

Xenical® (orlistat): Physician Information Sheet

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Patients Who May Benefit

- BMI > 30
- BMI > 27 with comorbidity
- Ages 16 to 65 years old
- After 6 month trial of serious lifestyle modification

To ensure a patient does not FAIL this drug, it is HIGHLY RECOMMENDED that they receive a nutrition consultation BEFORE they begin the drug. Patients MUST be able to follow a diet of less than 90 grams of FAT per day to be successful. Many patients, regardless of educational status, are unaware of fat sources in their diet.

Benefits of Drug Therapy

- Possible improved weight loss when used as part of a comprehensive weight loss program including a reduced calorie and reduced fat diet and appropriate physical activity
- Behavior modifier (training tool to learn to eat diet of less than 30% calories from fat)
- Possible prevention of weight regain with long term drug therapy
- Reduction of many health risks associated with obesity if have modest (10%) weight loss

Disadvantages of Drug Therapy

- Frequent (at least monthly) follow-up with physician, nutritionist, and other health care professionals
- Cost of medication:
- Commitment of compliance with long term therapy
- No safety on use data for more than two years

Goals

- At least 4-pound weight loss in the first 4 to 8 weeks of therapy. Loss of 10% from baseline in 6 months.
- Sustained weight loss x1 year with no or minimal side effects from medication. Weight regain of less than 7 pounds over two years.

Dosage

This medication need not be titrated. The maximum dose is 120 mg three times a day. The medication should be taken either with the meal or within one hour of eating. Higher doses provide no added weight loss benefit and result in side effects. If meal is missed, the dose should be skipped.

Take 2 hours before or after the Xenical, a multiple vitamin-mineral supplement with fat-soluble vitamins.

Note for patients with type 2 diabetes, monitor glycemic control and change dose of hypoglycemic agents as appropriate.

Possible Side Effects of Drug Therapy (usually within first 3 months of treatment)

- GI events if dietary intake exceeds 30% calories from fat
- Oily drops, sometimes pink in color, seen in toilet bowl; oily spotting
- Flatus with discharge, fecal urgency, increased defecation, fecal incontinence

Drug Interactions

*Modest increase bioavailability of and lipid lowering effect of pravastatin

Contraindications to Drug Therapy

Xenical® should not be taken by patients with chronic malabsorption syndrome or cholestasis or known sensitivity to Xenical.

Do not prescribe for patients with bulimia or anorexia nervosa.

Not recommended during pregnancy or lactation, or for patients who

- Have had a CVA or symptoms of a CVA
- Are pregnant or planning to become pregnant
- Have had seizures
- Have narrow angle glaucoma

Other:

- Are breast-feeding their infants
- Are less than 16 years old
- Are using herbals for weight loss

DO NOT PRESCRIBE XENICAL along with ANORECTIC AGENTS (herbal, dietary supplement or prescription)