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on Drugs and Therapeutics

GLP-1 and GIP/GLP-1 RECEPTOR AGONISTS FOR CHRONIC WEIGHT MANAGEMENT

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GLP-1 and GIP/GLP-1 RECEPTOR AGONISTS FOR CHRONIC WEIGHT MANAGEMENT

Drug	Eligible Patients	Usual Dosage	Other Information
GLP-1 Receptor Agonists			
Liraglutide – Saxenda (Novo Nordisk) 18 mg/3 mL pens	<ul style="list-style-type: none"> Adults with obesity or overweight with ≥ 1 weight-related comorbidity Children 12-17 years old who weigh >60 kg with a BMI corresponding to 30 kg/m^2 for adults 	3 mg SC once/day Titration: 0.6 mg once/day x 7 days; increase in 0.6-mg increments each week to 3 mg once/day	<ul style="list-style-type: none"> Mean reduction in body weight at 56 weeks: up to 8% Liraglutide is also available as <i>Victoza</i> (SC injection) for treatment of type 2 diabetes in patients ≥ 10 years old and for CV risk reduction in adults with type 2 diabetes and established CV disease
Semaglutide – Wegovy (Novo Nordisk) 0.25, 0.5, 1 mg/0.5 mL; 1.7, 2.4 mg/0.75 mL pens	<ul style="list-style-type: none"> Adults with obesity or overweight with ≥ 1 weight-related comorbidity Children 12-17 years old with obesity 	1.7 or 2.4 mg SC once/week Titration: 0.25 mg once/week x 4 weeks, then 0.5 mg once/week x 4 weeks, then 1 mg once/week x 4 weeks, then 1.7 mg once/week for weeks 4 weeks; then increase to 2.4 mg once/week (if needed)	<ul style="list-style-type: none"> Mean reduction in body weight at 68 weeks: up to 16% Also approved to reduce the risk of major adverse CV events in adults with obesity or overweight who have CV disease Semaglutide is also available as <i>Rybelsus</i> (oral tabs) for treatment of type 2 diabetes and as <i>Ozempic</i> (SC injection) for treatment of type 2 diabetes and for CV risk reduction in patients with type 2 diabetes and CV disease
GIP/GLP-1 Receptor Agonist			
Tirzepatide – Zepbound (Lilly) 2.5, 5, 7.5, 10, 12.5, 15 mg/0.5 mL pens	<ul style="list-style-type: none"> Adults with obesity or overweight with ≥ 1 weight-related comorbidity 	5, 10, or 15 mg SC once/week Titration: 2.5 mg SC once/week x 4 weeks, then 5 mg once/week x 4 weeks, then increase the dose in 2.5-mg increments every 4 weeks as needed (max 15 mg once/week)	<ul style="list-style-type: none"> Mean reduction in body weight at 72 weeks: up to 21% Tirzepatide is also available as <i>Mounjaro</i> (SC injection) for treatment of type 2 diabetes

CV = cardiovascular
SC = subcutaneous injection
Obese = BMI $\geq 30 \text{ kg/m}^2$
Overweight = BMI $\geq 27 \text{ kg/m}^2$
Weight-related comorbidity = CV disease, hypertension, obstructive sleep apnea, type 2 diabetes, dyslipidemia

COMMENTS

- ▶ *Saxenda*, *Wegovy*, and *Zepbound* are intended for chronic weight management as an adjunct to a low-calorie diet and increased physical activity
- ▶ Weight gain is common after discontinuation
- ▶ Severe GI effects can occur if doses are missed and the same dose is resumed; restarting at a lower dose and titrating up may help improve tolerability

POSSIBLE ADVERSE EFFECTS

- ▶ Nausea, vomiting, diarrhea, abdominal pain
- ▶ Injection-site reactions
- ▶ Increased heart rate
- ▶ Renal impairment and acute renal failure
- ▶ Possible pancreatitis and acute gall bladder disease