

Blog

What Happens When you Stop Taking Mounjaro

Semaglutide helps jumpstart weight loss, but it isn't meant for lifelong use. Explore what happens when you stop Mounjaro and weight loss alternatives.



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You've been on Mounjaro for months, but you may be experiencing limited weight loss. Or maybe, you've hit your weight loss goal and are wondering if you can finally stop. Perhaps the long-term side effects of Mounjaro, including nausea, fatigue, or digestive issues, have become too much to handle. Whatever your reason is, you may wonder what happens when you stop Mounjaro?

Most people notice significant changes when they stop taking semaglutide. Many people feel intense hunger and cravings and regain weight rapidly (with most patients regaining 14% of the weight they lost within one year).^{*} Digestive upset, fatigue, and emotional distress as the pounds return are also common side effects of quitting this drug.

Below, we'll explore exactly what happens when you stop taking Mounjaro, why these withdrawal symptoms occur, and most importantly, how you can maintain your weight loss without staying on the medication forever.

What Happens When You Stop Taking Mounjaro?

When you stop taking Mounjaro, your body adjusts to functioning without the medication and undergoes several changes. Here's what you can expect:

- Hunger and appetite resurgence
- Increased cravings and lack of satiety
- Digestive upset
- Potential fatigue
- Weight regain
- Emotional impacts
- Reversal of health benefits

Understanding these withdrawal symptoms can help you prepare and take the necessary steps to manage them effectively.

Hunger and appetite resurgence

Most people notice their hunger and appetite increase when they stop taking Mounjaro. Mounjaro helps to regulate hunger hormones, making it easier to feel full and satisfied with smaller portions. When you stop taking the medication, your body begins to produce more hunger hormones, leading to a notable increase in appetite.

This resurgence can challenge patients as they try to stick with a healthy eating plan and can lead to overeating. "I had to stop Mounjaro when my insurance stopped covering it, and I became ravenous within two weeks. I gained 25lbs back in 4 months," shared a user on [r/Mounjaro](#).

Increased cravings and lack of satiety

While on the medication, Mounjaro helps slow the digestive process and stabilize blood sugar levels, which can help you control your desires for highly processed or sugary foods. However, once patients stop taking the medication, these regulatory effects fade, and stronger cravings appear for high-calorie, low-nutrient foods.

In addition to increased cravings, the surge in hunger hormones can leave you less satisfied after meals. This combination can make it difficult to maintain the healthy eating habits that were established when you were taking the medication, potentially contributing to weight regain.

As a user shared on [r/Mounjaro](#), "Most people don't consciously decide that they're going to adopt bad eating habits, it just happens! Mounjaro hopefully gives us a chance to see what happens when we make better, more deliberate food choices, and eventually be able to do the same without Mounjaro." However, when those habits don't change, you quickly go back to your old self.

Digestive upset

Gastric emptying is slowed when taking Mounjaro to help regulate appetite and promote the steady release of nutrients. When you stop taking the medication, these effects reverse, which can trigger bloating or nausea. "I stopped taking it (Mounjaro) for a couple of months and whenever I eat something unhealthy, I get extreme stomach pain, almost immediately. Sometimes it happens after 1–2 bites or pretty small amounts of food," shares a patient on [r/Mounjaro](#).

These sudden changes in digestion can be uncomfortable and may temporarily disrupt your eating patterns. Some people also report feeling hungrier after meals or experiencing irregular bowel movements. While these withdrawal symptoms usually subside as your body rebalances, they can still pose challenges in the short term.

Potential fatigue

Many patients notice improved energy levels while taking Mounjaro, thanks to its ability to regulate blood sugar and promote weight loss. Once patients stop the medication, these benefits diminish, and they sometimes feel sluggish or low on energy, especially when combined with the metabolic changes discussed above.

For some, the fatigue is mild and short-lived, but others may find that it continues to impact their daily routine for some time.

Weight regain

Patients often struggle with weight regain after stopping Mounjaro. Mounjaro suppresses appetite and regulates hunger hormones, making it easier to maintain a calorie deficit.

Without Mounjaro's support, many patients eat more calories because hunger and cravings increase. In some cases, weight regain is rapid and may even exceed the amount of weight lost while on the medication.

Emotional impacts

Patients often notice that stopping Mounjaro affects their emotional well-being. Many feel frustrated, discouraged, or even depressed as appetite increases and they start to regain weight. The combination of physical changes and emotional distress can lead to stress eating or a loss of motivation to maintain healthy habits.

Reversal of health benefits

Users may lose some health improvements they gained while taking Mounjaro. Without the medications' regulatory effects, markers like blood sugar, cholesterol, and blood pressure may rise again. For patients managing diabetes and other metabolic conditions, this reversal can pose significant health risks, so regular check-ins with your healthcare provider are crucial during withdrawal.

But, What Exactly is Mounjaro?

Mounjaro, or [tirzepatide](#), is a prescription medication initially approved to manage blood sugar levels in adults with type 2 diabetes. It belongs to a class of drugs called GLP-1 receptor agonists. By mimicking natural hormones that regulate blood sugar, appetite, and digestion, Mounjaro helps improve glycemic control.

Due to its appetite suppressing and satiety-enhancing effects, Mounjaro has gained attention as a treatment for obesity, even among patients without diabetes. However, just like most other medications for chronic illness, its benefits depend on consistent and continued use. And, [not everyone loses weight on Mounjaro](#).

What Causes Mounjaro Withdrawal Symptoms?

When you stop taking Mounjaro, your body has to readjust to functioning without this support. Here's what happens:

Hormonal rebound effect

After users stop taking Mounjaro, their bodies experience a hormonal rebound: the medication suppresses hunger hormones like ghrelin while amplifying satiety signals. Without these effects, the body may overcompensate by increasing ghrelin production or [decreasing leptin sensitivity](#), which can intensify hunger and reduce the sense of fullness after eating.

These hormonal fluctuations can make it feel like you're [not losing weight on Mounjaro](#), even if you're following your plan closely. A [review on weight gain after ending GLP-1 drugs for obesity](#) highlights how most patients regain weight after stopping treatment.

Additionally, studies indicate that [GLP-1 interacts with ghrelin and leptin to regulate glucose](#) metabolism and food intake, showing how hormonal changes play a key role in post-treatment weight rebound.

Altered blood sugar regulation

GLP-1 agonists like Mounjaro improve insulin sensitivity and stabilize blood sugar levels. After discontinuing the medication, some patients experience fluctuations in blood sugar, leading to fatigue, cravings for high-sugar foods, and even a return of pre-diabetic or diabetic symptoms. Some people also experience a [weight loss plateau on Mounjaro](#) during or after treatment, as the body's metabolism adjusts to changes in insulin and glucose regulation.

The [STEP 1 trial extension](#) demonstrated how weight regain and metabolic shifts can occur following withdrawal of the medication. Additional [studies](#) confirm that these effects are common and highlight the importance of monitoring patients closely during treatment discontinuation.

Gastrointestinal adjustments

One of the key mechanisms of Mounjaro is its ability to slow gastric emptying, which prolongs the feeling of fullness after meals. When the medication is stopped, digestion resumes its normal pace, potentially causing [gastrointestinal discomfort](#), such as bloating and nausea, and frequent hunger cues.

Studies on [the effects of GLP-1](#) and its analogs on gastric physiology in diabetes and obesity, show how the digestive process adjusts when the medication is discontinued.

If you're comparing the two, you might wonder [does Mounjaro have less side effects than Ozempic?](#) Research shows they share similar mechanisms but can affect digestion differently.

Gut-brain disruption

GLP-1 also interacts with receptors in the brain to regulate the reward system linked to food intake. [Discontinuation can disrupt this balance](#), leading to stronger cravings for calorie-dense or processed foods as the brain seeks to restore its previous reward pattern.

Research shows that [GLP-1 may serve as a target for reward](#) system-related disorders, highlighting its role in regulating motivation and appetite.

How to Stop Taking Mounjaro and Keep the Weight Off

You should always consult your healthcare provider before stopping Mounjaro. They can help you transition comfortably and support you through Mounjaro side effects like digestive upset or changes in blood sugar levels, cholesterol, or blood pressure.

How to keep the weight off after Mounjaro

You may find it challenging to maintain weight loss after stopping Mounjaro. You must rely even more on healthy habits that enhance your metabolism after the medication. Here's how to set yourself up

more on healthy lifestyle strategies once you stop the medication. Here's how to set yourself up for the best chance at success.

- **Mindful eating:** Pay attention to hunger cues and eat slowly. Focus on nutrient-dense foods and watch portion sizes to avoid overeating.
- **Regular exercise:** Combine cardio (walking, cycling, swimming) with strength training to burn calories, build muscle, and support metabolism.
- **Stress management:** Use yoga, meditation, exercise, or walks in nature to lower cortisol, reduce emotional eating, and build mental resilience.
- **Treat underlying health conditions:** Work with your healthcare provider to manage blood sugar, sleep apnea, or other conditions that affect energy, cravings, and overall health.

It all depends on your relationship with food and the causes behind your initial obesity. If you use the time you're on Mounjaro, [Wegovy](#), Ozempic, or any semaglutide drug to build a better relationship with food and exercise, you'll have higher chances of maintaining the weight loss afterward.

"I've been off Mounjaro for three months and lost another 10 pounds after stopping. The carb craving has not come back yet. I'm exercising 6 days a week, which also contributes. It depends on the causes of the initial obesity. Every story and path is different," shares a patient on [r/Mounjaro](#).

Alternatives to Mounjaro for Sustainable Weight Loss

It's important to understand that obesity is a disease that can't always be overcome by willpower or lifestyle changes. If you stop taking Mounjaro, exploring alternative treatments, such as endoscopic sleeve gastropasty (ESG) or a gastric balloon, can help support long-term success.

ESG Stomach Tightening®

For those looking to achieve lasting weight loss without medication or surgery, [ESG Stomach Tightening](#) offers an innovative and effective solution. ESG is a [non-invasive procedure](#) performed endoscopically on an outpatient basis. It works by reducing stomach size and regulating hunger hormones, helping patients feel full faster and consume smaller portions.

Key benefits

ESG is a [non-surgical, reversible weight loss procedure](#) that addresses many of the challenges patients face with weight loss medications like Mounjaro. By physically altering the stomach's capacity, it regulates appetite and the production of hunger hormones. Patients who undergo ESG [experience an average of 18% weight loss](#), making it a powerful tool for those seeking a lasting solution.

Cost comparison

ESG is also a [more affordable choice than medication](#) for patients long-term. The monthly costs of Mounjaro can add up quickly, exceeding thousands of dollars per year in ongoing prescriptions. In contrast, ESG offers lasting results without the need for repeated expenses.

At Bariendo, we pair ESG with ongoing follow-up care at no extra cost, providing an effective, durable, [cost-effective solution](#) for patients looking for sustainable results.

For example, [Helen](#) lost 63 pounds in six months with Bariendo's ESG Stomach Tightening. She believes it was the best decision of her life. "Nothing is easy, but with this level of care and commitment, you're set up for nothing but success. ESG has changed my whole lifestyle; you can do it too!"

Gastric balloon

The [gastric balloon](#) is another non-surgical option that can help jumpstart weight loss and establish healthier eating habits without the need for long-term medication use. This temporary device is placed in the stomach endoscopically and remains in place for several months, helping patients feel fuller faster and develop sustainable portion control habits.

Key benefits

The gastric balloon is a temporary, non-invasive weight loss option that can complement or replace medication like Mounjaro. By placing a balloon in your stomach, it takes up space and helps regulate hunger. This supports sustainable weight loss and comes with fewer side effects. Patients typically see an [average weight loss of 11.9% over four months](#), making it an effective tool for those seeking short- to mid-term results.

Cost comparison

Compared with ongoing medication costs, the gastric balloon can be a more economical solution. While Mounjaro requires continuous prescriptions that can total thousands of dollars annually, the gastric balloon is a one-time procedure with a defined treatment period.

At Bariendo, we include follow-up care at no additional cost, helping patients achieve results safely and affordably. [Check out our prices.](#)

[Isola](#) lost 13% of her total body weight by having the gastric balloon for eight months. "After undergoing the gastric balloon, I gradually lost 30+ pounds, significantly improving my quality of life," she said.

Transforming Weight Loss Struggles Into Sustainable Success

While stopping Mounjaro can be challenging, there are steps you can take to manage them effectively. With the right strategies and ongoing support, you can continue your journey to better health and sustainable weight loss.

Bariendo offers a range of non-surgical weight loss procedures designed to help you achieve lasting results without surgery or daily medication. From [ESG Stomach Tightening](#) to gastric balloon treatments, our experts provide personalized care and ongoing support to guide your journey. [Schedule a free consultation](#) to discover which option is right for you and take the next step toward reaching your health goals.

Frequently Asked Questions About What Happens When you Stop Mounjaro

Do I have to stay on Mounjaro forever?

No, you don't have to stay on Mounjaro forever. It's a tool to support weight loss, but long-term results require sustainable lifestyle changes. Some patients may taper off while maintaining healthy habits, while others may need ongoing treatment or alternative therapies to manage weight effectively.

What happens when you stop and restart Mounjaro?

Stopping Mounjaro can lead to weight regain if lifestyle habits aren't maintained. Restarting can help regain lost weight and continue progress, but it's important to do so under a healthcare provider's guidance to monitor side effects and adjust dosing safely.

What are the long term side effects of taking Mounjaro?

Mounjaro long-term side effects can include nausea, digestive changes, and potential effects on blood sugar and heart rate. Rarely, more serious complications can occur. Regular monitoring by a healthcare provider helps manage risks and ensures the medication remains safe for continued use.

Sources:

*Do you gain weight back after stopping Mounjaro? (2025). Drugs.com. Found on: [https://www.drugs.com/medical-answers/you-gain-weight-back-after-stopping-mounjaro-3577270/#:~:text=One%20study%20looked%20at%20patients,11.1%20kg%20\(24.5%20lb\).](https://www.drugs.com/medical-answers/you-gain-weight-back-after-stopping-mounjaro-3577270/#:~:text=One%20study%20looked%20at%20patients,11.1%20kg%20(24.5%20lb).)

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