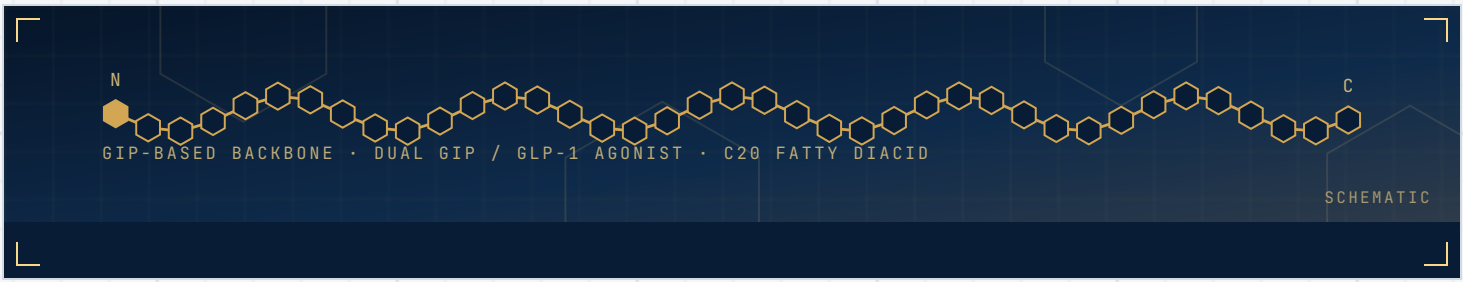
Tirzepatide

Dual GIP and GLP-1 receptor agonist

CARD 36

CLASS	CLINICAL CATEGORY	EVIDENCE LEVEL	OVERALL STATUS
Dual GIP / GLP-1 agonist	Type 2 diabetes / obesity	High	Approved (FDA, EMA, ANVISA)



KEY APPLICATIONS

Type 2 diabetes	Obesity	Cardiometabolic risk	Sleep apnea
Approved indication	Approved indication	Benefit under study	Recent indication

Designed for: type 2 diabetes and chronic weight management. Phase III trials support the labeled uses only; prescription and follow-up required.

HOW IT WORKS IN THE BODY

Tirzepatide → GIP + GLP-1 receptors → Satiety and gastric emptying → Glycemic control and weight

- First approved **dual GIP/GLP-1** agonist.
- Greater weight **reduction** than with GLP-1 agonists alone.
- Consistent improvement in HbA1c.
- Given by **subcutaneous injection** under prescription.

QUICK PRACTICAL INFO

HALF-LIFE	ROUTES STUDIED
About 5 days	Subcutaneous
PHARMACOKINETICS	**STABILITY**
Bioavailability ~80%	Refrigerated pen; stable at room temperature for 21 days
INTERACTIONS	**MONITORING**
Delays absorption of oral drugs	HbA1c, weight, GI tolerability

EVIDENCE & SAFETY

EVIDENCE

HIGH
ESTABLISHED CLINICAL USE

- **Phase III** trials completed.
- Indications **approved** by agencies.
- Safety profile **well characterized**.

CLINICAL CAUTION

- **Nausea, vomiting and diarrhea are** common.
- Contraindicated in **MTC / MEN2**.
- Risk of **hypoglycemia** with insulin or sulfonylureas.
- Risk of **pancreatitis;** stop if suspected.

REGULATORY STATUS

FDA	EMA	ANVISA	WADA	Research	Off-label
Approved	Approved	Approved	Check the current list	Yes, phase III trials	Physician judgment only

CLINICAL READ IN 10 SECONDS

- Dual **GIP/GLP-1** agonist.
- Greatest weight loss in the class.
- Common **gastrointestinal** effects.
- **Approved** by major agencies.

KEY REFERENCES

Manufacturer's prescribing information — FDA / EMA / ANVISA

Frías et al., 2021 — N Engl J Med

Jastreboff et al., 2022 — N Engl J Med 387:205–216

Technical, informational content. It does not replace individualized clinical judgment or constitute a recommendation. No dose, protocol or source is provided.