



GLP-1 Therapy: Strategies to Prevent and Manage Side Effects

For patients using GLP-1 medications for obesity treatment and/or metabolic health

1. Eat Smaller, More Frequent Meals

- Aim for 5–6 small meals daily instead of 3 large ones
- Avoid overeating and stop eating when comfortably full
- Use a hunger/fullness scale to build awareness
- Can help reduce nausea, vomiting, and belching

2. Increase Fluid Intake

- Goal: At least 80 oz (2.5 liters) per day
- Helps manage constipation, diarrhea, nausea, and vomiting
- Include oral rehydration options: coconut water, broth, or diluted juice with salt
- Avoid drinking large amounts 30–60 minutes before and after meals

3. Boost Fiber Intake

- Target: 25–35 grams per day
- Include fruits, vegetables, legumes, whole grains, and nuts
- Consider supplements like psyllium husk or methylcellulose if needed
- Increase gradually and alongside fluids to improve tolerance

4. Reduce Dietary Fat

- High-fat meals can worsen nausea, reflux, and delayed stomach emptying
- Recommend low-fat swaps and cooking methods (e.g., baking, steaming)
- Patients following keto may need additional adjustments

5. Try Complementary Therapies

- Herbal teas and chews: ginger, peppermint, chamomile, lemon
- Aromatherapy: lavender, spearmint, cardamom, clove
- Acupressure bands (used in pregnancy/oncology) may help with nausea

6. When Nutrition Isn't Enough

- OTC options: Pepto-Bismol, Kaopectate, Dramamine
- Prescription: Zofran (ondansetron) may be used temporarily
- Consider lowering the medication dose if side effects persist

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