

Starting a GLP-1/GIP Medication

What to Expect & How to Support Your Success

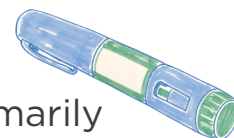
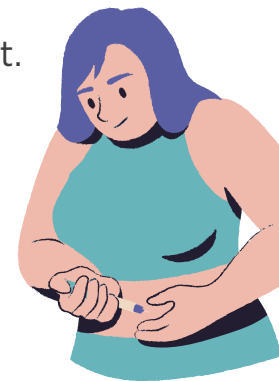
What are GLP-1 and GIP?

GLP-1 and GIP are hormones that your body naturally makes when you eat. These hormones help regulate blood sugar, appetite and digestion.

How do GLP-1/GIP Medications work?

GLP-1/GIP medications are designed to act like one or both of these hormones. They can help:

- Tell your brain that you are full, so you eat less
- Slow how quickly food leaves your stomach, making you feel full faster and stay full longer
- Help the body release more insulin after meals to lower blood sugar.



Common medications like *Ozempic*, *Wegovy*, *Saxenda* and *Rybelsus* primarily mimic **GLP-1**, while *Mounjaro* and *Zepbound* mimic **both GLP-1 and GIP**

Common Side Effects

You may have side effects, especially when you first start the medication or when you increase your dose. These often improve over time.

Some common side effects are:

- Nausea
- Vomiting
- Stomach pain or discomfort
- Diarrhea
- Constipation



Contact your provider if you have ongoing vomiting or diarrhea, are eating or drinking very little, have severe stomach pain, or have any new concerning symptoms

Why is Nutrition Important?

Because you may eat less while taking these medications, it's important to make every bite count!

Choosing healthy foods helps you to:

- Keep your muscles strong
- Maintain energy
- Reduce side effects from medication
- Get enough protein and nutrients
- Support healthy weight loss



A registered dietitian can help you meet your nutrition goals, manage side effects get enough protein, and get the most benefit from your medication.



Scan here for more health information.



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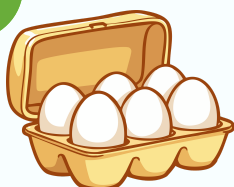
How to Feel Your Best: Nutrition Strategies

1 Eat Protein to Keep Muscles Strong

When you lose weight, you can lose muscle along with body fat. Eating protein helps to protect your muscles while you lose weight.



Try



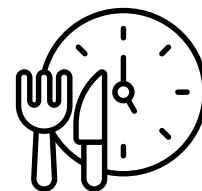
Eggs, fish, chicken, turkey, beans, lentils, greek yogurt, tofu, nuts and cottage cheese

2 Don't Skip Meals

You may not feel as hungry while on this medicine, but your body still needs regular nutrition. Try to **eat a small meal or snack every 3-4 hours**, even if you are not very hungry.

Eating regularly can:

- Keep your energy up
- Improve constipation
- Meet your protein needs
- Reduce nausea



3 Stay Hydrated

Drink water throughout the day, even if you don't feel very thirsty. Staying hydrated can help lower your risk of side effects like constipation.



4 Get the Nutrients You Need

Because you may be eating less it can be harder to get enough protein and certain nutrients especially vitamin B12, iron, and vitamin D.

Your dietitian can help you create a varied diet to meet your nutrient needs. Your doctor may check labs and recommend a multivitamin or specific supplement if needed.



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5 Stay Active

Regular movement helps you:

- Keep muscles strong
- Boost your energy
- Improve digestion
- Maintain your weight loss

Include strength (resistance) exercises at least 2 days each week to maintain muscle.

Some examples include:

- Resistance bands
- Weight machines
- Hand weights
- Body weight exercises like squats, lunges or wall push-ups



6 Tips for Managing Side Effects

If you have:

Try:

Nausea



- Instead of 2-3 large meals, try eating small meals more often
- Choose bland, low fat foods
- Avoid greasy, fried or spicy foods

Constipation



- Drink plenty of water
- Eat high fiber foods like fruits, vegetables, beans, oatmeal or whole grains
- Exercise regularly

Stomach ache



- Eat slowly
- Stop when you start to feel comfortably full
- Don't eat large portions

What happens if you stop taking these medications?

If you stop taking your medication it is common for weight loss to slow down. Most people regain weight over time. Healthy habits can help you maintain your progress.

Continue to:

- Drink plenty of water
- Stay physically active
- Eat balanced meals with enough protein
- Follow the healthy habits that worked for you while you were on the medication



Always talk to your doctor before stopping or starting a medication



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