

# Medicines Matters

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## GLP-1 RECEPTOR AGONISTS (GLP-1 RA'S) – INTERACTIONS WITH ORAL CONTRACEPTION

In February 2025, the Faculty of Sexual & Reproductive Healthcare (FSRH) issued a statement stating that **most GLP-1 RA's have little/no effect on effectiveness** of oral contraceptives. **Tirzepatide** (Mounjaro®) however, **does reduce the effectiveness of oral contraceptives**, being the only GLP-1 RA found to have a clinically significant effect on their bioavailability. The statement from the FSRH can be found at the following link: [CEU-statement-GLP-1-agonists-and-contraception.pdf](#)

### Advice for Prescribers

- Women taking tirzepatide should switch to a non-oral contraceptive, **or add a barrier method**, for four weeks after initiation and four weeks after each dose increase.
- There is no need to add a barrier method of contraception when using semaglutide, dulaglutide, exenatide, lixisenatide or liraglutide.
- Diarrhoea and vomiting are listed as common or very common adverse reactions with all GLP-1 RA's. Individuals experiencing severe diarrhoea or vomiting whilst using GLP-1 RA's should follow FSRH guidance which can be found at the following link [FSRH recommendations](#).
- There is no evidence on the effect of GLP-1 RA's on emergency hormonal contraception. The copper intrauterine device is the most effective method of emergency contraception and should always be offered where appropriate.
- Due to a lack of safety data, GLP-1 RA's should not be used in women who are pregnant.
- It is important that women of childbearing age use effective contraception while taking a GLP-1 RA.
- If a patient wishes to become pregnant, there is a recommended washout period for different GLP-1 RA's prior to a planned pregnancy:
  - Tirzepatide – one month
  - Semaglutide – two months
  - Exenatide – 12 weeks
- The FSRH have produced a patient leaflet which provides contraceptive advice for individuals taking a GLP-1 RA. This leaflet can be found at the following link [GLP-1 agonists and contraception patient information leaflet](#).