

FDA-Approved Medications to Treat Obesity				
Brand	Generic/Dosing	Mechanism of Action	Adverse Effects	Notes
Adipex-P, Lomaira	Phentermine 15–37.5 mg	Sympathomimetic	Hypertension, tachycardia, xerostomia, anxiety	<ul style="list-style-type: none"> Contraindicated in patients with cardiovascular disease, hyperthyroidism, substance use disorder Controlled substance Carries the potential to worsen psychosis
Alli, Xenical	Orlistat 60–360 mg/day	Intestinal lipase inhibitor	Fecal incontinence, oily rectal leakage, bowel urgency, abdominal distress, nutrient deficiency	<ul style="list-style-type: none"> Contraindicated in malabsorption disorders Take within 1 hour of a fat-containing meal Separate by 2 hours from fat-soluble vitamins
Bontril	Phendimetrazine 17.5–210 mg	Sympathomimetic	Hypertension, tachycardia, xerostomia, anxiety	<ul style="list-style-type: none"> Contraindicated in patients with cardiovascular disease, hyperthyroidism, substance use disorder Controlled substance Carries the potential to worsen psychosis
Contrave	Bupropion/naltrexone 360/16–360/32 mg	Dopamine and norepinephrine reuptake inhibitor/opioid antagonist	Hypertension, insomnia, constipation, hepatotoxicity, anxiety	<ul style="list-style-type: none"> Contraindicated in anorexia, bulimia, epilepsy, uncontrolled hypertension, alcohol withdrawal, opioid use (precipitates withdrawal)
Didrex	Benzphetamine 25–150 mg	Sympathomimetic	Hypertension, tachycardia, xerostomia, anxiety	<ul style="list-style-type: none"> Contraindicated in patients with cardiovascular disease, hyperthyroidism, substance use disorder Controlled substance Carries the potential to worsen psychosis
Ozempic, Wegovy	Semaglutide 2.4 mg once/weekly (subcutaneous)	GLP-1 agonist	Nausea, vomiting, constipation, diarrhea, hypoglycemia	<ul style="list-style-type: none"> Administer with or without meals Monitor for new or worsening depression/suicidal behavior (liraglutide)
Qsymia	Phentermine/topiramate 7.5/46–15/92 mg/day	Sympathomimetic anti-convulsant	Renal calculi, paresthesias, impaired cognition, concentration and memory, confusion, depression, anxiety	<ul style="list-style-type: none"> Contraindicated in hyperthyroidism and substance use disorder Controlled substance Teratogenic patients must enroll in REMS¹ program May worsen cognitive symptoms of thought disorders and depression
Saxenda	Liraglutide 0.6–3 mg/day (subcutaneous)	GLP-1 agonist	Nausea, vomiting, constipation, diarrhea, hypoglycemia	<ul style="list-style-type: none"> Administer with or without meals Monitor for new or worsening depression/suicidal behavior (liraglutide)
Tenuate Dospan	Diethylpropion 25–100 mg	Sympathomimetic	Hypertension, tachycardia, xerostomia, anxiety	<ul style="list-style-type: none"> Contraindicated in patients with cardiovascular disease, hyperthyroidism, substance use disorder Controlled substance Carries the potential to worsen psychosis

¹REMS: Risk Evaluation and Mitigation Strategy; Source: Khorassani FE et al, *Am J Health Syst Pharm* 2015;72(9):697–706

From the Clinical Update:
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