

# YOUR WEIGHT LOSS SURVIVAL GUIDE



## Managing Side Effects of GLP-1 Medications: A Practical Guide for New and existing Users

GLP-1 medications—such as Ozempic, Wegovy, and Mounjaro—are effective treatments for weight loss and weight management.

While these medications offer significant benefits, they can also cause side effects, particularly during the initial stages of treatment and after increasing your dosage.



This guide provides practical strategies to help you manage common side effects and maintain adherence to your therapy.



# Why do these side effects occur?

This hormone helps regulate blood sugar, slow digestion, and reduce appetite. These effects are beneficial — but they can also cause side effects, especially when your body is adjusting.

# Very Common side effects

Affecting **more than 10%** of patients



## Nausea and vomiting

Stomach emptying (called “gastric emptying delay”) slows, which helps with satiety but can make you feel too full, nauseated, or even lead to vomiting — especially if you eat too much or too quickly.



## Diarrhoea

Changes in digestive hormone signalling can disrupt your usual bowel rhythm. The gut may become more sensitive, leading to loose stools, particularly in the early weeks.



## Constipation

For some, the slower gut movement leads to reduced bowel movement frequency. Decreased food intake and dehydration can make it worse.

# Common Side Effects

Affecting **less than 10%** of patients



## Headaches and Dizziness

These may result from mild dehydration, low food intake, or changes in blood sugar levels.  
It can also stem from your body adjusting to the medication's appetite-suppressing effects.



## Injection site reactions

This is a local immune or irritation response to the subcutaneous injection.  
It's usually mild and resolves quickly.



# Uncommon side effects

Affecting **less than 1%** of patients



## Pancreatitis

GLP-1 medications may affect pancreatic enzymes in rare cases, triggering inflammation



## Gallstones

Rapid weight loss, a known effect of GLP-1s, increases the risk of gallbladder issues



## Vision changes

Caused by rapid improvements in blood sugar levels altering fluid balance in the eyes.

# Managing Gastrointestinal side effects



## Management Strategies

Nausea	Vomiting	Diarrhoea	Constipation
<ul style="list-style-type: none"><li>• Eat smaller, more frequent meals.</li><li>• Avoid high-fat and spicy foods.</li><li>• Stay hydrated by sipping water throughout the day.</li><li>• Consider consuming ginger or peppermint tea to alleviate symptoms.</li><li>• <b>If nausea persists, get in touch with our prescriber about possible anti-nausea medications.</b></li></ul>	<ul style="list-style-type: none"><li>• Eat slowly and stop eating when you feel full.</li><li>• Avoid lying down immediately after meals.</li><li>• <b>If vomiting is severe or persistent, get in touch with our prescriber for anti-sickness medication or IV therapy</b></li></ul>	<ul style="list-style-type: none"><li>• Maintain hydration with water and electrolyte-rich fluids.</li><li>• Limit intake of high-fibre foods until symptoms improve.</li><li>• Avoid dairy products if they exacerbate symptoms.</li><li>• <b>If diarrhoea is prolonged, get in touch with our prescriber to discuss anti-diarrhoeal medication</b></li></ul>	<ul style="list-style-type: none"><li>• Increase dietary fibre <b>gradually</b> through fruits, vegetables, and whole grains.</li><li>• Drink plenty of fluids.</li><li>• Engage in regular physical activity.</li><li>• <b>If ongoing despite trying the above discuss the use of a mild laxative with our prescriber.</b></li></ul>

# Managing side effects



## Management Strategies

Headache/Dizziness	Injection site reaction
<ul style="list-style-type: none"><li>• Ensure adequate fluid intake.</li><li>• Eat balanced meals to maintain stable glucose levels.</li><li>• <b>How can we help? Our prescriber can discuss IV fluid therapy if fluid intake is low or dose adjustments</b></li></ul>	<ul style="list-style-type: none"><li>• Rotate injection sites with each dose.</li><li>• Use proper injection techniques - if you are unsure we can help guide you through this.</li><li>• <b>Report any persistent redness, swelling, or pain. If in doubt get in touch for advice</b></li></ul>



# Managing serious side effects



When to Seek Medical Attention - **If you're concerned get in touch and we can conduct a consultation**

Pancreatitis	Gallbladder disease	Severe dehydration	Vision changes
Severe abdominal pain that may radiate to the back, with or without vomiting (could indicate pancreatitis).	Signs of gallbladder disease: such as right upper abdominal pain, fever, or jaundice	Severe dehydration: marked by dizziness, decreased urination, or confusion.	Including sudden loss of vision or eye pain

Evolve GLP-1



**Evolve Glp 1**

Check out our availability and book the date and time that works for you

 Evolve Glp 1

# Success rates

- Discontinued within a year due to side effects
- With Support goal weight reached



Going it alone

65% of patients on GLP-1 medication discontinue use within a year due to side effects. The main side effect that contributed to this was gastrointestinal side effects



With the right support

In comparison to 75% of patients who succeeded on GLP-1 medications with the right support and guidance.



# How can Evolve GLP-1 help you



Evolve GLP-1 supports patients using GLP-1 medications by managing common side effects, improving treatment adherence, and enhancing overall wellbeing. Many people experience nausea, dehydration, and other symptoms that can derail their progress. Through expert prescribing, personalised care, and IV fluid therapy, Evolve GLP-1 empowers patients to stay on track, feel better, and achieve their health goals more comfortably and safely. Our mission is to make GLP-1 therapy not just tolerable—but transformative.

# Pricing

We offer you the option to book one-off appointments or sign up to our subscription service. Depending on what suits you!

A one-off appointment may suit you if you need some reassurance and advice on how to manage a side effect.

Our Subscription service may suit you if you would benefit from continued support throughout your journey. keeping you accountable

## Free



Answers to email queries



Regular Blogs emailed to you on GLP-1 research



Weekly wellbeing check ins to keep you motivated.



Free survival guide when you join the community

Free

## One -off appointments



Book in for an appointment whenever you like



Includes a 30 minute consultation with an independent prescriber and prescription if required



IV fluid replacement therapy for severe dehydration

£50-150

## Subscription



x4 appointments a month with your Prescriber



Anytime that suits you



Weekly wellbeing check ins to keep you motivated.



Educational material and resources including meal plans and fitness advice

£200



# Contact Us

Feel free to get in touch with us with any questions you have.

Whether you are starting or struggling with you journey. All questions are welcome!

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