# Boots launches support programme to sustain weight loss after injections



Boots has announced the launch of a pioneering weight-loss injection withdrawal programme aimed at helping patients maintain their weight loss after finishing treatment. This initiative is designed to address a growing concern among users of injectable weight-loss medications such as Mounjaro (tirzepatide) and Ozempic, where stopping treatment abruptly often leads to significant weight regain, primarily in the form of fat rather than muscle.

Approximately 2.5 million people in the UK are reportedly using these weight-loss injections, which have proven effective in helping users shed pounds when combined with diet and exercise. Research, including a significant study published in Nature Medicine, has shown that tirzepatide users lost an average of 25% of their body weight compared to placebo groups. However, the challenge arises when patients discontinue the medication. Multiple studies and reports indicate that many individuals regain a large portion of the lost weight within a year after stopping the drugs. This rebound effect is due in part to hormonal changes and a return in appetite, as the medications work by mimicking hormones that signal fullness.

NICE (National Institute for Health and Care Excellence) responded to these findings in August by recommending that the NHS provide at least a year of structured advice and follow-up support for patients after they cease taking weight-loss injections. Yet, since most people pay privately for these treatments and are not eligible for NHS support, many are left without guidance during the critical withdrawal period.

Boots Online Doctor has stepped into this gap by offering a free 12-month support programme to those who have used its weight-loss injection service for six months or more. The programme includes unlimited access to clinicians via a secure messaging platform, personalised online resources advising on daily habit changes, diet, and shopping, as well as complimentary webinars and podcast episodes. Additionally, free weigh-ins and advice sessions are available in Boots stores. Dr Sam Wellappili of the Boots Online Doctor Weight Loss Treatment Service emphasised the need for such support, explaining that many patients worry about weight regain after stopping medication and that abrupt cessation without guidance often undermines continued success.

Based on evidence from various sources, behavioural tools, meal planning, and routine follow-ups with healthcare providers are key strategies for reducing the likelihood of regaining weight. The scientific community broadly agrees that long-term support and behavioural adjustments are essential for maintaining the health benefits achieved through these drugs.

While weight-loss injections have transformed obesity management, the experiences of patients post-treatment highlight the complexity of sustaining results. Some individuals may experience not only rapid weight regain but, in some cases, gain back more weight than they initially lost. These findings underscore the importance of comprehensive withdrawal programmes like the one Boots is introducing, aiming to provide patients with the support necessary to transition effectively off medication and to preserve their health gains long-term.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/health/article-15205605/Pharmacy-fat-jabs-withdrawal-programme-boots.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.drugs.com/medical-answers/you-gain-weight-back-after-stopping-mounjaro-3577270/), [[6]](https://www.cnbc.com/2023/03/29/people-taking-obesity-drugs-ozempic-and-wegovy-gain-weight-once-they-stop-medication.html)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/health/article-15205605/Pharmacy-fat-jabs-withdrawal-programme-boots.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.apnews.com/article/ac4151fdfcd6ac17f502d1a14af4fff5), [[3]](https://www.business-standard.com/health/glp-1-weight-loss-drugs-mounjaro-wegovy-regain-after-stopping-study-125051900244_1.html), [[7]](https://www.medicalnewstoday.com/articles/ozempic-rebound), [[6]](https://www.cnbc.com/2023/03/29/people-taking-obesity-drugs-ozempic-and-wegovy-gain-weight-once-they-stop-medication.html)
* Paragraph 3 – [[1]](https://www.dailymail.co.uk/health/article-15205605/Pharmacy-fat-jabs-withdrawal-programme-boots.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.business-standard.com/health/glp-1-weight-loss-drugs-mounjaro-wegovy-regain-after-stopping-study-125051900244_1.html)
* Paragraph 4 – [[1]](https://www.dailymail.co.uk/health/article-15205605/Pharmacy-fat-jabs-withdrawal-programme-boots.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.drugs.com/medical-answers/you-gain-weight-back-after-stopping-mounjaro-3577270/), [[3]](https://www.business-standard.com/health/glp-1-weight-loss-drugs-mounjaro-wegovy-regain-after-stopping-study-125051900244_1.html)
* Paragraph 5 – [[2]](https://www.drugs.com/medical-answers/you-gain-weight-back-after-stopping-mounjaro-3577270/), [[3]](https://www.business-standard.com/health/glp-1-weight-loss-drugs-mounjaro-wegovy-regain-after-stopping-study-125051900244_1.html), [[5]](https://www.healthline.com/health-news/heres-how-much-weight-people-regain-after-stopping-mounjaro-zepbound), [[6]](https://www.cnbc.com/2023/03/29/people-taking-obesity-drugs-ozempic-and-wegovy-gain-weight-once-they-stop-medication.html), [[7]](https://www.medicalnewstoday.com/articles/ozempic-rebound)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/health/article-15205605/Pharmacy-fat-jabs-withdrawal-programme-boots.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.drugs.com/medical-answers/you-gain-weight-back-after-stopping-mounjaro-3577270/> - This article discusses the likelihood of weight regain after discontinuing Mounjaro (tirzepatide), a medication used for type 2 diabetes. It highlights that many users experience weight regain due to the return of appetite and hormonal changes once the medication is stopped. The article also provides tips on maintaining weight loss after stopping Mounjaro, such as meal spacing, behavioural tools, and routine follow-ups with healthcare providers.
3. <https://www.business-standard.com/health/glp-1-weight-loss-drugs-mounjaro-wegovy-regain-after-stopping-study-125051900244_1.html> - This article reports on a study presented at the European Congress on Obesity, which found that individuals using GLP-1 medications like Ozempic, Mounjaro, and Wegovy regained most of the weight they lost within a year after stopping the drugs. The study suggests that long-term support and behavioural change are necessary to maintain weight loss achieved with these medications.
4. <https://www.apnews.com/article/ac4151fdfcd6ac17f502d1a14af4fff5> - This article reports on a study published in Nature Medicine, which found that the diabetes drug Mounjaro (tirzepatide) significantly aided weight loss when combined with diet and exercise. Participants who used the drug lost an average of 25% of their body weight, compared to those who were on placebo and experienced some weight regain. The study also noted that side effects such as nausea, diarrhea, and constipation were more common among those taking tirzepatide.
5. <https://www.healthline.com/health-news/heres-how-much-weight-people-regain-after-stopping-mounjaro-zepbound> - This article discusses a study that followed participants who were prescribed tirzepatide for 36 weeks. After stopping the medication, those who continued on tirzepatide lost an additional 5% of their body weight over the next 52 weeks, while those who received a placebo regained 14% of their body weight. The article highlights the challenges of maintaining weight loss after discontinuing the medication.
6. <https://www.cnbc.com/2023/03/29/people-taking-obesity-drugs-ozempic-and-wegovy-gain-weight-once-they-stop-medication.html> - This article reports that individuals who stop taking obesity drugs like Ozempic and Wegovy often regain weight. It explains that these medications mimic a hormone that signals fullness, and stopping them can lead to increased appetite and weight regain. The article also notes that some individuals may gain more weight after stopping the drugs than they initially lost.
7. <https://www.medicalnewstoday.com/articles/ozempic-rebound> - This article explains the phenomenon of 'Ozempic rebound,' where individuals regain weight after stopping the medication Ozempic. It discusses a study that found participants who took Ozempic lost an average of 17.3% of their body weight, but after stopping, they regained an average of 11.6%. The article also notes that the gains in cardiovascular risk factors had reversed after stopping the medication.