

Table 8: Summary of Weight-Promoting Medications and Alternate Therapies

Category	Class	Name	Weight gain	Alternative therapy
Antihyperglycemics	Insulins	Insulin	↑↑	Biguanide (metformin) DPP4i (alogliptin, linagliptin, sitagliptin, saxagliptin) GLP1 analogs (exenatide, liraglutide, dulaglutide, semaglutide) AGI (acarbose, miglitol) SGLT2 inhibitors (canagliflozin, dapagliflozin, empagliflozin) Pioglitazone/metformin* Glipizide/metformin* Glyburide/metformin*
	Thiazolidinedione	Pioglitazone	↑↑	
	Sulfonylureas	Glipizide	↑	
		Glyburide	↑↑	
		Glimepiride	↑↑	
		Chlorpropamide Tolbutamide Gliclazide	↑↑ ↑↑ ↑↑	
	Meglitinides	Repaglinide	↑	
Antidepressants	Tricyclics	Amitriptyline	↑↑↑	Bupropion Nefazodone Duloxetine Venlafaxine Desvenlafaxine Trazodone Levomilnacipran Vilazodone Vortioxetine Selegiline (topical MAOIs)
		Doxepin	↑↑↑	
		Imipramine	↑↑	
	Atypical	Nortriptyline	↑↑	
		Mirtazapine	↑↑	
	MAOIs	Phenelzine Tranylcypromine	↑↑↑ ↑↑↑	
	Selective Serotonin Reuptake Inhibitors (SSRIs)	Sertraline	↑	
Paroxetine		↑↑		
Lithium	Citalopram	↑↑↑	Fluvoxamine (variable weight effect)	
	Escitalopram	↑↑		
	Fluoxetine	↑↑↑		
	Lithium	↑↑		
Antipsychotics		Haloperidol	↑↑	Ziprasidone Lurasidone Aripiprazole
		Loxapine	↑↑	
		Clozapine	↑↑	
		Chlorpromazine	↑↑	
		Fluphenazine	↑↑	
		Risperidone	↑	
		Olanzapine	↑↑	
		Quetiapine	↑↑	
		lloperidone	↑↑	
		Sertindole	↑	
Anticonvulsants		Valproic Acid	↑↑↑	Topiramate Zonisamide Lamotrigine
		Carbamazepine	↑↑↑	
		Gabapentin	↑↑↑	
Corticosteroids	Oral steroids	Prednisone Prednisolone Cortisone	↑↑↑ ↑↑↑ ↑↑↑	Budesonide NSAIDs
	Inhaled steroids	Ciclesonide Fluticasone	↑ ↑	
Hormone replacement therapy	Estrogens Progestogens		↑↑ ↑	
Antihistamines		Diphenhydramine	↑	Oxymetazoline
Beta blockers		Propranolol	↑	ACEi ARBs CCBs (may cause fluid retention) Timolol
		Metoprolol	↑	
		Atenolol	↑↑	
Antihypertensive		Clonidine	↑	Prazosin ACEi ARBs Diuretics

DPP4i: Inhibitors of dipeptidyl peptidase 4; GLP-1: Glucagon-like peptide-1 receptor agonists; NSAIDs: Nonsteroidal anti-inflammatory drugs; SGLT-2: Sodium glucose co-transporter 2; AGI: Alpha-glucosidase inhibitor; ACEi: Angiotensin converting inhibitors; ARBs: Angiotensin II receptors blockers; CCBs: Calcium channel blockers; MAOIs: Monoamine oxidase inhibitors; SSRIs: Selective serotonin reuptake inhibitors; *Combination therapy is less likely to cause weight gain; ↑/↑ variable reported effect; ↑ up to 5 kg weight gain; ↑↑ 5 to 10 kg weight gain; ↑↑↑ more than 10 kg weight gain.