

Antidepressants Associated with Weight Gain

Class	Name	Alternative Therapy
SSRIs/SNRIs	Most Weight Promoting: Paroxetine Fluoxetine* Citalopram Venlafaxine	Bupropion
	Less Weight Promoting: Vortioxetine Desvenlafaxine Duloxetine Escitalopram* Sertraline*	
Tricyclics: 0.4-4kg/month	Amitriptyline Trimipramine Imipramine Doxepin	Nortriptyline
Atypical Antidepressant	Mirtazapine Trazodone	

*Acute results demonstrate weight loss/no weight gain (<6 months)

Obesity (2020) 28, 2064-2072. <https://www.obesityaction.org/resources/prescription-medications-weight-gain/>



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Other Psychiatric and Neurologic Medications Associated with Weight Gain

Class	Name	Weight Gain	Alternative Therapy
Antipsychotics	Haloperidol Clozapine Chlorpromazine Fluphenazine Risperidone* Olanzapine Quetiapine Aripiprazole	5-10 kg * Up to 5 KG	Ziprasidone Lurasidone Consider adding metformin Lamotrigine
Antiepileptic	Valproic Acid Carbamazepine Gabapentin Pregabalin	More than 10 kg	Topiramate Zonisamide Lamotrigine

Canadian Adult Obesity Clinical Practice Guidelines.



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Medications for T2DM Associated with Weight Gain

Class	Name	Weight Gain	Alternative Therapy
Insulins	Insulin	5-10 KG	Metformin GLP1 RAs (liraglutide, dulaglutide, semaglutide) GIP and GLP1 RA (Tirzepatide) SGLT2 inhibitors (canagliflozin, dapagliflozin, empagliflozin) DPP4i (alogliptin, lingliptin, sitagliptin, saxagliptin)
Thiazolidinedione	Pioglitazone	5-10 kg	
Sulfonylureas	Glipizide	Up to 5 kg	
	Glyburide	5-10 kg	
	Glimepiride	5-10 kg	
	Chlorpropamide Tolbutamide Gliclazide	5-10 kg	
Meglitinides	Repaglinide	Up to 5 kg	

Canadian Adult Obesity Clinical Practice Guidelines and Pharmacologic Approaches to Glycemic Treatment: *Standards of Care in Diabetes—2023*.



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Other Common Medications Associated with Weight Gain

Class	Name	Alternative Therapy
Beta-Blockers	Atenolol Propranolol Metoprolol	Carvedilol ACE Inhibitors ARBs CCBs
Antihistamines	Diphenhydramine	Fexofenadine Loratadine
Corticosteroids		NSAIDs DMARDS
Hormonal Therapy and Contraception	Progesterone Tamoxifen Aromatase Inhibitors	

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