

Anti-Obesity Medications

HHC Medical Weight Loss Program

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AOM Tier Protocol

Tier 1 Medications

- Metformin (Glucophage)
- Phentermine (Adipex) (Lomaira)
- Topiramate (Topamax)
- Zonisamide (Zonegran)
- Bupropion (Wellbutrin)
- Naltrexone (Revia)
- Orlistat (Xenical) (FDA-approved for weight loss)

Tier 2 Medications

- Qsymia (FDA-approved for weight loss)
- Contrave (FDA-approved for weight loss)
- Empaglifozin (Jardiance)
- Liraglutide
 - Victoza
 - Saxenda (FDA-approved for weight loss)
- Dulaglutide
 - Trulicity

Tier 3 Medications

- Semaglutide
 - Ozempic
 - Wegovy (FDA-approved for weight loss)
- Tirzepatide
 - Mounjaro
 - Zepbound (FDA-approved for weight loss)

Tier 1

Metformin (Glucophage)

- **Class:** Anti-diabetic
- **Indications:** DM2, prediabetes, insulin resistance, IFG, PCOS, metabolic syndrome
- **Consider if:** lack of satiety, appetite control
- **MOA:** decreases appetite, improves satiety, impacts gut signaling
- **CI:** impaired kidney function (GFR <30), CKD
- **SE:** GI distress, diarrhea, reflux
- **Sig:** 500 - 2000mg PO per day (QD-BID-TID)

Tier 1

Phentermine (Adipex)(Lomaira)

Class: CNS stimulant

Indications: appetite suppression (daytime)

Consider if: daytime hunger, portion control, appetite control

MOI: suppresses appetite, >norepinephrine in the CNS, stimulates hypothalamus

CI: CAD, HTN, tachycardia, hyperthyroid, behavioral health Hx, seizure Hx, pregnancy

SE: palpitations, tachycardia, HTN, insomnia, dry mouth, headache, agitation/irritability

Sig: 8 - 15mg PO per day (QD)

Tier 1

Topiramate (Topamax)

Class: anticonvulsant, gabanergic neurostabilizer

Indications: late night eating, appetite control, migraine headaches

Consider if: night time hunger, poor appetite control

MOI: leptin sensitizer, centrally-acting appetite suppressant

CI: nephrolithiasis, glaucoma, CKD, severe sulfa allergy, pregnancy

SE: sedative effects, paresthesia, cognitive disturbance

Sig: 25 - 200mg PO per day (QD-BID)

Tier 1

Bupropion (Wellbutrin)

Class: antidepressant, dopamine/norepinephrine reuptake inhibitor

Indications: cravings, depression, smoking cessation

Consider if: poor craving control, lack of energy-motivation, struggle w/quitting smoking

MOI: reduces cravings, stimulates POM-C neurons

CI: seizures, NASH/NAFLD, hepatic disease/impairment, pregnancy

SE: headache, nausea, dry mouth, dizziness, agitation, nightmares

Sig: 75 - 300mg PO per day (QD)

NOTE: abrupt cessation increases the risk of seizure activity

Tier 1

Naltrexone (Revia)

Class: opioid Mu receptor antagonist

Indications: cravings, opioid and/or alcohol use disorder

Consider if: poor craving control, deter alcohol consumption, addition to Wellbutrin

MOI: reduces cravings, may act on the hypothalamus to regulate appetite

CI: NASH/NAFLD, hepatic disease/impairment, concurrent opioid/alcohol use, pregnancy

SE: headache, nausea, vomiting, agitation, somnolence

Sig: 25 - 50mg PO per day (QD)

Tier 2

Qysemia (phentermine/topiramate)

FDA-approved for weight loss

Indications: same as phentermine and topiramate

Consider if: poor daytime and late night appetite control

MOI: same as phentermine and topiramate

CI: same as phentermine and topiramate

SE: same as phentermine and topiramate

Sig: 3.75 (phentermine)/23mg (topiramate), 7.5/46mg, 11.25/69mg, 15/92mg PO per day (QD)

Tier 2

Contrave (naltrexone/bupropion)

FDA-approved for weight loss

Indications: same as Wellbutrin and Naltrexone

Consider if: poor craving control, addictive food behavior

MOI: same as Wellbutrin and Naltrexone

SE: same as Wellbutrin and Naltrexone, increased suicidal ideations

Sig: 8mg (Naltrexone)/90mg (Wellbutrin XL), 1-2 tabs PO per day (QD)

Tier 2

Liraglutide (Victoza)(Saxenda)

Saxenda: FDA-approved for weight loss

Class: GLP-1 receptor agonist

Indications: lack of satiety, poor appetite control, DM2, prediabetes

MOI: stimulates insulin secretion, suppresses glucagon, delays gastric emptying, decreases appetite, improves satiety

CI: Medullary thyroid cancer, MEN II, gastroparesis, pancreatitis, DM1, pregnancy

SE: nausea, vomiting, reflux, diarrhea, constipation, abdominal pain

Sig:

Victoza: 0.6mg - 1.2mg - 1.8mg injection per day (QD)

Saxenda: 0.6mg - 1.2mg - 1.8mg - 2.4mg - 3.0mg injection per day (QD)

Tier 2

Dulaglutide (Trulicity)

Class: GLP-1 receptor agonist

Indications: lack of satiety, poor appetite control, DM2, prediabetes

MOI: stimulates insulin secretion, suppresses glucagon, delays gastric emptying, decreases appetite, improves satiety

CI: Medullary thyroid cancer, MEN II, gastroparesis, pancreatitis, DM1, pregnancy

SE: nausea, vomiting, reflux, diarrhea, constipation, abdominal pain

Sig: 0.75mg - 1.5mg - 3mg - 4.5mg injection per week (QWk)

Tier 3

Semaglutide (Ozempic)(Wegovy)

Wegovy: **FDA-approved for weight loss**

Class: GLP-1 receptor agonist

Indications: lack of satiety, poor appetite control, DM2, prediabetes

MOI: stimulates insulin secretion, suppresses glucagon, delays gastric emptying, decreases appetite, improves satiety

CI: Medullary thyroid cancer, MEN II, gastroparesis, pancreatitis, DM1, pregnancy

SE: nausea, vomiting, reflux, diarrhea, constipation, abdominal pain

Sig:

Ozempic: 0.25mg - 0.5mg - 1mg - 2mg injection per week (QWk)

Wegovy: 0.25mg - 0.5mg - 1mg - 1.7mg - 2.4mg injection per week (QWk)

Tier 3

Tirzepatide (Mounjaro)(Zepbound)

Zepbound: **FDA-approved for weight loss**

Class: GLP-1 and GIP receptor agonist

Indications: lack of satiety, poor appetite control, DM2, prediabetes

MOI: stimulates insulin secretion, suppresses glucagon, increases adiponectin, delays gastric emptying, decreases appetite, improves satiety

CI: Medullary thyroid cancer, MEN II, gastroparesis, pancreatitis, DM1, pregnancy

SE: nausea, vomiting, reflux, diarrhea, constipation, abdominal pain

Sig:

Mounjaro: 2.5mg - 5mg - 7.5mg - 10.5mg -12.5mg - 15mg injection per week (QWk)

Zepbound: 2.5mg - 5mg - 7.5mg - 10.5mg -12.5mg - 15mg injection per week (QWk)