

Side Effect Guide

Common effects and when to call. This is not emergency care. Call 911 for a medical emergency.

Common effects

- Nausea, early fullness, constipation, diarrhea, mild abdominal discomfort, fatigue, reduced appetite - especially during dose increases.

Conservative management

- Smaller meals; stop at first fullness. Avoid greasy, spicy, or very sweet foods. Stay upright after eating.
- Constipation: fluids and gradual fiber. Nausea: bland or cold foods, ginger, smaller portions.

Hydration

- Drink throughout the day. Electrolyte fluids can help with fatigue, lightheadedness, or reduced intake.

Contact SVH

- If side effects are severe, persistent, or prevent adequate fluid or protein intake.

Emergency - call 911

- Severe abdominal pain, persistent vomiting, dehydration, chest pain, severe shortness of breath, or serious allergic reaction.