز بٹن دبائیں تا کہ سوئی کی نوک پر ایک بوند ظاہر ہو جائے۔



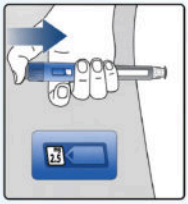
Step 1B:
Select the dose from the dose window prescribed by the healthcare provider by rotating dose selector.

مرحلہ ۱ دوم:
ڈوز سلیکٹر کو گھما کر ڈوز ونڈو میں اپنے معالج کی تجویز کردہ خوراک منتخب کریں۔



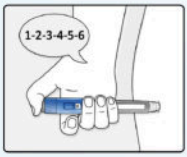
Step 2:
Choose your injection site in either the stomach (abdomen), thigh, or at the back of upper arm (with the help of someone else).

مرحلہ ۲:
انجکشن لگانے کی جگہ کا انتخاب کریں پیٹ، ران یا بازو کے پچھلے اوپری حصّے پر (کسی اور کی مدد سے)۔



Step 3:
Place the pen on the injection site.

مرحلہ ۳:
پین کو انجکشن لگانے کی جگہ پر رکھیں۔

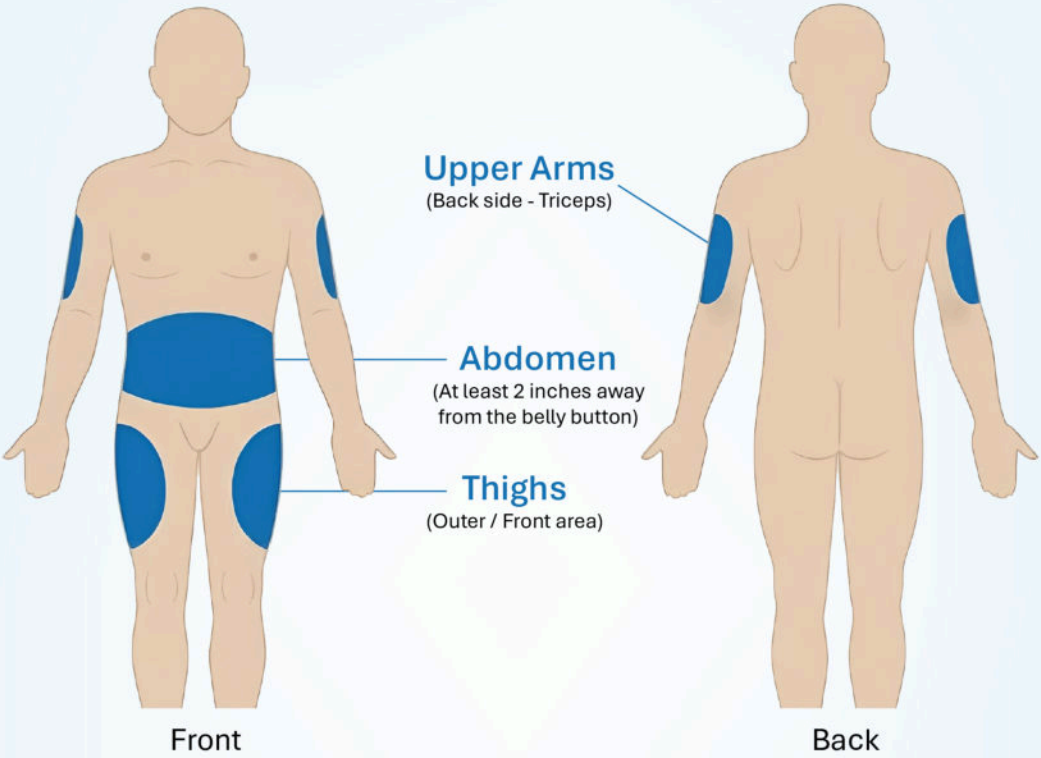


Step 4:
Press the dose button for 6 seconds inject the dose until the dose window return to zero (0).

مرحلہ ۴:
ڈوز بٹن کو ۶ سیکنڈ تک دبائیں خوراک انجیکٹ کریں جب تک کہ ڈوز ونڈو دوبارہ صفر (0) پر آ جائے۔

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Injection sites & Rotation Guide



Important Instructions For use

- Inject Tirvox under the skin (subcutaneously) of your abdomen, thigh, or upper arm.
- Change your injection site each time you take a dose to help prevent skin thickening, dents, or lumps.
- Do not inject into skin that is painful, bruised, scaly, hard, scarred, or damaged.
- After the injection, gently press the injection site if needed.
- Do not rub the area.

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How to store Tirvox?



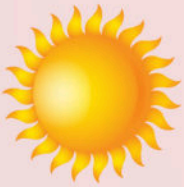
Store in a refrigerator

Opened & Unopened
Pens at 2°C to 8°C



Do not freeze

Never use a pen that
has been frozen



Protect from sunlight

Store in it's original packaging



Keep out of reach of children

Pen & Needles etc



HORIZON

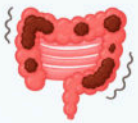
Common Side Effects



Nausea & Vomiting



Diarrhea



Constipation

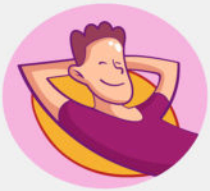


Abdominal Pain

How to manage & avoid the side effects?



Take a small meal, 3-4 times a day.



Avoid lying down immediately after meals.



Stop eating when you feel full.



Avoid fried, oily & spicy food items.



Stay hydrated with plenty of water.



Get fresh air regularly.

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What is Diabetes Mellitus (DM)?

Diabetes is a long-term condition where the body does not make enough insulin or cannot use it properly. This causes high blood sugar, which over time can damage the nerves, blood vessels, and other organs.

What is Obesity?

An abnormal or excessive fat accumulation that presents a health risk.

What is BMI?

Body mass index (BMI) is a tool that uses your height and weight to estimate your body fat. It can help identify your risk for certain health conditions, like heart disease.

	BMI (kg/m2)	Obesity Class
Underweight	<18.5	
Normal	18.5 to 24	
Overweight	25 to 29	
Obesity	30 to 34	I
	35 to 39	II
Extreme Obesity	≥40	III

What is Obstructive Sleep Apnea (OSA)?

A condition in which the airways become fully or partially blocked during sleep, leading to impaired oxygen levels & poor sleep.

https://www.who.int/news-room/fact-sheets/detail/diabetes
https://mana.md/type-1-diabetes/
https://www.ncbi.nlm.nih.gov/books/NBK459252/ (2025)
https://my.clevelandclinic.org/health/articles/9464-body-mass-index-bmi

HORIZON

Management of Diabetes & Obesity



Role of Exercise

- Start gradually with an exercise plan that is suitable for your lifestyle (consult your physician).
- Brisk walking is usually appropriate for most diabetics.
- 90 to 120 steps per minute.
- Build up to 20 to 30 minutes of brisk walking every day of week (optimum).



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Diet Guidance for Patient Taking Tirvox





50%
Fruits & Vegetables
(Apple , Guava, Salads etc.)

25%
Carbs & Fibers
(Oatmeal, Wheat , Barley etc.)

25%
Proteins
(Chicken, Fish, Lentils etc.)

https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/

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Diabetic Food Chart

Avoid X


Sweets/Desserts


Pastry


Juice


Butter


Honey


Cake


Sugar Cane


Sugar


Jam


Cold Drinks


French Fries


Ice Cream


Bakery Items/Rusk


Chocolates/Sweets

Take in Moderation


Grape Fruit
1/2


Guava
1 Medium


Peach
1


Pear
1 Medium


Apple
1


Orange
1 Medium


Banana
1 Small


Jamun
6-8 Medium


Dates
2


Strawberries 7-8
Measured 1 $\frac{1}{4}$


Papaya
1 Cup


Apricot
1


1 $\frac{1}{4}$ Cup
Watermelon


Pomegranate
1 Cup


Chickoo
1 Medium


Blueberries
3/4 cup


Mango
1/2


Brown Bread
2 Slices



Plain Non-Fat
Yogurt 3/4 Cup


Whole Wheat
Chapati 6 inch


Boiled Rice
1/2 cup


Chickpeas Cooked
3/4 cup


Brown Noodles
1/2 cup


Lassi/Milk
1 Glass


Egg Medium
1


Fish
1 Ounce

Chicken
1 Ounce

Meat
1 Ounce

Lentils
1/2 cup

Corn 1/2 Cup

Walnuts 2

Almonds 6

1 Ounce = ~30gm
✓2 Fruits/Day

Eat as Desired ✓

Tori

Spring Onion

Pumpkin

Bitter Gourd

Carrot

Guar Beans

Beetroot

Capsicum

Cucumber

Garlic

Brinjal

HORIZON

Blood Glucose Monitoring Chart

Days	Breakfast		Lunch		Dinner		Bed Time
	Before	After	Before	After	Before	After	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

HORIZON

Monthly Weight Screening

Month	Weight	Difference (+/-)	Notes
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			