

MEDICATIONS FOR WEIGHT MANAGEMENT

1. **SAXENDA (liraglutide) DIN # 02437899**




What is it:	A hormone called GLP1.
What does it do:	GLP1 creates a feeling of fullness, leads to improvement in portion control and improves blood sugars, cholesterol levels and blood pressure.
Weight loss expected:	Average of 8% below starting weight.
How is it taken:	Injected daily, usually in the evening.
Side effects:	Nausea (decreases within weeks). Gallstones and acute pancreatitis are rare.
Cost:	Approximately \$200 – \$400/month (depending on dose).



2. **CONTRAVE (Bupropion/Naltrexone) DIN # 02472945**

What is it:	A combination medication (antidepressant and opioid antagonist).
What does it do:	It decreases appetite and can help with cravings.
Weight loss expected:	Average of 8% below starting weight.
How is it taken:	2 pills twice daily (titrate up slowly).
Side effects:	Nausea (decreases within weeks).
Contraindications:	Chronic opioid use, seizure disorder.
Cost:	\$260/month for full dose.



	Week 1	Week 2	Week 3	Week 4 and Beyond
 AM Tip: Take with breakfast	 1 pill in AM	 1 pill in AM	 2 pills in AM	 2 pills in AM
 PM Tip: Take before dinner		 1 pill in PM	 1 pill in PM	 2 pills in PM

3. **XENICAL (orlistat) DIN # 02240325**

What is it:	Gastrointestinal lipase inhibitor.
What does it do:	Orlistat blocks the action of lipase and decreases the absorption of fat in the intestines.
Weight loss expected:	Average of 3% below starting weight.
How is it taken:	One pill three times a day with meals.
Side effects:	Oily, loose bowel movements - frequently leads to discontinuation Liver failure – rare; monitor liver enzymes.
Cost:	Approximately \$180/month.



How long do I have to use it?

If you stop this medication, the weight that was lost can return. This medication is not a quick fix or short term solution. We strongly suggest that you start another effective method of weight loss maintenance if you stop the medication.