

# Medication Information Card

## Orlistat (Or – lih – stat)

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### Other names for this medication

Xenical®

### How this medication is used

This medication is used to manage obesity, including weight loss and weight maintenance.

This medication works by preventing fat from being absorbed from food. The medication is used as part of a weight loss program supervised by your doctor or health care team that includes:

- behaviour modification
- a reduced calorie diet
- increased physical activity

### How to take this medication

Take this medication exactly as directed by your doctor or health care provider.

This medication is usually taken 3 times a day with each meal that contains fat. You can take this medication up to 1 hour after the meal. You may skip a dose if you miss a meal. You may skip a dose if your food contains little or no fat.

If you are pregnant or thinking about getting pregnant, talk to your doctor or health care provider about the risks and benefits of taking this medication.

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## **How to take this medication (continued)**

This medication may reduce vitamin absorption from food. You should take a daily vitamin supplement which contains fat soluble vitamins and beta carotene while taking this medication.

Tell your doctor, health care provider and pharmacist about all the medications or natural or herbal products you take, even the ones you buy without a prescription. Always check with your health care team before taking any new medication.

## **While taking this medication you may notice**

- increased bowel movements
- gassy bowel movements
- oily bowel movements
- loose bowel movements
- lack of control with bowel movements
- oily spotting of underclothes
- abdominal pain or discomfort

Your bowel movements will be gassy and loose if you eat a lot of fat. To help control this, reduce the number of calories you get from fat to less than 30% of your total daily calories. Talk to a dietitian for help. Spread the fat in your food evenly over all of your meals. This also helps firm up your bowel movements.

Wear a sanitary pad when you first take this medication. This will help protect your clothes.

## **Contact your doctor if you notice**

- symptoms of an allergic reaction such as hives, facial, mouth or throat swelling, trouble breathing
- continued diarrhea