

GLP-1 Side Effects Guide

What is common, when to adjust your medication, when to call the doctor, and when to go to the ER

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Common Side Effects: Usually Manageable

- **Nausea or low appetite:** eat smaller meals, eat slowly, avoid greasy foods, and stay hydrated.
- **Vomiting or diarrhea:** sip fluids often, use electrolytes, and eat bland foods.
- **Constipation:** increase fluids, walk daily, and add fiber gradually.
- **Bloating, burping, reflux, or heartburn:** eat smaller meals, avoid lying down after eating, and limit spicy or fatty foods.

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When to Ask About Adjusting Your Medication

Do not change your dose on your own unless your provider has given you a plan.

Side effects become moderate or severe.

Symptoms started or worsened after a dose increase.

You cannot eat or drink enough.

You missed several doses and are restarting.

You are having low blood sugar, especially if you also use insulin or a sulfonylurea.

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Call Your Doctor Promptly

- **Vomiting or diarrhea that lasts more than 24 hours.**
- Signs of dehydration: dizziness, dark urine, dry mouth, weakness, or very little urination.
- Severe or persistent stomach pain.
- Upper right abdominal pain, fever, nausea, or yellowing of the skin or eyes.
- Repeated low blood sugar.
- Eye pain or Vision changes.
- Neck lump, hoarseness, or trouble swallowing.

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Go to the ER or Call 911

- Trouble breathing, swelling of the face, lips, or tongue, or a severe allergic reaction.
- Severe, constant abdominal pain, especially if it spreads to the back.
- Inability to keep fluids down, fainting, confusion, or signs of severe dehydration.
- Severe low blood sugar, seizure, passing out, or needing another person's help.
- Severe chest pain, severe shortness of breath, or signs of stroke.
- Possible gallbladder emergency: severe right upper abdominal pain with fever or yellowing of the skin or eyes.



Important: Do not increase your dose while side effects are still difficult to manage. If you are unsure, call (866) 99-VAMOS