



MANAGING OZEMPIC or WEGOVY

WHAT DO THESE DRUGS DO?

Ozempic/Wegovy are medications used to regulate insulin secretion to control blood sugar in people with Type 2 diabetes, but studies suggest they might also help people without diabetes lose weight.

These medications mimic a natural hormone in your body that acts on both the brain and the digestive system to regulate how full you feel after a meal. First, they slow down the emptying of your stomach, effectively causing you to feel fuller for longer. Then they reduce your appetite by signaling to your brain that you've eaten a meal. The combined effects are lasting satiety and less food cravings, both of which help patients lose weight.

MANAGE SYMPTOMS & UNDERSTAND YOUR TOLERANCE:

We would like to address some common questions prior to your start on Ozempic/Wegovy. It's important to keep your regular appointments with the doctor, physician assistant or dietitian so we can help you. You will be titrating your dose up slowly to reduce the incidence of side effects from Ozempic/Wegovy while reducing your calorie intake. Most side effects are mild, temporary, tolerable, and last a few weeks to months. They eventually subside. If you experience side effects that aren't tolerable, let us know so we can reduce the dose or take you off the drug.

MANAGING COMMON SIDE EFFECTS:

Mild nausea & heartburn:	Fatty, fried or greasy foods, can worsen side effects while taking Ozempic/Wegovy. Remain upright after eating and drinking clear or ice-cold drinks can also help manage potential nausea and vomiting. Over the counter generic Famotidine or Pepcid, Prilosec or Omeprazole 20 mg/day can be used to manage symptoms.
Constipation:	Milk of Magnesia. Magnesium hydroxide is the generic name for Milk of Magnesia and is a laxative for occasional use only - do not take for more than three consecutive days . It must not be taken to prevent constipation or to 'keep you regular'.
Preventing Constipation:	If you are prone to constipation, consider taking one (1) Colace daily. It also helps to increase non-caloric fluids and eat fibrous vegetables and fruit (see below for ideas). Our Dietitian can offer specific dietary guidelines on your visits. Adding fiber with lots of non-caloric fluids may prevent constipation while on Ozempic/Wegovy.
Diarrhea:	Constipation is more common, but diarrhea can occur also. If you're prone to diarrhea or experiencing it, keep good sources of soluble fiber in your diet like apples, blackberries, kiwi, pinto or black beans, or consider adding a scoop of psyllium powder daily until you're on track.

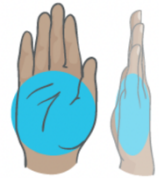


GUIDELINES TO MAXIMIZE YOUR BENEFITS:

- **Prioritize protein:** Get high-quality protein at every meal to prevent muscle loss while staying satiated. You can include plant-based proteins, but be mindful of portion sizes as most are higher in carbohydrates.
- **Limit your starch:** Best to limit starchy carbohydrates like pasta, rice, bread, potatoes, and corn.
- **Stay hydrated.** Aim to drink ½ - 1 ounce of non-caffeinated liquid for each pound you weigh every day. (for example: 75 – 150 ounces for a 150 pound person)
- **Even with a reduced appetite, a healthy diet is the key to success**

Protein

- Chicken, turkey, eggs, low-mercury seafood (e.g. salmon, or tuna 1x/week), red meat or pork (1x/ week)
- Reduced-fat dairy like Greek yogurt, milk, or small portions of cheese
- Legumes such as chickpeas, soybeans, lentils, navy beans, and kidney beans (stick to ½ cup portion), or tofu or edamame
- Preparation is key – avoid fried, breaded, sauteed in butter, or cream sauces



A serving of protein
= 1 palm

Vegetables

- Veggies are low-calorie and loaded with fiber, especially leaves, stalks, and roots
- Limit high-starch options like potatoes, corn and peas, but cauliflower rice and zucchini pasta are great swaps

Fruit

- Berries, kiwi, peaches, apricots, plums, rhubarb, and prunes or warm prune juice (if you have pre-diabetes or diabetes limit to 1 - 2 prunes or 6 ounces warm prune juice) are some of the best high-fiber fruits.
- For a fiber boost, eat the peel as well.

Whole grains

- **Steer clear of white flour and white rice.** Enjoy ½ cup portions of high-fiber whole grains instead.
- Whole grains include oats, brown rice, whole wheat, quinoa, barley, and rye.

Nuts & Seeds

- **Nuts & seeds are great sources of fiber, particularly walnuts & almonds.** You can add them to smoothies or sprinkle them on yogurt or salads.
- Chia, ground flaxseeds, and psyllium are some of the most popular.

Beans & Legumes

- Legumes are a good source of fiber, just stick with recommended portion sizes
- **However, beans have a well-earned reputation for making people gassy.** If you have gas and bloating irritable bowel syndrome (IBS), you may want to avoid beans or start with a smaller portion size.

Hot Tea

- **An herbal tea made with anise or fennel might ease gas or constipation.**