

# Initiation and Optimization of Single and Dual GLP-1 Receptor Agonists

Clinician Pocket Guide



## 1 Eating habits

- Eat slowly
- Only if really hungry
- Smaller portions
- No lying down after meal
- Stop when satiated
- Increase meal frequency
- No straw
- No distractions enjoy savouring
- Not too active after meal
- No meals near bedtime

## 2 Food composition

- Low fat diet
- Boiling, oven, griddle
- Clear drinks (small sips, not too much)
- Water rich foods
- Avoid sweets, dressings, spicy or canned foods

## 3 Lifestyle

- Fresh air, light exercise
- Food diary to identify what works better

## Nausea

- Eat crackers, apples, mint, ginger-based drinks 30 min after administration
- Avoid strong smells

## Vomiting

- Generous hydration
- More frequent meals in smaller amounts

## Diarrhea

- Generous hydration (water, lemon bicarbonate)
- No sport drinks
- No high fiber content foods (gradually restore them upon improvement)\*
- Yes: chicken broth, rice, carrots, ripe peeled fruit, baked fruit
- No: dairy products, laxatives, coffee, alcohol, soft drinks, very cold/hot foods, products with "artificial sweeteners"

## Constipation

- Enough fiber in diet
- Increase physical activity
- Healthy, balanced diet
- Generous hydration (water, sugar-free liquids)

Adapted from: Gorgojo-Martinez JJ, et al. *J Clin Med*. 2023.

## 1 Before



### Save time to speak with the patient

- Transmit realistic expectations regarding treatment results
- Inform about GI AEs, pointing out that they will soon pass
- Highlight the importance of following the available guidelines

## 2 Dose-escalation

For this purpose, choose one/several among these:

- Extend current phase for 2-4 more weeks before moving forward to next dose.
- Suspend treatment temporarily
- If GIAE's appear just after escalation, go back to prior dose for a few days, then increase dose gradually
- If problem persists, consider setting up as maintenance therapy a dose lower than the maximum one.

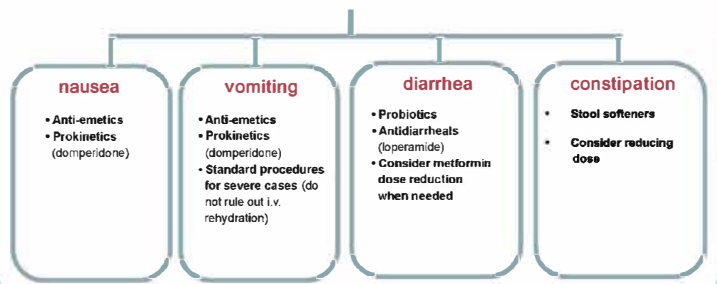
If GIAE's occur, slow down the planned dose increments to reach success.

## 3 Dose-escalation or maintenance phase

Consider one/several of these:

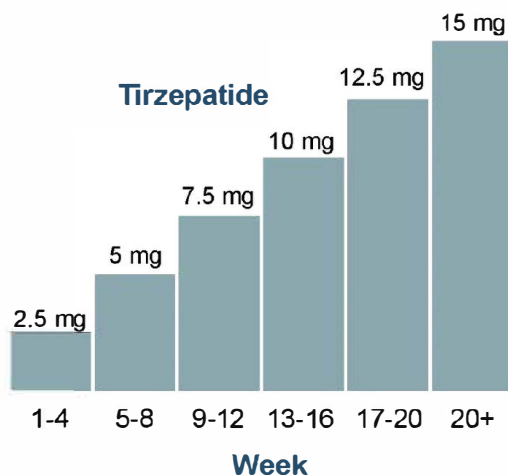
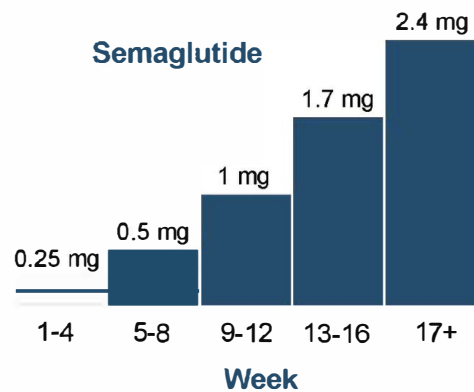
- Start a differential diagnosis procedure to rule out underlying conditions that may be responsible
- Check patient understands/complies with diet/lifestyle guidelines
- Start measures specifically focused on the troublesome symptoms
  - Additional patient guidelines
  - Pharmacological support at (short term)

If GIAE's persist beyond normal in time/severity implement additional measures



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## Dose Escalation



FDA Prescribing Information; Jastreboff AM, et al. N Engl J Med. 2002.

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