

## Information for patients being prescribed Orlistat (Xenical®)



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### What is Orlistat?

Orlistat is a drug which can aid weight loss. It works by blocking around a third of the fat your body absorbs from the foods you eat.

As part of your treatment you should also follow a low fat diet in order to reduce the amount of side effects.

### How do I take Orlistat?

You should take Orlistat (120mg dose) three times per day, once with each meal or up to 1 hour after meals.

Your prescription will be reviewed after 3 months. Your prescription may be stopped if you haven't lost 5% of your weight as this suggests the drug isn't helping you.

E.g. if you weigh 100kg you should aim to lose 5kg (12lbs) in 3 months, averaging at around 1lb loss per week.

You can take Orlistat long-term to maintain weight loss, but it may be stopped if significant amount of weight is re-gained.

### Side effects of Orlistat

The most common side effect of Orlistat is loose and oily stools. This can be avoided with a low fat diet.

If taking warfarin, you should also have your blood clotting (INR) closely monitored once you begin taking Orlistat.

For further information, please refer to the information leaflet provided with your Orlistat.

### Your weight

Current weight (kg) \_\_\_\_\_

Target weight (in 3 months) \_\_\_\_\_

### Looking at fat on a food label

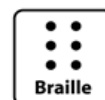
An item marked as "reduced fat" may still contain a lot of fat. It is important to look at the actual fat content per 100g of foods and drinks, rather than the portion size.

Use the table below to determine what is a lot and a little fat. Amounts in between contain moderate amounts of fat.

A lot of Fat	A little bit of Fat
20g fat or more	3g fat or less
5g saturated fat or more	1g saturated fat or less
(All amounts are per 100g)	

When taking Orlistat, aim for foods containing no more than 3-5g fat per 100g or a maximum of 15g of fat per meal.

Further information can be found at <https://www.nhs.uk/conditions/obesity/treatment/>



### If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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