

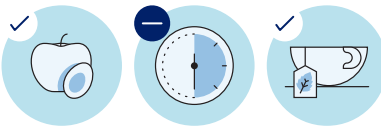
# MANAGING COMMON SIDE EFFECTS OF \*GLP-1 RAs THERAPY

## General tips (for everyone)<sup>1,2,3</sup>



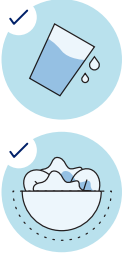
- Take your medicine exactly as prescribed; ask your doctor about slowly increasing the dose; if necessary maintain doses for up to 8 weeks or maintain the lowest effective dose.<sup>2</sup>
- Eat slowly and only when you are really hungry.<sup>2</sup>
- Stop when you feel full.<sup>2</sup>
- Choose smaller meals more often instead of large ones.<sup>2</sup>
- Pick simple foods: low-fat, baked, boiled, or grilled.<sup>2</sup>
- Avoid greasy, spicy, very sweet, or processed foods.<sup>2</sup>
- Increase meal frequency if needed.<sup>2</sup>
- Drink water in small sips (avoid straws).<sup>2</sup>
- Don't lie down right after eating, and avoid meals close to bedtime.<sup>2</sup>
- After meals, enjoy food without distractions and light activity is fine, but avoid being too active straight away.<sup>2</sup>
- Exercise or gentle movement may help digestion.<sup>2</sup>
- Keep a food diary to track what triggers symptoms.<sup>2</sup>

## • Nausea (feeling sick); very common - usually starts in the first weeks, gets better after a few days<sup>2,3</sup> •



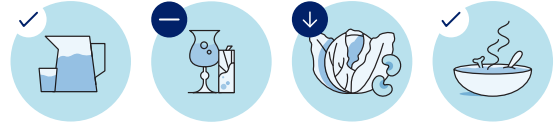
- Eat slowly and take small bites.<sup>2</sup>
- Stop eating when you start to feel full.<sup>2</sup>
- Choose smaller, lighter meals and avoid greasy, spicy, or strong-smelling foods.<sup>2</sup>
- Wait at least 30 minutes after your dose before eating.<sup>2</sup>
- If you feel sick, try crackers, apples, ginger, or mint (including teas).<sup>2</sup>
- Drink fluids between meals, not during them.<sup>2</sup>
- If sickness does not improve seek advice, your doctor may adjust your dose or prescribe medicine to help.<sup>2</sup>

## • Vomiting; not as common, often happens in the first weeks, usually short-lived<sup>2,3</sup> •



- Sip small amounts of water often to stay hydrated.<sup>2</sup>
- Eat small meals more frequently instead of large ones.<sup>2</sup>
- If vomiting continues, your doctor may prescribe medicine to help.<sup>2</sup>
- In rare cases, your dose may need to be lowered or paused.<sup>2</sup>

## • Diarrhea (loose stools); Usually starts in the first month, often lasts only a few days<sup>2,3</sup> •



- Drink plenty of fluids such as water, clear soups, broths.<sup>2</sup>
- Avoid alcohol, coffee, fizzy drinks, milk, sports drinks, very hot or cold foods, and sugar-free sweeteners ending in "-ol".<sup>2</sup>
- Temporarily reduce high-fiber foods (beans, nuts, cabbage, whole grains, certain fruits). Add them back slowly once you feel better.<sup>2</sup>
- Choose gentle foods like chicken broth, rice, carrots, or ripe peeled fruit.<sup>2</sup>
- If diarrhea does not improve, your doctor may recommend medicine to help.<sup>2</sup>
- Consider probiotic supplementation.<sup>2</sup>

## • Constipation; Can last longer than other side effects<sup>2,3</sup> •



- Drink plenty of water or other sugar-free drinks.<sup>2</sup>
- Eat foods with fiber, such as fruits, vegetables, and whole grains.<sup>2</sup>
- Stay active every day if you can.<sup>2</sup>
- Follow a balanced diet.<sup>2</sup>
- If constipation doesn't improve, your doctor may suggest a stool-softener.<sup>2</sup>

## Less common side effects

Heartburn / Acid reflux	Less common (5–10%)	May happen early due to delayed stomach emptying	Eat smaller meals, avoid lying down after eating; cut back on coffee, alcohol, fizzy drinks, chocolate, fried foods; a short course of heartburn medicine (e.g., antacid) can help.
Abdominal pain, bloating, indigestion	Up to 10–20%	Often early or with dose increases	Eat slowly, avoid overeating; choose lighter, low-fat foods; herbal teas (ginger, peppermint) may ease discomfort; Doctor may advise slowing dose escalation.
Fatigue, headache, dizziness	5–15%	During titration or calorie reduction	Stay hydrated; eat small, frequent meals to keep energy up; check for low calorie intake or dehydration; speak to doctor if persistent.
Hair loss, skin changes	Rare (3–5%)	Usually after rapid weight loss	Ensure balanced diet with protein, vitamins, and minerals; consider multivitamin support if diet is very restricted.

## \*GLP1-RA - Glucagon-like peptide-1 receptor agonist

### References

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