

Orlistat Prescribing and Medication Review Guidelines

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Appendix 1: Guidance for Prescribing and Reviewing Orlistat

This document is intended for use in primary care as a guide on the use of Orlistat. This is not a substitute for clinical judgement or any advice given by a clinician. The information provided here is correct at the time of publishing and will undergo periodic reviews to ensure that it remains up to date.

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(adults over 16 years of age)

Background Information

The National Institute for Health and Care Excellence (NICE)¹ recommends pharmacological treatment as an option for the management of obesity for people who have not reached their target weight loss or have reached a plateau following dietary, activity and behavioural changes, e.g. Orlistat therapy. Orlistat is a lipase inhibitor which can also be used to maintain weight loss after achieving weight loss target, rather than to continue to lose weight.

The co-prescribing of orlistat with other drugs aimed at weight loss is not recommended. Please see Appendix 1 for further guidance on prescribing and reviewing Orlistat.

Assessment and Identification

Prescribe Orlistat ONLY as part of a weight management plan (diet, activity and behavioural approaches) for managing obesity in adults who are motivated to engage with a weight management plan and meet one of the following criteria:

- BMI $\geq 28\text{kg/m}^2$ **with** comorbidities, e.g. type 2 diabetes, hypertension, sleep apnoea
- BMI $\geq 30\text{kg/m}^2$

Starting Orlistat Therapy

Before prescribing Orlistat:

- discuss potential benefits, risks and limitations of treatment
- explain how the drug works / possible adverse side effects
- explain side-effects and low fat dietary advice
- explain and establish a MONTHLY review plan delivered by the practice OR if the client is seen by the existing Tier 3 weight management team, progress reports will be provided on a 3 monthly basis in line with NICE guidance

Prescribe ONLY if the patient is motivated to engage with treatment and review plan.

If Orlistat is prescribed: please consider referring to Barnsley Tier 3 Change4Life weight management service if the referral criteria are met.

Please see: <https://www.southwestyorkshire.nhs.uk/services/barnsley-tier-3-change4life-weight-management-service/>

Recommended Dose

Orlistat (oral treatment) 120mg, TDS

Nutrition Advice

- recommend a low fat (30%) diet, e.g. 22g of fat per meal (based on a diet of 2000 calories and 3 meals per day)
- take Orlistat with meals (immediately before, during or up to 1 hour after a meal)
- distribute fat from the diet evenly over the 3 main meals
- avoid fatty foods in between meals, e.g. cakes, biscuits, crisps
- DO NOT take Orlistat if a meal is missed or does not contain fat

Side Effects
<p>Potential side effects (taken from the British National Formulary (BNF)²): Abdominal distension; abdominal pain (gastro-intestinal effects minimised by reduced fat intake); anxiety; faecal incontinence; faecal urgency; flatulence; gingival disorders; headache; hypoglycaemia; liquid stools; malaise; menstrual disturbances; oily leakage from rectum; oily stools; respiratory infections; tooth disorders; urinary tract infection.</p>
Reviewing Orlistat
<p>It is recommended that Orlistat is monitored regularly, ideally monthly and that diet and lifestyle changes are reinforced at each review:</p> <p>Continue treatment >3 months ONLY if people achieve at least 5% weight loss from their initial body weight during the treatment (less strict goals may be considered for those with type 2 diabetes).</p> <p>Treatment can continue past 12 months for weight maintenance (ONLY after discussing benefits, risks and limitations with the patient).</p>
Stopping Orlistat
<p>Orlistat should be discontinued if weight loss <5% after the first 12 weeks or if the patient regains weight at any time whilst receiving drug treatment. Less strict goals may be considered for those with type 2 diabetes.</p> <p>If treatment is withdrawn, please offer alternative support such as reviews at the practice or other local groups which patients may wish to use for support. For more details, please visit: www.livewellbarnsley.co.uk</p>
Contraindications
<p>Breastfeeding, cholestasis & chronic malabsorption syndrome.</p> <p>Weight loss is not recommended during pregnancy due to potential harm to the health of the unborn child. However, a healthy weight gain during pregnancy is very important if BMI is above 30kg/m² at dating scan. Please consider referral to Barnsley Tier 3 Change4Life weight management service if this is applicable.</p> <p>Please see: https://www.southwestyorkshire.nhs.uk/services/barnsley-tier-3-change4life-weight-management-service/</p> <p>Orlistat is not recommended for people taking Acarbose[®].</p>
Other Warnings & Drug Interactions
<p>Cautions: Pregnancy, chronic kidney disease; may impair absorption of vitamins such as vitamin A, E, and D.</p> <p>Vitamin supplementation (especially of vitamin D) may be considered if there is concern about deficiency of fat-soluble vitamins. If a multivitamin supplement is recommended, it should be taken at least two hours after the administration of Orlistat or at bedtime.</p> <p>Potential Drug Interactions: Orlistat may modify the activity of other drugs—consider separating administration. Particular care should be taken with the following drugs: Anticoagulant drugs (e.g. warfarin[®]), Ciclosporin[®], Iodine salts, Levothyroxine[®] (cases of hypothyroidism and/or reduced control of hypothyroidism may occur), Amiodarone[®], antiretrovirals, and antiepileptic drugs.</p>

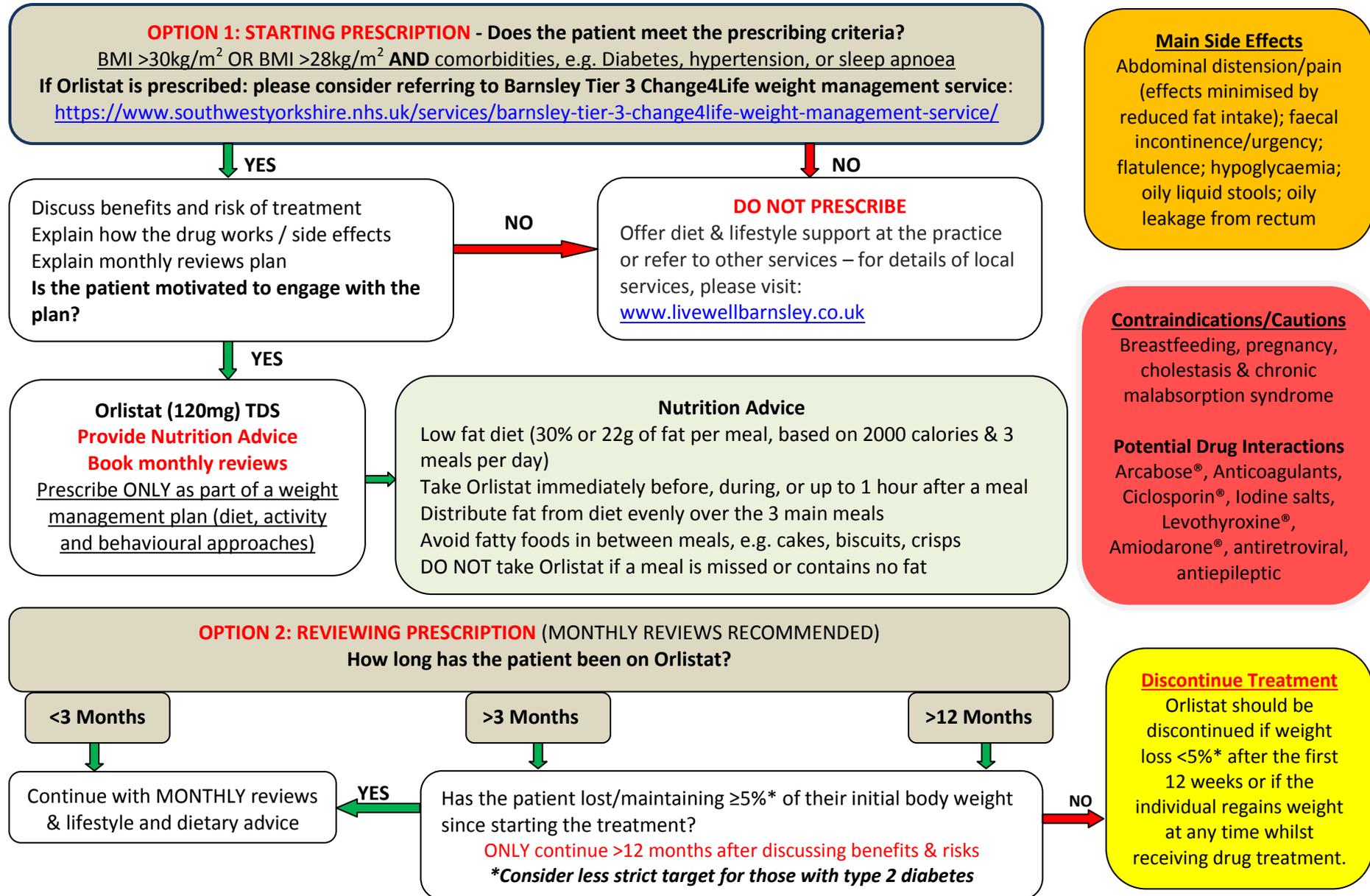
Contact names and details for further support

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References

1. National Institute for Health and Care Excellence (NICE) (CG189) (2014) Obesity: identification, assessment and management. London. [Internet] Available at: <<https://www.nice.org.uk/guidance/cg189/resources/obesity-identification-assessment-and-management-pdf-35109821097925>>
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Appendix 1: Guidance for Prescribing and Reviewing Orlistat



For Queries, please contact Arelis Rodriguez-Farradas, Prescribing Support Dietitian on 07717 850238

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