

Side Effect Guide

with GLP-1 Medications

When first starting the medication many minor symptoms, such as fatigue, subside once your body adjusts to the medication. Slow and steady titration through our provider, adequate hydration & avoiding symptom triggers will help mitigate most symptoms.

Try the following first for any side effects you experience, if it doesn't help please don't hesitate to contact us. We want to encourage you to listen to your body and give it what it needs to thrive!

1. Nausea & Vomiting

- Make sure you're eating high protein and low carb
- Eat smaller, more frequent meals. This can help reduce nausea & vomiting by preventing the stomach from becoming too full.
- Avoid spicy or greasy foods: These can exacerbate symptoms in some individuals.
- Stay hydrated with water or herbal tea: Hydration is essential for managing nausea and vomiting. Herbal teas like ginger tea have shown to alleviate nausea & promote digestion.
- Try ginger for nausea relief: Ginger contains compounds like gingerol and shogaol, which have anti-nausea properties.

2. Diarrhea:

- Increase soluble fiber intake: Soluble fiber, found in foods like oats and apples, and psyllium husk can absorb excess water in the intestines and help bulk up stools, reducing diarrhea.
- Avoid caffeine and alcohol: Both caffeine and alcohol can irritate the digestive tract and worsen diarrhea, so it's best to avoid them.
- Stay hydrated with electrolyte-rich drinks: Diarrhea can lead to dehydration and electrolyte imbalances, replenishing fluids with electrolyte-rich drinks like coconut water can help.
- Consume probiotic-rich foods like yogurt: Probiotics are beneficial bacteria that can help restore balance to the gut microbiota and alleviate diarrhea.

3. Constipation:

- Eat more fiber-rich foods: Fiber adds bulk to stools and helps promote regular bowel movements. Research supports increasing fiber intake through foods like fruits, vegetables, whole grains, and legumes.
- Drink plenty of water: Adequate hydration is essential for softening stools.
- Stay active to stimulate bowel movements: Physical activity can help stimulate the muscles of the digestive tract and promote regularity.
- Try natural laxatives like prunes or flaxseeds: Prunes and flaxseeds contain natural laxatives like sorbitol and fiber, which can help relieve constipation.

4. Abdominal Pain

- Apply a warm compress: Applying a warm compress to the abdomen can help relax abdominal muscles and alleviate pain.
- Avoid tight clothing: Tight clothing can constrict the abdomen, exacerbating abdominal pain. Gentle stretching may help: Gentle stretching exercises like yoga can help relieve tension in the abdominal muscles and reduce pain.
- Peppermint tea or gas-relief remedies may provide relief: Peppermint contains menthol - shown to relax the muscles of the digestive tract and relieve abdominal pain and bloating.

5. Decreased Appetite:

- Focus on nutrient-dense foods (VERY IMPORTANT): Protein rich and nutrient dense foods provide essential vitamins and minerals that support overall health and well-being. Research suggests that focusing on nutrient-dense foods can help maintain adequate nutrition despite a decreased appetite.
- Set a reminder to have protein rich snacks and small meals during the day.
- Stick to regular meal schedules: Eating at consistent intervals throughout the day can help regulate appetite and ensure adequate calorie intake.
- Experiment with flavors and cooking methods: Varying the flavors and cooking methods of foods can make them more appealing and stimulate appetite.
- Engage in enjoyable activities: Research suggests that engaging in activities you enjoy can help stimulate appetite and make mealtime more enjoyable.

6. Headache:

- Stay hydrated: Dehydration can trigger headaches, sip throughout the day to stay hydrated.
- Consuming a high protein snack can help headaches.
- Practice relaxation techniques: Research has shown that relaxation techniques like deep breathing, meditation, and progressive muscle relaxation can reduce frequency & intensity.
- Apply a cold compress: Applying a cold compress to the forehead or temples can help constrict blood vessels and alleviate headache pain.
- Minimize triggers: Such as bright lights, strong odors, loud noises, alcohol, too much caffeine, high sugar intake.

7. Fatigue:

- Prioritize quality sleep: Research indicates that getting enough sleep each night (7-9 hours for adults) is essential for combating fatigue and maintaining energy levels.
- Fatigue can be caused by not eating often enough during the day.
- Take short breaks or power naps: These can help restore energy and improve alertness.
- Stay physically active: Regular physical activity has been shown to reduce fatigue and increase energy levels by improving circulation and oxygen flow throughout the body.
- Eat a balanced diet & hydrate: A diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help sustain energy levels and combat fatigue.

8. Dizziness:

- Drink plenty of water: Dehydration can contribute to dizziness, sip throughout the day.
- Fluctuating blood sugar: eat small, regular meals to help keep blood sugar stable. Avoid skipping meals, even when appetite is low
- Electrolyte imbalance: consider adding in electrolytes especially if you have vomited
- Avoid sudden position changes: Stand up slowly & avoid sudden head movements
- Take breaks and rest: Taking breaks & resting can help alleviate symptoms.
- Incorporate foods rich in magnesium, such as spinach, nuts, seeds, and whole grains: Magnesium plays a role in regulating blood pressure and can help prevent dizziness.