

Medications and their Effects on Weight

Medications with Potential for Weight **GAIN**

Antidepressants

- mirtazapine [Remeron]
- selective serotonin reuptake inhibitors (SSRIs) (e.g., paroxetine [Paxil], sertraline [Zoloft], citalopram* [Celexa], escitalopram* [Lexapro], fluoxetine* [Prozac])
- monoamine oxidase inhibitors (MAOIs) (e.g., phenelzine [Nardil])
- tricyclic antidepressants (TCAs) (e.g., amitriptyline, clomipramine [Anafranil], doxepin, imipramine [Tofranil], nortriptyline [Pamelor], protriptyline* [Vivactil])



Anti-seizure Drugs or Mood Stabilizing Agents

- gabapentin [Neurontin]
- pregabalin [Lyrica]
- carbamazepine [Epitol, Tegretol]
- divalproex [Depakote]
- lithium
- valproic acid
- vigabatrin [Sabril]



Mental Health Medicines

- quetiapine [Seroquel]
- clozapine [Clozaril]
- olanzapine [Zyprexa]
- risperidone [Risperdal]
- thioridazine



Allergy Medicines

- cetirizine [Zyrtec]
- cyproheptadine



Heart Medicines

- metoprolol [Lopressor]
- atenolol [Tenormin]
- propranolol [Inderal]



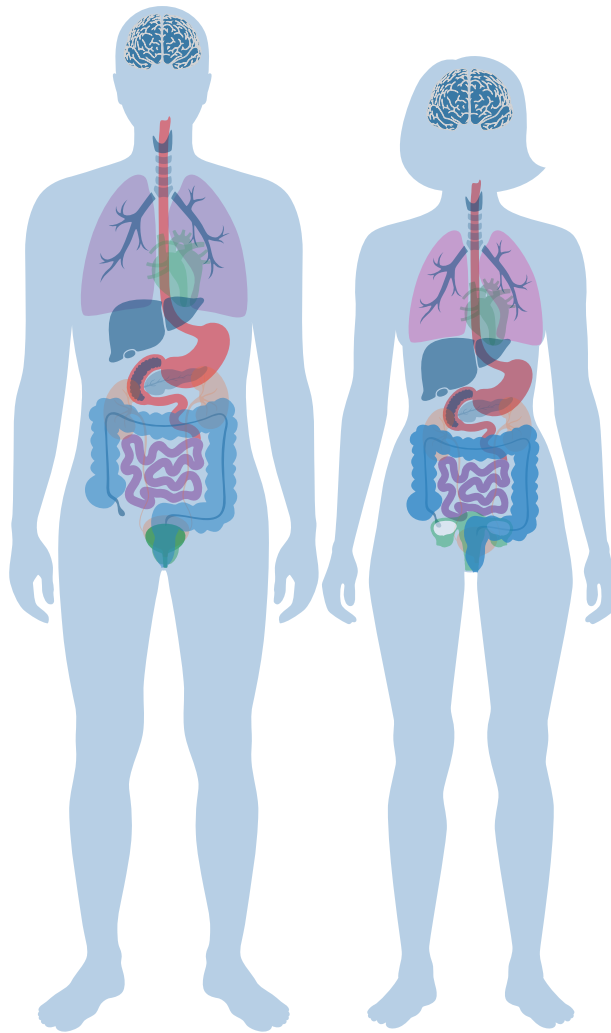
Diabetes Medicines

- insulin
- sulfonylureas (e.g., glimepiride [Amaryl], glipizide [Glucotrol], glyburide [Diabeta, Glynase])
- meglitinides (e.g., nateglinide, repaglinide)
- thiazolidinediones (TZDs) (e.g., pioglitazone [Actos], rosiglitazone [Avandia])



Rheumatologic Medicines

- prednisone
- hydrocortisone [Cortef]
- methylprednisolone [Depo-medrol, Medrol]



Medications that may be Weight Neutral or have Potential for Weight **LOSS**



Antidepressants

- bupropion
- desvenlafaxine [Pristiq]
- venlafaxine



Anti-seizure Drugs or Mood Stabilizing Agents

- topiramate [Topamax]
- lamotrigine [Lamictal]
- zonisamide [Zonegran]



Mental Health Medicines

- aripiprazole [Abilify]
- haloperidol [Haldol]
- ziprasidone [Geodon]



Allergy Medicines

Depending on symptoms, consider ipratropium nasal spray, decongestants, inhalers, nonpharmacologic measures (e.g., nasal irrigation)



Heart Medicines

- carvedilol [Coreg]
- nebivolol [Bystolic]

Note: Other alternative classes of antihypertensive medications may be an option depending on the indication, e.g., angina, heart failure, hypertension (HTN), migraine. Consider calcium channel blockers, angiotensin-converting enzyme inhibitor (ACEIs), angiotensin receptor blockers (ARBs), and thiazide or loop diuretics, as indicated.



Diabetes Medicines

- glucagon-like peptide 1 (GLP-1) agonists (e.g., semaglutide [Ozempic, Rybelsus], liraglutide [Victoza], exenatide [Bydureon, Byetta], dulaglutide [Trulicity], lixisenatide [Adlyxin])
- sodium-glucose transport protein 2 (SGLT2) inhibitors (e.g., empagliflozin [Jardiance], canagliflozin [Invokana], dapagliflozin [Farxiga], ertugliflozin [Steglatro])
- metformin
- pramlintide [Symlin]
- alpha-glucosidase inhibitors (e.g., acarbose, miglitol [Glyset])
- dipeptidyl peptidase 4 (DPP-4) inhibitors (e.g., alogliptin [Nesina], linagliptin [Tradjenta], saxagliptin [Onglyza], sitagliptin [Januvia])



Hormonal Agents

progestins (e.g., medroxyprogesterone [Depo-Provera, Provera] or megestrol acetate)

Hormonal Agents

For contraception, consider alternative methods (e.g., copper IUD)



Alpha Blockers

terazosin

Alpha Blockers

For benign prostatic hyperplasia (BPH) (e.g., doxazosin [Cardura]; alfuzosin [Uroxatral], tamsulosin [Flomax])



*Weight gain and weight loss have been reported.

Note: Brand names listed (as of 12/2020) are only those that are currently available/marketed and not extended release products and are subject to change.

For more information on the VA/DoD Clinical Practice Guideline for the Management of Adult Overweight & Obesity visit <https://www.healthquality.va.gov/guidelines/cd/obesity/>



Rheumatologic Medicines

Alternatives for Rheumatologic disorders:

- nonsteroidal anti-inflammatory drugs (NSAIDs)
- biologics/disease-modifying antirheumatic drugs (DMARDs)
- nontraditional therapies