

Starting Your Medication

General guidance if a clinician prescribes a brand-name medicine. Follow the instructions from your visit.

First weeks

- Reduced appetite often begins within 1-2 weeks. Mild nausea, fullness, or bowel changes are common and often improve.

Slow dose titration

- Doses increase gradually. Moving up too quickly raises side effects. Do not change your dose unless told to.

Timing

- Injections: typically once weekly on the same day. Oral medicines: as specifically directed. Rules differ by product.

Storage

- Follow the package insert. Keep in original packaging, away from extreme heat or light, out of reach of children.