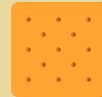


Managing Side Effects of Dual GIP/GLP-1 RAs

CONSIDER



Eat slowly



Eat crackers, mints, or ginger-based foods 30 mins after taking medication

Eat when hungry



High fiber foods
(for constipation)



More frequent meals



Stay hydrated



Smaller portions



AVOID



Skipping meals



Lying down
after a meal

Strong smells



Using a straw
with a beverage



Sports drinks

Overactivity following meals



High fiber foods
(diarrhea)

