

References: each medications FDA inserts/Epocrates/Guidelines on Pharmacological Management of Obesity: An Endocrine Society Clinical Practice Guideline updated 10/2020 by A. Golden

Medication name (alphabetical order)	Liraglutide	Naltrexone-bupropion	orlistat	Phentermine	Phentermine-topiramate	Plenity (Gelesis 100) Actually, a device but by rx
Contraindications (not all inclusive but “the big one”)	Medullary thyroid cancer history, MEN type 2 history, history of pancreatitis (CAUTION only, not contraindication)	Uncontrolled HTN, seizure disorder, anorexia or bulimia, drug or alcohol withdrawal, chronic opioid use, MAO inhibitors	Chronic malabsorption syndrome, pregnancy and breastfeeding, cholestasis, some medications (ex. warfarin, antiepileptic, levothyroxine)	Not long term (13 weeks by label – however Endocrine Society does WITH qualifiers have long term as possible) Anxiety disorder, CV disease, MAO inhibitors, pregnancy and breastfeeding, hyperthyroidism, hx of drug abuse, glaucoma	pregnancy and breastfeeding, hyperthyroidism, glaucoma, some medications (ex MAOI, sympathomimetic)	Pregnancy, allergy to cellulose, citric acid, sodium stearyl fumarate, gelatin, or titanium dioxide. Avoid use in patients with GI conditions: ex. esophageal anatomic anomalies, suspected strictures (such as patients with Crohn’s disease); or complications from prior gastrointestinal (GI) surgery that could affect GI transit and motility
Co-morbid and/or complications that add to reasons for use	Patients with prediabetes or type 2 diabetes due to the GLP1 affects	Patients with depression may find some advantage with the bupropion (although may not be a full therapeutic dose for depression)			migraines	Patients
Patient history that may help with decision (i.e. c/o cravings, opioid use)	Sugar cravings are often decreased with this medication	Food “addiction” or cravings may find this a beneficial choice, but if patient using a chronic opioid this is not a good choice				Eats large amounts of food.
Secondary considerations (insurance coverage/copay cards)		Available through mail order pharmacy for decreased price	Available OTC may be advantage for patients with insurance issues	Use manufacturer card to save money – allows for easy dosing	Available through mail order pharmacy for decreased price	Available (until 2021) only through early prescribers,
Advantages		cravings	Nonsystemic, OTC dose	Inexpensive		Labeled use for BMI \geq 25 kg/m ² , safety profile similar to placebo, not absorbed systemically
SE (not all inclusive)	N/V, pancreatitis	Nausea, constipation, HA, dizziness	Decreased absorption of fat-soluble vitamins, steatorrhea, flatulence, fecal incontinence	HA, increased BP and HR, insomnia, constipation, anxiety, palpitations, changes in libido	Insomnia, constipation, dizziness, paresthesia, dysgeusia, dry mouth	