

Medications Used to Assist with Weight Loss

Medication	Side Effects	Comments
Phentermine	jittery/palpitations, hypertension, headache, dry mouth, constipation, insomnia	stimulant, been around the longest, most weight loss, cheap
Diethylpropion	nausea, diarrhea, headache, constipation	stimulant but much milder than phentermine, cheap
Contrave	nausea, vomiting, dizzy, headaches, jittery	combination of bupropion and naltrexone, can be expensive
Qsymia	jittery, palpitations, headaches, hypertension, mind fogging	combination of phentermine and topiramate, can be expensive
Ozempic, Wegovy, Semaglutide (once weekly injectable) but Rybelsus is oral	nausea, vomiting, constipation, diarrhea	can be expensive, some are off label use and also used for diabetes
Saxenda, Victoza, Liraglutide (once daily injectable)	nausea, vomiting, constipation, diarrhea	can be expensive, some are off label use and also used for diabetes
Mounjaro, Trulicity (once weekly injectable)	nausea, vomiting, constipation, diarrhea	can be expensive, some are off label use and also used for diabetes
Bupropion (better if used in combination)	jittery, headaches	off label use, mainly used for depression, or smoking cessation
Topiramate (better if used in combination)	brain fog, carbonated drinks taste funny, kidney stones	off label use, mainly used for seizures or migraines
Naltrexone (better if used in combination)	nausea, diarrhea, headache, jittery, dizzy	off label use, mainly used for opioid reversal
Zonisamide (better if used in combination)	nausea, constipation, headache, dizzy	off label use, mainly used for seizures
Metformin (very small weight loss)	diarrhea	off label use, mainly used for diabetes
Plenity (cellulose tablets)	bloating	\$90 per month and not covered by any insurance

* Of note, most medications are something a patient has to take the rest of their life. This is not always true as some people can change their lifestyle enough to maintain their weight loss without medications but most people with the disease of obesity require life long treatment with medications. On the other hand, when patients lose weight, they usually get to come off or decrease the dose of multiple other medications.

**Check with your insurance about coverage of all these medications, especially the ones not used off label as they can be very expensive.