

Medications for Weight Management

Saxenda (Liraglutide) DIN: 02437899

What is it?	A hormone called GLP-1 (a gut hormone)
How is it taken?	Once daily injection
What does it do?	Increases fullness, helps you to maintain smaller portion sizes, may reduce cravings, improves blood sugar levels
Side effects:	Nausea (usually resolves), may cause constipation or diarrhea
Cost:	Approximate <i>monthly</i> cost on highest dose: \$445 - \$455 Approximate <i>daily</i> cost: \$15
	* Available with SaxendaCare (enroll at www.SaxendaCare.ca) to receive a coupon for 50% off your first box)

Contrave (Naltexone - Bupropion) DIN: 02472945

What is it?	A combination medication of an antidepressant and opioid antagonist
How is it taken?	Pills; dose of up to 2 pills twice daily
What does it do?	Decreases appetite and reduces cravings
Side effects:	Nausea (usually resolves), can cause some insomnia
Contraindications	Chronic opioid use, seizure disorders
Cost:	Approximate <i>monthly</i> cost on highest dose: \$256 - \$264 (with support program) Approximate <i>daily</i> cost: \$8.50
	* Available with Contrave Support Program (obtain a card from your provider and enroll at www.ContraveSupport.ca) to save up to 20% off pharmacy price
	* Free starter kit available (call 1-855-CNTRAVE, code: CON520 to obtain a pharmacy card for a free one month supply)

Xenical (Orlistat) DIN: 02240325

What is it?	Gastrointestinal lipase inhibitor
How is it taken?	Pills; one tab with each meal
What does it do?	Blocks the absorption of fat in the intestines
Side effects:	Oily, loose bowel movements
Cost:	Approximate <i>monthly</i> cost on highest dose: \$185 - \$190 Approximate <i>daily</i> cost: \$6

Checking insurance coverage:	Call your pharmacy or your insurance and provide the DIN number above to find out your coverage. It can be helpful to ask if there are limits or any paperwork that will need to be filled out.
How long do I have to be on it:	If you stop the medication, the weight lost can return. We strongly suggest incorporating behavioural interventions when using medications.