



Accurate Clinic

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www.AccurateClinic.com

Why is this medication prescribed?

Orlistat (prescription and nonprescription) is used with an individualized low-calorie, low-fat diet and exercise program to help people lose weight. Prescription orlistat is used in overweight people who may also have high blood pressure, diabetes, high cholesterol, or heart disease. Orlistat is in a class of medications called lipase inhibitors. It works in the intestines by blocking absorption of some of the fat in foods eaten. This unabsorbed fat is then removed in stools from the body.

Who should not take this medication?

IF you have a history of:

- Uncontrolled psychiatric disorder (such as severe anxiety, depression, bipolar, PTSD)
- Hyperthyroidism
- Bulimia
- Gallstones
- Serious illness that is uncontrolled including diabetes, pancreas disease, immune suppression
- Pregnancy

How should this medicine be used?

Orlistat comes as a capsule and a nonprescription capsule to take by mouth. It is usually taken three times a day with each main meal that contains fat. Take orlistat during a meal or up to 1 hour after a meal. If a meal is missed or does not have fat, you may skip your dose. Do not take more or less of it or take it more often than prescribed by your doctor or stated on the package. Do not take orlistat if you are pregnant or breast-feeding.

What special dietary instructions should I follow?

Follow the diet program your doctor has given you. You should evenly divide the amount of daily fat, carbohydrates, and protein you eat over three main meals. If orlistat is taken with a diet high in fat (a diet with more than 30% of the total daily calories from fat), or with one meal very high in fat, it is more likely you will experience side effects from the medication.

Orlistat blocks your body's absorption of some fat-soluble vitamins and beta carotene. Therefore, when you use orlistat you should take a daily multivitamin that contains vitamins A, D, E, K, and beta-carotene. Read the label to find a multivitamin product that contains these vitamins. Take the multivitamin once a day, 2 hours before or 2 hours after taking orlistat, or take the multivitamin at bedtime.

While you are taking orlistat, you should avoid foods that have more than 30% fat. Read the labels on all the foods you buy. When eating meat, poultry (chicken) or fish, eat only 2 or 3 ounces (55 or 85 grams) (about the size of a deck of cards) for a serving. Choose lean cuts of meat and remove the skin from poultry. Fill up your meal plate with more grains, fruits, and vegetables. Replace whole-milk products with nonfat or 1% milk and reduced- or low-fat dairy items. Cook with less fat. Use vegetable oil spray when cooking. Salad dressings; many baked items; and prepackaged, processed, and fast foods are usually high in fat. Use the low- or nonfat versions of these foods and/or cut back on serving sizes.

What should I do if I forget a dose?

Take the missed dose as soon as you remember it unless it is more than 1 hour since you ate a main meal. If it is longer than 1 hour since you ate a main meal, skip the missed dose and continue on your regular dosing schedule. Do not take a double dose to make up for a missed one.

What side effects can this medication cause?

Orlistat may cause side effects. The most common side effect of orlistat is changes in bowel movement (BM) habits. This generally occurs during the first weeks of treatment; however, it may continue throughout your use of orlistat. Tell your doctor if any of these symptoms are severe or do not go away:

- Gas with oily spotting on underwear or on clothing
- Urge to have a bowel movement



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- Loose stools, oily or fatty stools
- Increased number of bowel movements
- Difficulty controlling bowel movements
- Pain or discomfort in the stomach and/or rectum (bottom)
- Irregular menstrual periods
- Headache
- Anxiety