



# ORLISTAT

*or-lih-stat*

## What does it do?

*Orlistat* is used to help you lose weight by reducing the absorption of fat from food.

## How should you take it?

Take *orlistat* with a glass of water with each main meal.

## What if you forget a dose?

Should an occasional dose be missed it need not be taken later.

## Can you take other medicines?

Some medicines available without a prescription may react with *orlistat* including:

- products containing vitamins A, D, E or K, or betacarotene - do not take within 2 hours of *orlistat*

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

## What side effects might you notice?

| Side Effects   | Recommended action              |
|--|---------------------------------|
| Abdominal pain<br>Farting<br>Diarrhoea, oily bowel motions | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

## Other information:

- Tell your doctor if you have gallbladder, bowel, stomach, thyroid or liver problems.
- Tell your doctor if you have diabetes, are taking other weight loss medicines, or if you have ever had kidney stones.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.